

# Mp3 Regenerated Headpiece - Rat Race Vacation



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The illfated hip-hop trinity of intelligent lyrics, thick, mind-bending beats, and fierce turntablism converge on this album to create a fresh, unprecedented underground sound aimed to rock the mind, body and spirit. 12 MP3 Songs HIP HOP/RAP: Hip Hop, HIP HOP/RAP: Alternative Hip Hop Details: WHO OR WHAT IS REGENERATED HEADPIECE? Who or What is Regenerated Headpiece? Formed in 1998, Regenerated Headpiece (RHP) is a groundbreaking trio out of New York City-three young men dedicated to changing the way people think about what hip hop is and what it can be. Representing the fresh new face of hip hop music with an unprecedented sound and lyrical intelligence, producer/emcee Phon-X (Phonics), poet/emcee Shred Lexicon, and turntable specialist DJ Exfyl (X-File) seek to honor the rich history of their artform while simultaneously creating its future in the present. Phon-X has been emceeing since he was 12 years old and producing beats since he was 15. His rhymes vary from the serious to the comic, but are built upon a foundation of raw wordplay and cleverness undercut by a political bent which serves to set him apart from other emcees. As a producer, Phon-X combines influences felt in every type of organized noise recorded or otherwise to create wholly original tracks complete with deeply rich sonic landscapes. Shred Lexicon comes from poetry originally, and, truth be told, never really left. The prototype for the next evolutionary stage of the emcee, Shred is the kind of cat who is no longer satisfied with restating what's already been said in another way. Instead, he chooses to open things up, shaping both vocabulary and cadence to fit new, unprescribed rhythms and idea tracts. DJ Exfyl has been deejaying for 9 years, and uses Technics 1210's, a Vestax 05-Pro and Korg Triton as the tools of his trade. A DJ Records Battle Top ten Finalist in 1998, Exfyl is known best for his ill scratching style, in which he rips combo after combo using basic techniques as well as more advanced techniques ranging from a transform scratch to a two click flare. Regenerated Headpiece is the official group of the worldwide

website globalhiphop.com, an independently owned and operated site that has been receiving thousands of hits a day since early 1999, from over 20 different countries. Their song "War Cry" appears on the Bomb Hip Hop Records compilation, The Real Deal, the ground-breaking concept album that breaks down the music industry. One of the group's biggest supporters is noneother than the CNN of hip-hop, Chuck D of Public Enemy. Not only did he praise their song "Elements", as one of his "favorite songs of the year", he also licensed 4 songs off their debut album Rat Race Vacation for his label, Slamjamz. RHP have opened up for such notable acts as legendary DJ/producer Prince Paul (Stetsasonic, De La Soul, Gravediggaz), Mixmaster Mike (Beastie Boys), RCA records' The Sound of Urchin, Arsonists (Matador Records), and many of the finest groups of underground music culture. RHP is available for bookings and/or interview by contacting Mike Foam at [mikefoam@headsnack.com](mailto:mikefoam@headsnack.com).

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