## Mp3 The Habit - The June Sessions



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Straddles the line between "cocky folk-funk" and "exotic acoustic soul". Just plain hot. 6 MP3 Songs POP: Folky Pop, FOLK: Folk Pop Details: The Habit is aptly named; once tasted, their music is hard to put down. The Habit is pure mean bliss, cut with a little grit and trace amounts of sweetness. There are hooks embedded. No matter how much warning goes into it, many find it difficult to resist (4 vocalists can be very persuasive). If in the end you choose to partake, be careful. The guitars can lead to aggression; the percussion may cause excessive sweating; the violin might make you bleed. Even a small dose has been known to affect cognitive ability and short-term memory; some listeners forget about everything except what is going through their speakers. Like most things good enough to ingest repeatedly, it is a potent mix greater than the sum of its parts. Those who have been tempted by The Habit's charms and survived have called their music "exotic acoustic soul" and "cocky folk-funk". The Habit came together in the spring of 2004. Founders / songwriters Dan Valin and Darren Rogers had many requests for live shows due to the inclusion of one of their songs (under the name D\*Rogers) on the 2004 Dig Your Roots compilation, and club / radio airplay in Canada and Japan of songs from the first D\*Rogers album Halfcrazy. Their music up to that point had been heavily based on samples and loops, but sample and loops don't look pretty on stage. So they brought together some of the musicians who had played on Halfcrazy (and a few new ones) to practise for an upcoming TV appearance. The group played so well together, the chemistry was so strong, that they decided to keep at it. The Habit was formed. Over the summer of 2004 The Habit played a number of big gigs - including a show for 20,000 people at Ottawa Pride, a high-tech set that was broadcast live on radio stations across Canada, and a show on Parliament Hill. But the band loves the smaller venues most, where the magic is more tangible - their element is the living room, or a porch in summertime. Capturing some of that magic was the idea behind The June Sessions, a 6-track EP that

was released in November 2004. It was recorded at Ottawa's mystical Little Bullhorn Studios on 2" tape, with everyone sitting around playing in the same room and bleeding into each other's microphones. For the listener, the result is audio voyeurism. Blue Magazine's Tokyo correspondent wrote in autumn 2003 that "D\*Rogers is taking the Tokyo music scene by the balls." Ottawa Xpress predicted in the summer of 2004 that D\*Rogers and The Habit were "staring indie success in the face". Garagebandcalled The Habit's first CD, The June Sessions, "Absolutely gorgeous. Five stars." Samples of The Habit's music are available at thehabit.ca. The Habit can be contacted via Darren Rogers at drogersmusic@rogers.com.

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