

## Mp3 Flow - Naked



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A tasty mixture of exotic rap, R&B and superb song writing. 13 MP3 Songs POP: Today's Top 40, HIP HOP/RAP: Alternative Hip Hop Details: Flow started as a go-go dancer in New York City nightclubs like "Limelight" and "Mars". The energy of the music inspired Flow to write her first song "Open". "Open" made it's national debut on the top MTV show "Meet the Barkers", starring Travis Barker from Blink 182. "Just Friends", also from Flow's first album "Snapped", can be heard on another successful MTV series "Pimp My Ride". While studying at Strasberg Acting Studio, Alvin Ailey's, Martha Graham Dance Studio and under scholarship at Broadway Dance Center in New York City, she danced in videos for the bands Radio Head and STYX. She was a featured dancer in nationally touring trade shows for companies like Wella, Matrix and Panasonic. Flow also performed the productions "42nd Street" and "Camelot" in addition to "Broadway Cares for AIDS" at Lincoln Center. She was assistant choreographer for the Miss Universe Pageant in addition to and choreographing a "VIBE" commercial and Revlon and Wella corporate events. Flow was also a choreographer for the movie "Shadow Hours" starring Peter Weller and Rebecca Gayheart. Moving to the west coast, Flow continued her studies at the famous "Groundlings" and began full production of her music. "Toy Box", the comedy troupe, was formed in 1999 with her partner Brian Ecker. During that period she produced and released her first album "Snapped". The Knitting Factory, Molly Malones, The Gig and CBGB'S are some of the live venues Flow has preformed at in LA and NY. "Every part of my personality seems to come together in my live performances." Flow's stage show has a full band and choreographed dancers. Flow's musical style is extensive and diverse: R&B, hip hop, funk and superb song writing are seamlessly fused in all three of her albums, "Snapped", "Love Strong", and her new album "Naked". As the producer, writer and performer, she is fearless about her approach to music. "It's my chance to say exactly what I want;

complete freedom to express myself." Flow's singing is soulful and reflective while her MC style is raw and engaging. "I love the mixture of R&B for the melody and a hip-hop feel for the drum and bass line." "Naked" is a groundbreaking sound for today's popular audience. Her lyrics are based on relationships, sex, and love and will take you on a groove driven journey through deep emotion while simultaneously finding humor in the human condition. You can also see Flow hosting "Arena" on G4techTV, which is broadcast into 50 million homes nationwide. "Take 30 minutes to join Lee, Kevin and Flow for the most fun you can have..." says G4tech TV.

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