

# Mp3 Gruvdisciples - Move It On



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Chillout electronic contemporary urban pop crossover by L.A. session players and performers. Perfect with your favorite beverage and special friend(s) after a hard day at work or a long night at the club. Gruv, chill and enjoy. 17 MP3 Songs ELECTRONIC: Pop Crossover, URBAN/R&B: Contemporary urban

Details: Move It On performed by the Gruvdisciples A collection of grooves centered on a chillout vibe. Influences are from a variety of genres and sub-genres like latin, house, techno, world, cinematic music blended into urban R&B, funk and adult contemporary jazz. Como Se Llama 1:05 Rejuvenated ++,!,& 6:27 J40 Blues 0:52 They Be Shakin It Good!!! 3:56 Reunion ! 5:35 Do You Remember + 4:50 4 Rene 0:23 The Next Life !!! 3:48 Move It On ++,!,!! 5:33 Somebody Like You + 3:38 People All Around the World + 5:18 Te Mau Tamarii a Ori (Children of the dance) \* 1:04 If You Believe 4:20 All I Want 4:28 Voyage \* 3:31 Distant 4:28 Shake Shake Your Body \*\*, + 3:53 Copyright 2006 All songs written or co-written by John Forte and Sam Domingo except for Rejuvenated +co-writer Yvette Barlowe, ++co-writer Kathy Merrick, \*co-writer Orlando Mendoza, \*\*co-writer Aditya Chauhan, !co-written by John Paris, !!co-writer Tim Mines, !!!co-written by Marcello Thedford, &co-writer Terence Thomas. Recorded at Loud Sunday Music Studios in Stevenson Ranch CA. Produced by Loud Sunday Music Productions, Published by Loud Sunday Music publishing, ASCAP Gruvdisciples: Yvette Barlowe - lead backing vocals, Kathy Merrick - lead backing vocals, John Forte - guitars, Sam Domingo - keyboards, drum programming, backing vocals sax, Orlando Mendoza - to'ere pa'u, Aditya Chauhan - harmonium, John Paris - backing vocals, drum programming, guitar synth guitar, Tim Mines - Bass, Marcello Thedford - spoken word

Group Bio: The Gruvdisciples group is the result of a long time relationship between friends. John Forte on acoustic and electric guitars; Sam Domingo on keyboards, drum programming, sax and backing vocals; Yvette Barlowe on lead backing vocals; Kathy Merrick on lead backing vocals; Aditya

Chauhan on harmonium; Orlando Mendoza on Tahitian drums; John Paris on backing vocals, drum programming, guitar synth and guitar; Timothy Mines on bass and Marcello Thedford on spoken word. Sam and John are the producing and songwriting team known as Loud Sunday. John is from L.A. and Sam is originally from the San Francisco/Oakland Bay area but now lives in L.A. Loud Sunday Music has written and charted songs (ie Billboard) for Sheila E., U.K. group Eight Wonder and others. They have also written and produced music for many Nike commercial projects as well as commercials and documentaries for EAS, Macy's, Coke, Gatorade and others. Yvette is from L.A. and was a member of the "Mary Jane Girls", a Rick James (aka Super Freak) group production. During that time she was known as Corvette. Since then Yvette has been a top working session singer as well as a published songwriter. Kathy from Washington D.C. has been a working DJ, session singer and performer. She was a member of the Mercury Recording R&B group Lace and has toured with Boz Scaggs, James Ingram, Johnny Gill and others. John Paris who is a top session drummer currently working w/ Earth, Wind Fire. He has also worked with Eric Bennet, Patti Labelle, Jewel, Sheila E. and others. Aditya plays the harmonium which is a 17th century french keyboard that is similar to an accordion. This instrument was introduced to India and became a main instrument used in Indian gazuls and raggas. Orlando is an accomplished Tahitian drummer and is adept at other Polynesian percussion instruments. He has been performing for years with award winning Tahitian dance troupes in the Northern California area. Tim on bass has studied under great Ellis Marsalis. Tim also is a working producer and composer for a few L.A. R&B and rap artists. Hes written and played with the Dramatics, Jesse Johnson (The Time) and others. Marcello who performs spoken word is an accomplished actor with film and T.V. credits like, ESPNs Playmakers, ER, Dangerous Minds, Volcano, Angel and Crimson Tide.

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