

# Mp3 The Big Distraction - Avoidance Behaviors (the Homemade Jams)



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"Fat Funk-Space Soul, Prog Pop-ROCK with a little JAM on top and COOL BLUES juice to wash it down."

- 3 young men from the smallest state in the union throw down a BIG sound... 14 MP3 Songs ROCK:

Classic Rock, ROCK: Jam-band Details: The 3 young men of The Big Distraction have been jamming together since they first picked up their instruments in the mid-90's in Pawtucket, Rhode Island (Think "The Family Guy"). After being in many other projects separately, they formed The Big Distraction in the end of 2003. After recording a home-made demo, they began playing out in 2005 to a growing fan base. They've been playing shows in the New England area from Providence (Giza, Tha Call, The Century, ), to Boston (the Middle East, Bill's Bar), to New York (CBGB's ). This interesting three piece creates music that has been described as jam&prog infused classic rock. They like bringing rock back to roots with tube amp driven guitar melodies, unpolished 70's rock approach to recording, strong melodic vocals, and jamming live shows. They've been known to WHIP OUT off the cuff covers of classic NINTENDO Music, and great MOVIE Soundtracks such as WONKA during their energetic performances. They grew up listening to Crazy and Diverse influences- bands such as Rush, The Police, Phish, Prince, The Allman Brothers, Mike Patton, Grand Funk Railroad, David Bowie, Led Zep, Jeff Beck, Yes, Jimi, Dream Theater, Vai, ZAPPA, Talking Heads, and of course NINTENDO (they're A.D.D. stricken children of the 80's) just to name a few. With pop sensibilities, an Experimental MIND SET, and hints of blues, jazz, roots rock, The Big Distraction is looking to give music and song lovers something they want... good songs, and a good time. The members of The Big Distraction [Joe, Brandon, and Nate] describe their music as "funk-soul-prog -pop- rock with a little Jam on top and cool Blues juice on the side". Lyrically, they explore the little Quirky and Ironic happenings that make LIFE WORTH LIVING. The main ingredient to this Tasty

Dish though, is Rock, but with such a variety to offer, music lovers should definitely BRING THEIR APPETITES.... Now stop squinting TAKE A LISTEN!

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