

## Mp3 Heat - Contents Under Pressure



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the truth is what you will hear... music for the soul, testimonies and trials.. music we all can relate too..... 9

MP3 Songs HIP HOP/RAP: Rap, HIP HOP/RAP: East Coast Details: HEAT: "To make hot; the transfer of energy from one body to another; a sensation of hotness or the condition of being hot; an intense feeling that can cause change in emotion or intellect; to arouse or excite feelings and passion." From the unfamiliar urban streets of Minnesota, three young ladies are bringing HEAT to the music industry. Though new female emcees regularly emerge, attempting to give credibility to women in hip-hop, they're often overlooked because they lack the complete package of lyrical skills, content and stage presence. HEAT is not lacking. Blazing mics and crowds throughout the Twin Cities, NENA BROWN, PMS, and CESSAMILIA, are strong and sincere lyricists, with diverse sounds combining into one LOUD furor of HEAT packed with the charisma and charm required for longevity in this industry. More than just pretty faces, HEAT has joined as one to give you what they call "the truth" - sharing their social commentary as shaped by growing up on the streets of Minneapolis, MN (Cessamilia and Nena Brown) and Rock Island, IL (PMS). On their soon-to-be released (and highly anticipated) debut album, HEAT uses their versatility and lyrical prowess to display their own unique styles and convey their personal messages of who they are and what they bring to the rap game. Says the trio: "A lot of artists are afraid to be themselves...music is therapeutic to us so our songs/lyrics are personal and that's what music is missing right now." Highly dedicated to the craft, in just two years, the group has burst onto the Minneapolis hip-hop scene opening up for several national artists, including Joe Budden, Murphy Lee, Lil' Mo, Twista, Big Daddy Kane and Juvenile. They've also performed at The B-Girl Summit, The Hip Hop Festival, and local venues such as the Quest Nite Club, Escape Ultra Lounge, First Avenue, Red Sea, Soul City Supper Club, Blue Nile, The Dinkytowner and the School of Performing Arts where they've received impressive reviews from local

newspapers such as the Minneapolis Star Tribune, Trendsetter and City Pages. In their spare time HEAT enjoys being active in their community by working with youth, speaking out on behalf of less fortunate children and volunteering their time at Lutheran Social Services. Contact/booking information: HEAT 4906 Xerxes Ave Minneapolis, MN 55430 Kimberly Steward (612) 701-2682

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