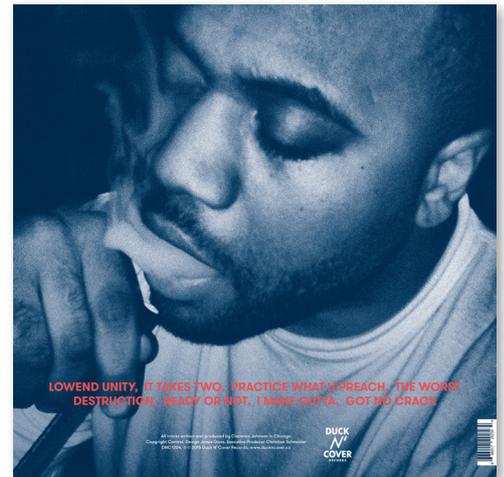
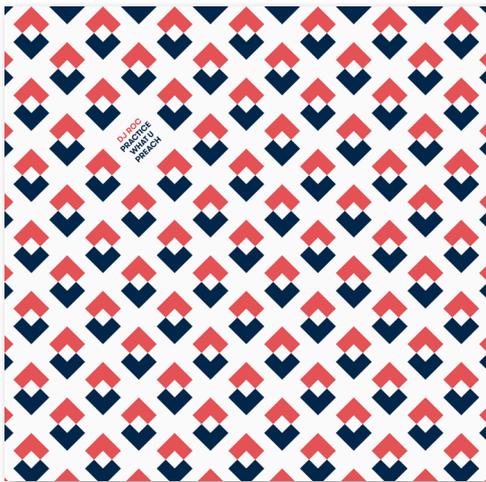


DJ ROC

PRACTICE WHAT U PREACH



After his highly acclaimed and widely considered an all time classic debut album „The Crack Capone“ released in 2010 on Planet Mu, DJ Roc returns with a follow up on vinyl, an 8 track mini album titled „Practice What U Preach“. Roc is one of the main DJ’s at the weekly Battlegroundz meet-ups in Chicago’s South Side, where the different crews and dancers flesh out who is the coldest in the game. This special release gives a very good impression of what is happening musically in the eye of the storm. Featuring a collection of pure battle tracks, made without compromise, yet it’s variety of modes and moods is breathtaking. This is an excellent release if you want to dig deeper into Footwork’s vast landscape of infinite possibilities and enjoy the raw energy of one of today’s most exciting electronic dance music styles.

„Practice What U Preach“ made it to The Wire Magazine’s „Office Ambience“ charts in the June 2015 issue, the track „I Make Gutta“ is also streamable from their website. http://www.thewire.co.uk/audio/tracks/office-ambience_376

Battlegroundz, the weekly meeting of crews and dancers every Sunday in Chicago’s South Side represents the Olympia of Footwork, an event with an iconic status in the scene. The cover of „Practice What U Preach“ picks up the floor pattern of the location where the battles take place. Look up „Battlegroundz Chicago“ on YouTube and you will find countless videos documenting the energy and skills that were pushed to a very high level throughout the last few years by countless crews, dancers, producers, and DJ’s. DJ Roc is one of the most active DJ’s at these battles, with an enormous output of produced tracks per year, usually referenced as ammo. This release is a director’s cut, the complete selection of the tracks was in the hand of the artist himself (all releases on Duck N’Cover so far follow this practice), which makes it an authentic document on what’s really happening at the core of the movement. Enjoy this great product which hasn’t been watered down by any compromises towards commercial acceptance or mass appeal, raw power!

The journey starts with the relaxed laid-back joint „Lowend Unity“, with its lush jazzy feel warming up for the storm to come. As Roc has recently been added as member to DJ Client’s Beatdown House imprint, this is a reason to celebrate the South Side unity. With „It Takes Two“, Roc is stepping on the gas pedal sending out a clear breakbeat rave signal, picking up samples, breaks, and sounds iconic to the nineties, pushing them fast forward into the future. „Practice What U Preach“ is a deep tribal battle track at its finest. Hitting with breakneck speed and with 808 tom frenzy, this track proves that Roc is one of the coldest producers in the game. Side A closes with „The Worst“, a track reflecting on relationship issues, presenting a sweet and sour, haunting dark edge. Side B opens with „Destruction“, its frenetic horn stabs is bound to drive any dancer in the circle crazy, as is „Ready Or Not“ where Roc twists a familiar soulful sample, the heat is rising. With „I Make Gutta“ he returns to raw Chicago science, brittle and unforgiving, the legacy. The album closes with „Got No Crack“, a track picking up right where he left us with „The Crack Capone“, spinning our neurons as only Roc is capable of.

8 TRACK MINI ALBUM OUT JULY 16th 2015

DNC1204, 12"
DNC1204CD, Low Price CD
DNC1204D, Digital

Duck N’Cover Records, Switzerland
Distributed worldwide by SRD

DJ ROC Discography:
Back To The Trax Vol 1-EP-Beatdown House-2015
Take Em Out The Circle-EP-Shinkaron-2014
Battlezone-EP-Shinkaron-2013
Killa Combo-EP-Booty Call-2011
The Crack Capone-Album-Planet Mu-2010

www.duckncover.co
www.facebook.com/DuckNCoverRecords
www.soundcloud.com/duckncoverrecords
www.soundcloud.com/djroc-1

**DUCK
N’
COVER**
RECORDS