

# COSTE APETREA – SUPRISINGLY HEAVY

Released November 14<sup>th</sup> 2008

LMC250

EAN6419922002506

## TRACK LISTING

01. Surprisingly Heavy.
02. Chased By Shadows.
03. Don't Hold Back.
04. Pumping Hello.
05. Mental Oil.
06. Macho.
07. Shadow Boxer.
08. Kolkata Traffic.
09. Take The Stairs.
10. Magicians Gloves.
11. Closer.
12. Kyrkish Piis.

## MUSICIANS

Coste Apetrea –All instruments, vocals and voices on all track except for...

Wilgot Hansson - Drums on "Pumping Hello".

## CREDITS

Written, Mixed, Mastered and

Produced by Coste Apetrea.

## OFFICIAL WEB LINKS

[www.coste.se](http://www.coste.se)

[www.myspace.com/costeapetrea](http://www.myspace.com/costeapetrea)

## LION MUSIC PROMO PAGE

[www.lionmusic.com/cd/coste\\_heavy.h](http://www.lionmusic.com/cd/coste_heavy.html)  
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## MARKETING & PROMOTION

- » Superb new album from a progressive music legend. Very modern sounding and sure to appeal to fans of the modern day progressive metal scene.
- » Reviews in all leading rock/metal press.
- » Coste is available for interview, to arrange yours contact [promo@lionmusic.com](mailto:promo@lionmusic.com).
- » Coste is available to make radio station ID's for your station, email [promo@lionmusic.com](mailto:promo@lionmusic.com) with your requirements.



**Coste Apetrea** is a Scandinavian music legend with a history dating back to the early 1970's and involvement in some of the most challenging music to come out of this region since that time. Coste's new album **"Surprisingly Heavy"** follows up his 2006 Lion Music release *"Rites Of Passage"* - yet as the new album title hints, it's a release that may well raise an eyebrow to those familiar with Coste's more usual style, yet the album shows how versatile this legend is.

The new album **"Surprisingly Heavy"** is a derivative of Coste's early years combined with the person he is today. On the album Coste comments, *"I thought my previous release 'Rites of Passage' was heavy and rocky but mostly it got regarded as a Jazz rock CD by the media and music fans at large; still it made me curious to explore this side of my soul. My ears have been opened to the modern day Metal and Prog Metal scene, so to my delight I've found I've really got into this sound at this stage of my life. Most of the tracks are based around big riffs, an art form in itself which has influenced me from as far back as the late 60's and early 70's. My main goal was to create powerful Heavy music close to Metal and add melodic parts in order to make the Heavy parts heavier as they come on after the melodic parts, I also allow all kinds of different emotional content, I don't mind if it becomes extremely noisy or extremely sentimental, as long as it's real feelings"*.

The music on **"Surprisingly Heavy"** shows that not only has Coste Apetrea got into this music as a listener but has also become a fine purveyor of the genre. Backed by a rich, heavy and open production, the album shows an artist that continues to evolve whilst others stagnate, and deserves to be discovered by a new generation of fans for one of progressive music's most worthy performers.

## ARTIST BIOGRAPHY IN BRIEF

Coste Apetrea's music career started back in 1972 with the avant/rock/prog band Samla Mamma Manna who recorded 3 albums. Coste left to join forces with Finnish music legend Jukka Tolonen where they made 7 albums together and played all the major venues of the day including appearances at the 1978 Montreaux Jazz Festival and the 1979 Roskilde Rock Festival. Since then Coste toured constantly for 12 years and made 12 albums with various bands as well as his first solo album *"Nyspolat"*. For the following 18 years Coste wrote music for the media productions and worked as a producer saying that touring and composing for film, radio and tv are the best education one can get in music. Today sees Coste doing a mix of the two outlets and says it's the best of both worlds. 2006 saw Coste's first solo album release on Lion Music with the jazz rock influenced *"Rites Of Passage"* and in recent years Coste has toured with his own riff based rock trio *"Doubleneck"* whose heavier approach played a large influence on the music heard on *"Surprisingly Heavy"*.