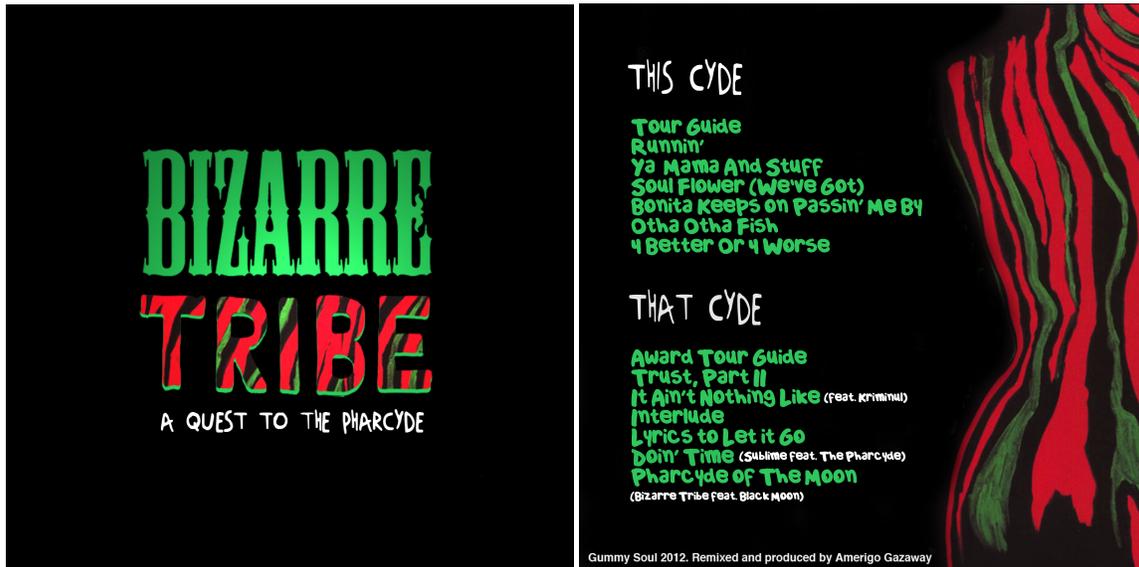


# Gummy Soul



This release is a passion project in the truest sense. I chose to do this album simply out of a genuine love and appreciation of the music. For me, *The Pharcyde* is to the West Coast what *A Tribe Called Quest* is to the East. At a time when gangster rap ruled the airwaves, both these groups were breaking new ground musically and challenging the stereotypes of what people thought rap music to be. "*Bizarre Ride to The Pharcyde*" was and still is one of my favorite hip-hop albums of all time, and ATCQ/J Dilla's production styles have obviously had an enormous impact on me as a producer. I have always been fascinated by both these artists' work, and in the process of creating *Bizarre Tribe* I feel like I gained even further insight and respect for their artistic craft.

My main goal for this album was to have a great time, and I think I definitely succeeded at that. I hope you have as much fun listening to it as I did creating it.

## This Cycle

### 1. Tour Guide

I actually thought about using "Siri" as the voice for this, but instead went "Bridget" because of her sexy British accent.

### **Samples Used:**

- [Cal Tjader - Aquarius \['Midnight Marauders Tour Guide'\]](#)

## **2. Runnin**

This was one of the first joints I remixed for the project. At first I was just taking some of the original Tribe instrumentals and trying them out with different acapellas. I remember throwing Electric Relaxation/Runnin' on at the same time and when I heard it I immediately flipped. I used the 3-bar bass/guitar loop from *Mystic Brew*, but there's also those weird sound effects from Ramsey Lewis' "Dreams" that I really dug. Ya'll know which ones I'm talking about...

### **Samples Used:**

- [Ronnie Foster – Mystic Brew \(“Electric Relaxation”\)](#)
- [Ramsey Lewis – Dreams \(“Electric Relaxation”\)](#)
- [Brethren – Outside Love \(“Electric Relaxation”\)](#)
- [Henry Franklin – Soft Spirit \(“The Hop”\)](#)
- [Bola Sete – Bettina \(“8 Miliion Stories”\)](#)
- [Roy Ayers – Running Away \(“Description of a Fool”\)](#)

## **3. Ya Mama And Stuff**

I really like how this one came out. I felt like I had to switch it up a lot because there's so many verses. I wanted it to feel like an old school break mix or a DJ rockin' a party.

### **Samples Used:**

- [Grant Green – Down Here On The Ground \(“Vibes And Stuff”\)](#)
- [Grant Green and Dianne Reeves \(Ummah Remix\) – Down Here On The Ground](#)
- [Lou Donaldson – Ode to Billie Joe \(“Clap Your Hands”\)](#)
- [The Meters – Hand Clapping Song \(“Clap Your Hands”\)](#)
- [Minnie Riperton – Baby This Love I Have \(“Check The Rhime”\)](#)
- [Dexter Wansel – Theme From the Planets \(Petestrumentals\)](#)
- [Average White Band - Stop The Rain \(Petestrumentals\)](#)

## **4. Soul Flower (We've Got)**

This is one of the first songs The Pharcyde ever recorded. I remember hearing on a Brand New Heavies record back in the day ([Heavy Rhyme Experience Vol. 1](#)). The acapella didn't have the main hook on it so I just improvised. Hope ya'll don't mind ☺

### **Samples Used:**

- [Lucky Thompson – Green Dolphin Street \(“Jazz, We’ve Got”\)](#)
- [Weather Report – Young and Fine \(“Butter”\)](#)
- [Grover Washington, Jr. – Loran’s Dance \(“Push It Along”\)](#)
- [Minnie Riperton – Inside My Love \(“Lyrics to Go”\)](#)
- [A Tribe Called Quest – Jazz \(We’ve Got\)](#)

## 5. Bonita Keeps On Passin’ Me By

This is actually a blend I use to mess around with long before I started working on this project. I always thought those two sounded dope together (*Bonita Applebum* and *Passin Me By*) but I never really thought about doing a remix of it. Earlier this year, the homie [DJ Rate](#) put me on to a Pharcyde box set containing six acapellas from their *Bizarre Ride to the Pharcyde* album. One of them was "Passin Me By", and that's when I remembered the whole *Bonita + Passin Me By* blend. In the words of Q-Tip, I would say these two are a "match made in heaven".

### Samples Used:

- [Rotary Connection – Memory Band \(“Bonita Applebum”\)](#)
- [Little Feet – Fool Yourself \(“Bonita Applebum”\)](#)
- [RAMP – Daylight \(“Bonita Applebum”\)](#)
- [Eddie Russ – Hill Where The Lord Hides \(“The Pharcyde - Passin’ Me By”\)](#)
- [Roy Ayers – I Feel Like Making Love \(“Keep it Rollin”\)](#)
- [Dr. Buzzard’s Original Savannah Band – Sunshower \(“Can I Kick It?”\)](#)

## 6. Otha Otha Fish

This joint is all over the place. That “Dirty Old Bossa Nova” loop is one of my favorite Dilla beats ever. And 2<sup>nd</sup> place would probably be the “Find A Way” beat. Throw Slimkid3 on top and you’ve got yourself a winner.

### Samples Used:

- Howard Roberts Quartet – Dirty Old Bossa Nova (“Jam”)
- Jack Wilkins – Red Clay (“Sucka Nigga”)
- Towa Tei feat. Bebel Gilberto – Technova (La Em Copacabana) (“Find A Way”)

## 7. 4 Better Or 4 Worse

This was tricky because the third verse gets really *bizarre* to say the least. Wally suggested I flip it to make it sound all creepy, which was challenging because most of Tribe’s samples are happy and jazzy. I also had a lot of fun with that “Can I Kick It?” segment in the middle.

### Samples Used:

- [Charles Wright & the Watts 103rd Street Rhythm Band – What Can You Bring Me \(“Rock Rock Ya’ll”\)](#)
- [Lou Reed – Walk on the Wild Side \(“Can I Kick It?”\)](#)
- [Dr. Buzzard’s Original Savannah Band – Sunshower \(“Can I Kick It?”\)](#)
- [Bob James – Nautilus \(“Clap Your Hands”\)](#)
- [Eric Mercury – Long Way Down \(“Rap Promoter”\)](#)
- [The Whatnauts – Why Can’t People Be Colors Too? \(“Oh My God”\)](#)
- [The Gary Burton Quartet – I’m Your Pal \(1nce Again\)](#)
- [Power of Zeus – Sorcerer of Isis \(“Oh My God”\)](#)

## That Cyde

### 8. Award Tour Guide

Not much to say about this except that it’s awesome 😊

#### Samples Used:

- [Milt Jackson – Olinga \(“Award Tour”\)](#)
- [Brother Jack McDuff – Oblighetto \(“Scenario”\)](#)

### 9. Trust, Part II

I almost didn’t throw this one on the album. At first I wanted to avoid the beef/conflict between Pharcyde and Fatlip, but eventually I came to embrace it. I think it’s an important part of their history, and it adds a human element to their story. For me it also represents a parallel to the falling out between Q-Tip and Phife.

#### Samples Used:

- [Steve Arrington – Beddie Biey \(“The Chase, Part II”\)](#)
- [A Tribe Called Quest – The Chase, Part II](#)
- [A Tribe Called Quest – Mind Power](#)
- [James Brown – Funky President \(“Oh My God”, “Show Business”\)](#)
- [Gangstarr – Sabotage](#)
- [Heatwave – Star of a Story \(“Verses From The Abstract”\)](#)

### 10. It Ain’t Nothing Like (feat. Kriminul)

This is a Rae & Christian joint featuring The Pharcyde and Kriminul. I ended up using a couple samples from People’s Instinctive Travels for the remix. “It ain’t nothing like” the original.

#### Samples Used:

- [Ruben Wilson – Inner City Blues \(“Youthful Expression”\)](#)

- [Harlem Underground Band feat Willis Jackson – Ain't No Sunshine \(“Everything Is Fair”\)](#)
- [Billy Brooks – Forty Days \(“Luck of Lucien”\)](#)

## 11. Interlude

Beautiful sample by David Walker that Q-tip used for “God Lives Through”. Gummy Soul producer Nickel Plated Butter also uses it for the Kurtis Stanley joint [“Silly Me”](#).

### Samples Used:

- [David T. Walker – On Love \(“God Lives Through”\)](#)

## 12. Lyrics 2 Let It Go

Ahh yes. Minnie Riperton. How could I forget this one? I know it's not the same part that Tribe used, but this one just feels like a classic hip-hop banger. I also feel like the song gives some closure to the whole beef/conflict thing. The vocals/scratches are from another Rae & Christian joint.

### Samples Used:

- [Minnie Riperton – Inside My Love \(“Lyrics to Go”\)](#)
- [Cannonball Adderley – Leo: Rosebud \(“Steppin’ It Up”\)](#)
- [James Brown – Just Enough Room For Storage \(“Lyrics to Go”\)](#)
- [Clyde McPhatter – The Mixed Up Cup \(“Lyrics to Go”\)](#)

## 13. Doin’ Time (Sublime feat. The Pharcyde)

Man, I was so happy when I found this acapella! At first I wasn't even sure if it existed, but after hours of searching I somehow stumbled on a download link. Shout out to Jonny G. for helping me find it. Most of the samples in this are from “Push It Along”, but there are some other gems in there as well.

### Samples Used:

- [Junior Mance – Thank You \(Fallentin Me Be Mice Elf Agin\) \(“Push It Along”\)](#)
- [Eugene McDaniels Jagger The Dagger \(“Push It Along”\)](#)
- [Grover Washington, Jr. – Loran’s Dance \(“Push It Along”\)](#)
- [The Cyrkle – The Visit \(“Get a Hold”\)](#)
- [The Gary Burton Quartet – I’m Your Pal \(1nce Again\)](#)

## 14. Pharcyde of The Moon (Bizarre Tribe feat. Black Moon)

Back when I was still trying to figure out what to remix Pharcyde with, the idea for “Pharcyde of The Moon” popped into my head. But instead of doing a *Pharcyde + Pink Floyd - Dark Side of The Moon* remix, I thought it would be cool to do a

*Pharcyde + Black Moon* remix. This is the result of that experiment. It's kind of a bonus track, but it's still one of my favorite joints on the album.

**Samples Used:**

- [Donald Byrd – Wind Parade \(Black Moon – “Buck Em Down”\)](#)
- [Ronnie Laws – Tidal Wave \(ATCQ – “The Love”, Black Moon – “Who Got Da Props”\)](#)

\*All other interview clips and sound bytes taken from the [Beats, Rhymes and Life: The Travels of A Tribe Called Quest](#) documentary.

**Gummy Soul 2012**

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- Amerigo Gazaway/Gummy Soul

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