

# Zion I & The Grouch – “Rockit Man” Feat. Silk-E



The Song:

Today, West Coast triffecta Zion I & The Grouch drop the latest single from their forthcoming album, Heroes in the Healing of the Nation, “Rockit Man” which features Bay Area singer/rapper Silk-E. This album is this super group’s sophomore album and follow-up to 2006’s critically acclaimed Heroes in the City of Dope, and will be released on March 22, 2011.

“‘Rockit Man’ is loosely based on maturation and ascension as a person,” explains The Grouch. Zumbi further explains, “This song is about struggling to shake old fears and misgivings. Once we let them go, we make way for the next level of transcendence. This is what a Rockit Man does... daily.”

“Rockit Man” is now available for free download at [ZioniAndTheGrouch.com](http://ZioniAndTheGrouch.com) and the full album is available for pre-order. Fans who pre-order the full album from the site will receive a free instant download of the album track “Drop It On the 1” and the bonus song “Heroes.”

Finally, the trio have announced additional tour dates for their Healing of the Nation Tour, which kicks off at the Fillmore in San Francisco on March 19, with Blu, One Be Lo, and The Jazz Mafia’s Shotgun Wedding Quintet. For the tour, Zion I & The Grouch have partnered up with different community organizations in every city and will be donating 100% of all ticketing fees sold through [ZioniAndTheGrouch.com](http://ZioniAndTheGrouch.com) to these organizations.

Download “Rockit Man” here:  
<http://zioniandthegrouch.com/download/>

Alternate link: <http://bit.ly/fRToA7>

For a full list of organizations, go to [ZioniAndTheGrouch.com](http://ZioniAndTheGrouch.com)

Zion I & The Grouch Healing Of The Nation Tour Dates:

\* w/ Blu

% w/ The Jacka

# w/ The Shotgun Wedding Quintet (Jazz Mafia)

3/16/11 Austin, TX @ Mohawk (SXSW)

3/18/11 Austin, TX @ Beauty Bar (SXSW)

3/19/11 San Francisco, CA @ The Fillmore \* % #

3/20/11 Fresno, CA @ Fulton 55 \* #

3/21/11 Sacramento, CA @ Ace of Spades \* #

3/22/11 Petaluma, CA @ Phoenix Theater \* #

3/23/11 Arcata, CA @ Humbrew \* #

3/24/11 Eugene OR @ McDonald Theatre \* #

3/25/11 Portland, OR @ BRANX \* #

3/26/11 Seattle, WA @ Nectars \* #

3/27/11 Missoula, MT @ Palace Lounge \* #

3/29/11 Park City @ Star Bar \* #

3/30/11 Aspen, CO @ The Belly Up \* #

3/31/11 Ft Collins, CO @ Aggie Theater \* #

4/01/11 Boulder @ Fox Theater \* #

4/02/11 Denver, CO @ City Hall \* #

4/15/11 Madison, WI @ Majestic #

4/17/11 Chicago, IL @ Abbey Theater #

4/18/11 Cleveland, OH @ Grog Shop #

4/19/11 Syracuse, NY @ Westcott Theater \$ #

4/20/11 Burlington, VT @ Higher Ground #

4/21/11 Boston, MA @ Middle East Club #

4/22/11 Brooklyn, NY @ Knitting Factory #

4/23/11 Baltimore, MD @ The Quarter #

4/24/11 Philadelphia, PA @ The Blockley Poorhouse #

4/25/11 Tempe, AZ @ The Club House #

4/26/11 Los Angeles, CA @ El Rey Theatre #

4/27/11 San Diego, CA @ House of Blues #

4/28/11 San Luis Obispo, CA @ SLO Brewing Co. #

4/29/11 Santa Clara, CA @ The Avalon #  
4/30/11 Reno, NV @ Grand Theatre #  
5/01/11 Santa Barbara, CA @ Velvet Jones