

Zion I & The Grouch-It's Going Down Feat. Jacob Hemphill

[youtube]rQLK8fh7gnM&[/youtube]

Zion I & The Grouch have more to share visually from *Heroes In The Healing Of The Nation*.

DJ House Shoes Presents- Rapping With Paul White: The Mixtape (Download)



[Rapping With Paul White – The DJ House Shoes Mixtape](#) by [alexchase](#)

UK producer Paul White is releasing his album *Rapping With Paul White* August 23rd on One-Handed Music. The album features songs with Danny Brown, Guilty Simpson, Homeboy Sandman, Marv Won and others. One-Handed secured DJ House Shoes to compile a mix of various songs from the album, as well as exclusive non-album tracks and remixes from Paul's catalogue. The mixtape features all Paul White production and remixes of A Tribe Called Quest, Nas, Talib Kweli, MED, Prince Po, Danny Brown, and others.

Tracklisting:

Life Is Flashing Intro

Trust featuring Guilty Simpson
A New Way
Get Down RMX* -Nas
One Of Life's Pleasures RMX* featuring Danny Brown
Hype Strings*
In The Good RMX* not featuring The Visionaries
The Doldrums
Run Shit featuring Marv Won
Holla RMX* featuring Prince Po
Guitar Riff Pt. IIII*
What's That Funny Smell?
Dirty Slang featuring Guilty Simpson
Classic RMX* featuring MED and Talib Kweli
Rotten Apples featuring Tranquill
Love To Japan*
Never Too Late*
Stressed Out RMX* featuring ATCQ
Guitar Racing*
Getting Lucky*
Wilting Heat*
000ooo*
Up Close*

*non-album exclusives

Diggy-Copy, Paste

[youtube]qU9HdAduDvY[/youtube]

“Copy, Paste” is the first song from Diggy’s forthcoming album that has not been named or given a release date.

Throwback: Gina Thompson-The Things You Do



[youtube]VDd6HtU6JHg[/youtube]

Gina Thompson emerged in '96 with *Nobody Does It Better* on the Mercury label. The New Jersey resident had the luck to secure a record deal shortly after graduating from high school. "The Things You Do" was the lead single from her album and the remix of it was produced by Bad Boy. The song was a success for Thompson but it quickly became a focal point for Missy Elliot's introduction as an artist to the public because of her guest vocals. Over the next couple of years Thompson provided vocals for MC Lyte's ["Cold Rock A Party"](#) and did a cover of Frankie Lymon's ["Why Do Fools Fall In Love"](#) for the soundtrack of the same name. Her relationship with Elliot lead to her signing with the Virginia artist's Gold Mind imprint. The singles ["Ya Di Ya"](#) and ["Caught Up"](#) from her sophomore effort *IF You Only Knew* were released but the album was shelved. Thompson asked to be released from her contract and started work on her second official album *Missing You*. In 2009 independent Blue Mountain Records/Sunset Urban Records released the CD digitally and gave it a limited physical availability on Amazon. The lackluster promotion of the project caused it to not sell and Thompson left the label.