



RARE, UNRELEASED & LIVE TRACKS: 2000-2013 + **MORE!**



THE STORY OF REGENERATED HEADPIECE

Regenerated Headpiece is a hip-hop hybrid musical outfit that first burst onto New York City's live music scene in the late 1990s. Its core members are producer/MC **Phon-X (a.k.a. Headsnack)**, lyricist **Shred Lexicon**, and **DJ Exfyl**. Other members of the Regenerated Headpiece family include **DJ Sykopath**, producer/MC **Old Yist**, and various session musicians.

In reviews of the three albums they released between 2001 and 2009, Regenerated Headpiece (or RHP) was described as everything from "old school" to "futuristic", and compared to recording artists ranging from **A Tribe Called Quest** to "**Weird**" **Al Yankovic**. But perhaps **RapReviews.com** said it best when, in their favorable review of RHP's debut album, *Rat Race Vacation*, they wrote: "Regenerated Headpiece brings a style of lyrics and beats that doesn't sound a whole lot like anything else."

RHP's unique music has captured worldwide attention, garnering reviews and interviews in five languages. *Rat Race Vacation* was released to encouraging notices from magazines like **Vice**, **Elemental**, **Hip Hop Connection** (UK) and **Insomniac**, while their second release, *Dogfight* was named one of the year's top 10 albums by **New York Newsday** and received praise from magazines like **Future Music** (UK) and **Smooth**. It also caught the ear of writer **Robert Lanham** who, in his bestseller *The Hipster Handbook*, listed RHP as a "Newer Band Kicking Some Ass This Decade" alongside major acts like **EL-P (Run the Jewels)** and **The White Stripes**. Their

third album, *The New Animal*, which includes two songs featuring the legendary **Chuck D** of **Public Enemy**, was praised by the dean of American rock critics, **Robert Christgau**, in his 2009 consumer guide and cited by **Okayplayer.com** for its “wisdom, cuts and nicely layered production”.

Regenerated Headpiece’s music has been licensed to **Bomb Hip Hop Records**, **Slamjamz Records**, **Kaiju Big Battel**, **The Independent Film Channel**, **Graffiti Verite**, **DJ Lord** (of Public Enemy), **Lickwood Labs**, and was selected by super-producer **Just Blaze (Jay-Z, Kanye West)** to appear on the nationally released compilation album, *Fresh Cuts: Volume 3*.

Regenerated Headpiece has also done an impressive number of live performances and has been fortunate enough to open up for such notable acts as Public Enemy, **Prince Paul (Stetsasonic, De La Soul, Gravediggaz)**, **Mixmaster Mike (Beastie Boys)**, **Dilated Peoples**, **Blackalicious**, **The Sound of Urchin**, **Arsonists**, and many of the finest groups of the hip hop underground.

Although they’ve been currently inactive as Regenerated Headpiece, each member continues to create new music. Phon-X’s production and lyrics can be heard under the moniker, Headsnack, under which he has garnered over 100,000 YouTube views for his insightful yet hilarious songs that mock humanity. In addition, both he and Shred Lexicon can be heard on Spotify and Apple Music under their experimental improvisational outfit, **Eli and the Mannings**.

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Executive Producer: Mike Foam
Cover based on original by David 'C-Doc' Snyder

DISC 1

1 SOUVENIRS, NOVELTIES, PARTY TRICKS 1:54

Produced by Headsnack

Guitars: Slim Waites

2 MAJESTIC MAGNETS (HEADSNACK REMIX) 4:42

Written & produced by Phon-X

3 SHE LEFT ME FOR A YETI (WANDA'S GONE) 2:52

Written by Phon-X & Shred Lexicon

Produced by Phon-X

Cuts by DJ Exfyl

4 SAD BUT TRUE (FEATURING MPORTED FLOWS) 4:36

Written by Shred Lexicon & Mportd Flows

Produced by Phon-X

Cuts by DJ Sykopath

5 DADDY DUTY (FEATURING ILLUS) 4:16

Written by Illus & Phon-X

Produced by Headsnack

Cuts by Phon-X

Also appears on the Illus album *Family First*

6 BOARD ROOM ASSHOLES 3:04

Written by Phon-X
Produced by Old Yist

7 THICKEY SAVEY 2:48

Written by Phon-X
Produced by Don Q
Cuts by DJ Exfyl

8 SLOTH, LUST AND GREED

(FEATURING AMERICAN TWILIGHT PROJECT) 4:52

Produced, Performed, Written, Recorded, Mixed, Mastered by DJ Mockstar except

Verse 1 Written & Performed by Steve "SG the Producer" Garcia

Female Vocal Performed by Allison Breunig

Verse 3 Written, Performed & Recorded by Phon-X

Guitars by DJ Mockstar

9 GIGSTARZ 3:44

Written & Produced by Phon-X
Cuts by Phon Juan

10 HAVE NOT NEED 4:08

Written & Produced by Old Yist & Phon-X

11 ODE TO MIKE FOAM (HAVE NOT NEED PART 2) 4:00

Written by Phon-X
Produced by Old Yist
Co-produced by Rich Lupes

12 WORSHIP ME (REMIX)

(FEATURING SNEAKY PETE, PVT MILITANT, MPORTED FLOWS & PHON-X) 5:12

Written by Phon-X, Sneaky Pete, Pvt Militant, MPorted Flows

Produced & Mixed by C-Doc for DefBeat Posse Productions, ID!®

13 MONEY BEETS: A TRIBUTE TO RHP (FEATURING MILKDROP) 1:44

Written by Milk Drop

Produced by Phon-X

Verse contains mad references to RHP tracks.

14 LINCOLN'S THEME 5:06

Produced by Phon-X

Cuts by DJ Exfyl

MIDI Guitar: MenAnt

Track licensed by **Chuck D** for the Phon-X/Chuck inspired group **Lincoln's Second Assassin**

15 CYCLOPS MONOCLE (C-DOC REMIXX) 5:34

Written by Shred Lexicon & Phon-X

Remixed by C-Doc for DefBeat Posse Productions, ID!®



DISC 2

1 BOARD ROOM ASSHOLES

(AMERICAN TWILIGHT PROJECT REMIX) (FEATURING DJ MOCKSTAR) 4:54

Written by Phon-X aka Headsnack & DJ Mockstar

Produced by DJ Mockstar

2012 remix of a track that was recorded around the time of "The New Animal". "Board Room Assholes" never made the cut, but this newly inspired remix was featured on the American Twilight Project compilation album.

2 ANTHEM EATER (TJ NIGHTMARE REMIX) 2:24

Written by Phon-X & Shred Lexicon

Remixed by Taylor Jordan

3 SANDWICHES (C-DOC REMIX) 3:48

Written by Phon-X

Remixed by C-Doc for DefBeat Posse Productions, ID!#

4 MAJESTIC MAGNETS (ORIGINAL MIX) 4:30

Written & Produced by Phon-X

5 STRIDELESS PRIDE (SLOTH LUST GREED DEMO) 2:08

Written & Produced by Phon-X

Additional manipulation by Bass Killah

6 TIRED (DUSTMOTES REMIX) 4:28

Written by Phon-X & Shred Lexicon

Remixed by dustmotes

7 DJ EXFYL'S MESSAGE IN A CANNON 4:00

Produced by Old Yist & DJ Exfyl

Cuts by DJ Exfyl

8 DOGFIGHT (CUTSIDE REMIX) 5:02

Written by Phon-X & Shred Lexicon

Remixed by Cutside

9 ROBOT WHORES (MADE IN JAPAN MIXX) 3:17

Written by Phon-X

Remixed by Pot-C

10 SPECTACULAR VERNACULAR (HEADSNACK REMIX) 3:04

Written & remixed by Headsnack (aka Phon-X of Regenerated Headpiece)

11 CYCLOPS MONOCLE (DONNIE OZONE REMIX) 4:32

Remixed by Donnie Ozone

"Punch.wav" used courtesy of **ekokubza123**

<https://www.freesound.org/people/Ekokubza123/sounds/104183/>

<http://creativecommons.org/publicdomain/zero/1.0/>

12 TWIST (FEATURING CHUCK D) (DEF REMIX) 4:00

Written by Phon-X & Shred Lexicon

Featuring Chuck D of Public Enemy

Remixed by Mike 'mGee' Gregoire

13 PHON'S WALTZ 1:02

Produced by Phon-X

14 THE IMPOSSEBULLS - ERYKAH AND JEAN (HEADSNACK REMIX) 3:51

Written by M. Ankeney, DC Snyder & Headsnack

Remixed by Headsnack (aka Phon-X of Regenerated Headpiece)

**15 ILLUS & ICBM - EXTRAORDINARY LEAGUE OF HIPHOP DADS
(FEATURING HEADSNACK, BRASH, PHASHARA & VENOMOUS 2000) 4:45**

Written by ILLUS, Brash, Headsnack, Venomous and Phashara

Produced by ICBM

Also appears on the **ILLUS & ICBM** album *Behind The Mask*



STREET

SKY

FR

WCC

Good

Good

FACE



DISC 3
RHP LIVE!

Recorded between 2001 and 2005 in NYC except where otherwise noted.

**1 GET YOUR HEAD ON / ELEMENTS /
RHYTHMICALLY RHYMING MEDLEY 5:00**

2 CYCLOPS MONOCLE 4:38

3 THE TRINITY 4:36

4 ELEMENTS REMIX 3:56

5 ESCAPE FROM SLAVECAMP 3:50

6 TWIST 3:30

7 LIP BOMP 3:02

8 TIRED 5:30

9 DOGFIGHT 5:54

10 WHO IS DR. CUBE? 4:28

11 ALLMACKS (DRUNKEN MASTERS VERSION) 4:14

Recorded in Oneonta, NY, 1997





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RHP ONLINE

<http://regeneratedheadpiece.com>

<https://facebook.com/Regenerated-Headpiece-38746073462>

<https://reverbnation.com/regeneratedheadpiece>

<https://youtube.com/c/headsnack>

<http://twitter.com/regeneratedhead>

<http://www.globalcypher.com>

PHON-X aka HEADSNACK ONLINE

<http://facebook.com/headsnack>

<http://twitter.com/headsnack>

<http://soundcloud.com/headsnack>

<http://instagram.com/headsnack>

SHRED LEXICON ONLINE

<http://twitter.com/bluenatic>

<https://twitter.com/peleoutofcontxt>

<https://instagram.com/truebluenatic>



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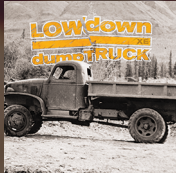
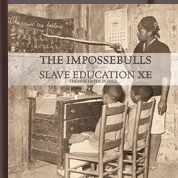






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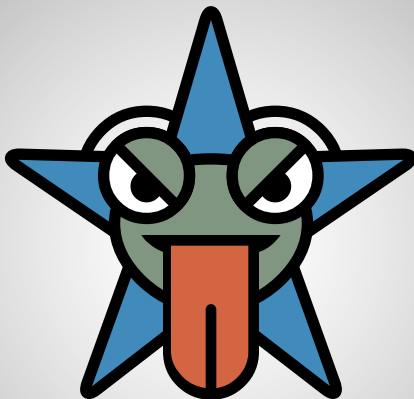
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*A very special thanks to **Headsnack**, **Shred Lexicon**
and **DJ Exfyl** for being part of what **blocSonic** does. I've
long been a fan and am thrilled to have you guys
on board... welcome to the blocSonic fam!*

- Mike Gregoire, blocSonic

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