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ONE MORNING LEFT RELEASE VIDEO FOR NEW SINGLE "PUPPY" — [WATCH](#)

Finnish metalcore veterans **One Morning Left** have unveiled the video for new single "**Puppy**."

The song has been selected to compete at UMK, Finland's national selection for the Eurovision Song Contest 2025. The UMK song "Puppy" is exactly what the name suggests. It is, very simply, about a puppy.

The band describes themselves as a hyperactive, boundary-pushing feel-good act. Their unique sense of humor sets them apart from other Nordic metal bands.

"Musically, we rely on the '80s and '90s, and we do not take ourselves too seriously. Sometimes, people look at you in a funny way if you mess around too much. You can dance to the beat of our music, and that's fantastic," vocalist **Leevi Luoto** says.

The band had been planning to apply for UMK for a long time.

"We already spoke with our previous drummer that UMK would be a great experience. After meeting Kiro, who produced 'Cha Cha Cha' for Käärijä, we began to think about making an UMK song with him," singer and founder **Mika Lahti** reveals. Käärijä placed second in 2023's Eurovision Song Contest.



ONE MORNING LEFT ONLINE:



[WATCH "WANDERLUST" VIDEO](#)
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AVRALIZE SHARE VIDEO FOR NEW SINGLE "WANDERLUST" – [WATCH](#)

Metalcore band **AVRALIZE** have released their latest single, "**wanderlust**," a high-energy anthem for restless souls. Watch the video [here](#).

The track captures the band's journey into uncharted territory, fueled by a deep yearning to break boundaries and explore new horizons. With its explosive sound and bold message, "**wanderlust**" offers fans a thrilling taste of the band's evolving direction and a glimpse of what lies ahead in their musical journey.

"wanderlust" is now available on all major streaming platforms.



AVRALIZE ONLINE:



[WATCH "DOPAMINE" VIDEO](#)
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THECITYISOURS SHARES VIDEO FOR NEW TRACK "DOPAMINE" — [WATCH](#)

Metalcore band **TheCityIsOurs** have unveiled their latest single, "**Dopamine**," a deeply personal and poignant track reflecting on the power of safe spaces and the joy of self-expression. Inspired by the vocalist's first experience in a queer space, the song explores the liberating feeling of being surrounded by unapologetically authentic people while highlighting the contrast of guardedness often felt in daily life.

With its raw lyrics and dynamic sound, "Dopamine" celebrates the significance of finding spaces where one can feel fully comfortable, whether it's a queer venue, the gym, a book club, or a gig. TheCityIsOurs encourages listeners to savor these moments of freedom and authenticity.

"Dopamine" is available now on all streaming platforms.



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