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TROPIC GOLD ANNOUNCE NEW EP *SICK TO DEATH OF EVERYTHING*

EP ARRIVES MARCH 7 VIA UNFD

BAND SHARES "HOLY HORROR" VIDEO — [WATCH](#)

Suffolk-via-Essex trio **Tropic Gold** will release their new EP, ***SICK TO DEATH OF EVERYTHING***, via **UNFD** on March 7 Pre-save it [here](#).

Today, they share the video for the sexy and sleek track "**Holy Horror**."

Watch it [here](#).

About the song, the band enthuses, "'HOLY HORROR' refers to someone you'd do anything for at your own expense, despite how they treat you and how it affects you, because you see them as such a holy being. No matter how bad this holy person treats you, you still like it, just because they're still there, and you take it from them to keep them around, without realizing how toxic it is for yourself."

Regarding the deeply personal EP, Tropic Gold siphoned every bit of emotion the members have experienced in recent times and parlayed it into these songs, saying, "***SICK TO DEATH OF EVERYTHING*** had everything poured into it over some really difficult times — the name sums up what was, and has been, going through our heads. It's our most honest and vulnerable body of work, and hope that people hear it and connect so they understand they aren't alone with day to day instability of mental health, life uncertainty, and self-loathing."

Tropic Gold offer up a thoroughly modern and moody meld of alternative, metal, pop, and electronica, cajoling their passions for a dynamic culture pool of music and production styles into a single sonic petri dish. Though originally formed in 2019, the quartet have spent years in the lab, developing their sound and strong aesthetics behind the closed doors of a bespoke, self-built multi-media studio.

The Tropic Gold method is truly hands on, with guitarist **Joshua Lee** handling all production and recording duties, as well as diving into the weeds on their visual curation, manning the camera and edit suite as often as the production chair.

SICK TO DEATH OF EVERYTHING follows their 2023-released ***What A Wonderful Experience EP*** via **UNFD**, which yielded for "[Maniac](#)," "[ADRENALINE](#)" and "[DTTTH](#)."

Pairing swathes of moody atmospherics with soaring, ear worm choruses, the band's songs feel like they would be equally A Vibe™ pulsing across sticky, cramped dance floors as soaring atop airy arenas. Coming on like a new romantic Bring Me The Horizon or a post breakup Don Broco, who just discovered their parents copy of The Cure's *Disintegration* or a 45rpm copy of *Sing The Sorrow* playing at 33rpm... tl;dr: Tropic Gold are as gloomy as they are catchy. Sharing a sonic space with the likes of the aforementioned BMTB and Broco, PVRIS, (latter day) Architects, Caskets, Spiritbox's plaintive moments and even Enter Shikari (albeit on Valium), Tropic Gold are just getting started in figuring out how to weaponise their cocktail of slap and swag.

TROPIC GOLD ARE:

Jacob Parris — Vocals

Joshua Lee — Guitars + Programming

Amy Barnett — Drums

