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**METALCORE BAND SHIELDS SURPRISE WITH THE OFFICIAL RELEASE OF
ICONIC SINGLE "I JUST FEEL HATE" — [WATCH](#)**

"I'd rather drown than speak another lie to you // It seems the feeling is not mutual // Anger fills my heart..."

Those are lyrics from "**I Just Feel Hate**" by British metalcore band **Shields**, who stirred up the UK metal scene more than 12 years ago with the backing of a YouTube video that since has been streamed millions of times.

All these years later, the song is leaving the underground and has been officially released for the first time — with a twist.

Stream the single [here](#).

Watch the visualizer for "I Just Feel Hate" [here](#).



"This song was and still is hugely important to us. It put us on the map when we were still a small local band, and to this day, people have been asking for it to be released properly on streaming platforms. We decided to finally get our act together and do just that, and as a token of our appreciation for those that care about our band, we have recorded a new version of the track that stays true to the original song but with the sonic make-up and delivery of the band we have become in 2025. This is the first release of many — people will not have to wait much longer to see what else we have been quietly cooking up for the past year," says Shields' **Sam Kubrick Finney**.



Photo credit: Oli Duncanson

Forming in 2012, Shields rapidly made a good impression on the metal community with "I Just Feel Hate," which was followed by their EP ***GUILT***. 2018 saw the release of Shields' debut album ***Life In Exile***, which included the singles "**Black Dog**" and "**It's Killing Me**." After a five-year hiatus, Shields returned in the summer of 2023, set to release a brand new song "**Bury Me**," just before they took the stage again at Burn It Down Festival UK. Throughout the band's career, Shields toured with bands such as Ice Nine Kills, Born Of Osiris, Chelsea Grin, Veil Of Maya, Escape the Fate, and Loathe.

CATCH SHIELDS LIVE:

April 5 — UK, Portsmouth— Takedown Festival