

Music on Emusic

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Go to my blog at <http://funhogspins.blogspot.com> and click on the eMusic icon on the left to get your free downloads.

This is a compilation of songs/artists that I know are on eMusic that are good for indoor cycling classes. Many of these are Spinning classics from way back, or are my personal favorites or popular songs I've used at conferences.

Most of what I've downloaded is electronic, and many of these artists/songs are instrumental, or have just a few lyrics, with excellent beat and rhythm to help you drive your pedals. You'll be able to easily get your 50-100 songs from this list (plus by clicking on some of the other tracks or their other albums, I'm sure you'll find a lot more).

Also, make sure to do a search on music that you like. You never know what you'll find. Note that eMusic does not have music from big record labels, so you'll find very little pop or current favorites, or past big names like Rolling Stones or Pink Floyd (you'll have to go to iTunes for that – but it's \$.99 per song and has DMR limitations). On eMusic you will also find some classic 80's, smaller independent labels, lots of jazz, classical, ambient, hip hop, alternative, trance, dub, dance, electronic or world music.

[** are my very favorite, and * are ones I especially like (for Spinning). But even the unstarred ones I like!]

Banco de Gaia

Has always been one of my faves. First check out the **10 Years cd** – it's a compilation of their best. Here's some MUST HAVES:

- **Last Train to Lhasa – one of my all-time favorites, endurance, tempo-
- **Drippy – also a fav. good to climb or for a flat
- *Sunspot – slow climb.
- Obsidian. I have about 5 different mixes for this. It gets a little repetitive sometimes, but I like it for certain things for that reason (i.e. pedal stroke drills).
- *Sakarya – another great climbing song
- Amber – introspective climb
- Kincajou – seated flat
- *Data Inadequate – great song! Good for a fast flat.
- Kuos – very high energy, but it can get a little annoying to some. Has great bongos and other percussion.
- Chingiz – from **Farewell Ferengistan** cd. Good seated flat.

Updated 3/9/09

Schiller

Another favorite. Some songs sound like Enigma. (Note: some of Schiller's newer stuff I don't like as much)

From the **Voyage** cd:

- **Fernweh – classic climb.
- *Destiny – great first song, or flat
- Homesick – one of my favorite cool downs (have also used for 1st song)
- *Ruhe – w/u or c/d
- Dreams – flat or hill

From the **Day and Night** cd

- Miles and miles

Zeitgeist cd:

- Love Parade – flat, jumps, run, climb (anything)!
- Lover's Pain – flat
- *Glockenspiel (the original) - flat, or fast climb
- Body Movements – first song, or flat

Some more trancey songs of Schiller:

Glockenspiel mixes – fast paced. I use them for Race Day and field tests.

- The extended mix
- Free Schiller Remix.

Faithless

To all New Arrivals CD

- *Emergency
- To All New Arrivals
- Hope & glory (slow climb, c/d)

A Kind of Peace EP: Rollo and Sister Bliss Full Vocal Mix

Karmadelic

****Flip Your Mind cd:** The only good song on this album is the fantastic title song – *Flip Your Mind*. It should be in EVERY Spin instructor's collection! Great lyrics – I use it for my Moving Mountains introduction song.

Orbital

Blue Album

- ** **One Perfect Sunrise.** This song gives me chills when I play it. It's beautiful and makes for such a perfect introspective flat road, or even a faster climb. The quintessential Spinning song!

Updated 3/9/09

Origene

****Sanctuary.** I have all versions, and each one is a little different, but probably the best is *Inertia Blue Remix*. Listen to the words – amazing!

Lustral

Here's three energetic songs you'll want (some of their other stuff is too trancey):

- Many Years from Now (D-Nox & Beckers Remix)
- *A Quiet Revolution
- Recurring Dream (Chakra Remix)

Reefer Decree

Reefer Decree EP

- **Curved Air (GREAT tempo song)
- The Right Mistake – Flowjob Remix
- Ninjas in Love (good fast climb)

Frogacult.

Something for Sundays Album. I like it all!

- **All Seasons (what a fun, high energy song. Great tempo song)
- Back to the Woods
- *She's Got the Dreamer's Disease
- We Sell Shivas
- *Chutney Punch

Asura

One of my favorites for great, introspective climbing music. They are classified as ambient electronic. Almost psychedelic at times. Some of the songs are a little strange, so I'd limit to the suggested ones below, unless you listen and really like it as ambient background music!

From the **Lost Eden** cd:

- **Requiem from Nowhere – I use this in my Moving Mountains class. It gives me chills and is extremely introspective, even empowering. It's slow, and not for everyone.
- Incoming

From the **Life2** cd (other than these, some of them are a little strange):

- Celestial Tendencies
- Butterfly FX (I really like this one – great climb)
- Life 2 (another great climb)

Kumharas Ibiza compilation cds

From Vol 5:

- Altitude II by Altitude

From Vol 6:

- Asura's Altered State

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Sunlounger

(Check out their other albums – this is the only one I’ve had time to listen to. They appear on a lot of compilation cds of Ibiza lounge music and trance essentials)

Mediterranean Flower

- Mediterranean Flower
- Catwalk

Despina Vandi

Gia – Collector’s Edition cd

- Gia. A must-have song for all instructors. High energy. Exotic. I got mine from a Buddha Bar compilation, but found this on eMusic.

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Delerium

Classic Spinning, great climbing. Enigma-esque sound.

Semantic Spaces – *almost anything from this album*

- Consensual Worlds

Any of the **Silence** Remixes (with Sarah McLachlan)

- my favorite is the **Sanctuary Mix

Innocente Remixes feat Leigh Nash

- the best is the **Deep Dish Gladiator Remix (very long, great for long flat roads)
- Tiesto Remix
- Lost Witness Remix (so so, much faster than the others)

Angelicus Remixes

- Morgan Paige remix

Karma album

- *Euphoria (Rabbit in the Moon’s Divine gothic Disco Mix)

The Best of Delerium album

- *Terra Firma (Lara’s Theme – from the Tomb Raider soundtrack)

Fluke

Puppy

- **Another Kind of Blues (a remake of my favorite Fluke song from the Matrix – “Zion”)
- Electric Blue
- Hang Tough
- My Spine
- Switch/Twitch
- *YKK

Moby

Go Remixes (you may want several versions of this song)

- Rainforest Mix (very, very high energy)

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Zeroleen

All Good EP

- *All Good (Noiseshaper Dance Dub) (Very fun song, with a good message)

Indra

Very fast techno electronic. Great for sprints or HIT. Too much is annoying though!

Global Music album:

- Soul (Indra Remix)
- Take the Time
- Tech N Roll (Indra Remix) by Seek Irony
- Logistic

Agonized by Love

An interesting euro electronic band

All of White Horizons Album

- Silent War
- My Sweet November
- Close Behind You

Rotersand

A German group

Truth is Fanatic album

- *Electronic World Transmission
- Electronic World Transmisson (Reconstructed)
- Lifelight
- Lifelight (redestructured)
- Merging Oceans

Welcome to Goodby album

- Exterminate Annihilate Destroy

Djuma Soundsystem

****Les Djinns Remixes**

I have all three of these mixes – they're all different and *I love them* for Spinning!

Junkie XL

Almost anything by this group is fun!

Album: **A Broadcast from the Computer Hell**

- Angels (great flat road)
- Reload (climbing)
- *Casio (flat or climb)
- Cosmic Cure (fast flat)
- *Don't Wake up the Policeman (Reggae)
- *A Little Less conversation (fun Elvis remix)
- Perfect Blue Sky (great climb or cool down)
- Crusher

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Album: **Booming Back At You**

- Not Enough
- Clash (fun hard climb)

Underworld (classic electronic, classic Spinning songs from way back)

The album **Dubnobasswithmyheadman**

- *Dark and Long
- Cowgirl

The album A Hundred Days Off

- Mo Move

Gabrielle Roth and the Mirrors

World Music

Zone Unknown album. (Lots of good tracks on this album)

- Tribe
- Avenue A.

Brent Lewis

The Primitive Truth - World music. The following songs are my favorites (but others are good as well)

- Mr. Mahalo Head
- Wall of Drums

Pitch Black (electronic dub) They have a lot more albums which I haven't had time to explore yet, but I really like them!

Ape to Angel

- *Freefall (great climbing song)
- Big Trouble Upstairs
- Ape to Angel
- Lost in Translation

Morgan Page (electronic/ambient dub) Lots of albums to explore. This is the only one I have (so far)

Drifting Into View

- Horizon (good climb, or cool down)

Leftfield

Open Up (they have one cd on emusic with 3 versions of this song, I like the shorter radio edit, or the Full Vocal Mix)

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Babylon Circus

Dances of Resistance cd

French Reggae Group – lots of fun stuff on this album.

- J'aurai bien voulu

Plastic Bertrand

Plastic Bertrand cd

- Ca Plane Pour Moi (I use it in my Tour de France rides)

Sina Vodjani

Sacred Buddha

- Straight to the Heart (I got this song from a Buddha Bar compilation, but found it on eMusic by the original artist. It's an amazing and powerful song to use as an introspective climb).

The Shaman

Move Any Mountain '96 (remixes)

- Beat masters 12" Mix
- Tomka Mix
- (Sneaker Pimps mix is weird, Tony da Vit mix is too fast)

Lisa Gerard

The Best of Lisa Gerard – this woman has one of the most amazing voices you've ever heard, with an ethereal angelic quality. You might want everything from this album, but make sure to download the following:

- Now We Are Free (From the Gladiator)

Tim Armstrong

Hotel for Dogs Soundtrack

- Into Action (very fun song. However, eMusic requires you download the entire album...might be better to look to iTunes for this one)

Indart Chus & Ceballos

Iberican Vibes EP

(tribal dance music - I like almost anything by *Chus & Ceballos*, though some can get a bit repetitive)

- Buenos Momentos
- Momentos Oscuras

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Indie Rock/Rock/Folk/Alternative Groups

Gomez, How We Operate (great album)

- How we operate
- See the World

Seven Mary Three – Day & Night Driving (the whole thing is a great album)

Cracker – Greatest Hits Redux

Collective Soul – Youth

David Gray – Greatest Hits (some awesome songs on this album)

Vast – Turquoise & Crimson (you might like their other cds too)

Creedence Clearwater Revival (they have it all)

Compilation CDs:

Off the Wall – 10 Years of Sound

- Eple by Royksopp
- *Take California by Propellerheads (A “classic” Spinning song)

Tales of the Unexpected (below are just a few from the 2 cds – you might find more you like)

- Shine by Tektonic
- Say Breathe (Original Mix) by Vorontsov (good fast climb)
- Does She Know Yet by Max Graham (good 1st song, End, climb)
- This World (Wighnomy Brothers Remix) by Slam feat Tyrome Palmer

Some other albums/artists of note of various genres:

Rodrigo Y Gabriella – the Rodrigo Y Gabriella album. Great flamenco guitar that has become mainstream

Jesse Cook – Frontiers. More flamenco jazz, great cool downs for Spinning

Angelique Kidjo – Djin Djin (African electronic – anything by her is great)