

SACKS AND CO.

**TANK AND THE BANGAS CONFIRM
THREE-PART SPOKEN WORD COLLECTION
*THE HEART, THE MIND, THE SOUL***

FIRST CHAPTER *THE HEART* WITH JAMES POYSER OUT NOW
SET FALL TOUR DATES WITH JAMILA WOODS
+ BLUE NOTE JAZZ CLUB RESIDENCY



photo credit: Jeremy Tauriac

The New York Times

“Tank and the Bangas string together grooves from funk, hip-hop, rock and gospel; serious storytelling, self-empowerment exhortations and dance instructions share the band’s exuberant stream of consciousness.”

Rolling Stone

“They can thrash as hard as a rock band, but swivel effortlessly to funk-based grooves or softer

passages that evoke quiet storm R&B. Meanwhile, [Tank] Ball prowls the stage, alternating between gospel-style belting and playful, surrealist rapping.”



“The range of Tank and a band is just simply wonderful. They deserve all the accolades and more for this release.”

VARIETY

[Of *Red Balloon*] “[A] bangin’ third studio album.”

[WATCH HERE](#)

billboard

“Led by chameleonic singer/poet Tarriona Ball, the band shifts between a laundry list of genres, most prominently neo-soul, gospel, hip-hop, funk and folk. No two songs sound the same, and the group puts on a thrilling live performance.”

July 10, 2024—Today, acclaimed band **Tank and the Bangas** confirm a three-part spoken word collection—*The Heart, The Mind, The Soul*—is set for release via **Verve Forecast**. In celebration, the first installment, *The Heart* (with **James Poyser**) is out now. Listen/share [HERE](#).

All three parts will be unveiled by **August 30**, with the full project and bonus tracks set for release **October 11**. Each installment finds Tank working with a different collaborator—the first part to be released, *The Heart*, was produced by **James Poyser**. *The Mind* pairs her with **Iman Omari**, followed by *The Soul* with producer and jazz musician **Robert Glasper**.

The Heart’s opening track, “**A Poem Is**,” boasts a feature from **Jill Scott**—an appearance that directly aligns with Tank’s mission to magnify poetry as a music genre. “I want for poetry to get that much more respect and for even more young people to get into the expression of poetry,” Tank expresses. “I want it to be seen as even more cool again. Poetry has always been my first love because it loved me back, it loved me before music even. now I get to share more of that part of myself with the world, in hopes that you love it to. Everything in this world has its place, the HEART deals with matters of my heart, my relationships with men and the one with myself. The MIND lends itself to the things I think about living as a woman in this world, and the relationships I’ve gone back and forth in my mind about. And the SOUL is a form of subconscious and conscious free flowing poems about myself and the city that raised me.”

The band confirms a slew of tour dates, including a co-headlining tour with **Jamila Woods**—beginning **October 16**—and a residency at the legendary **Blue Note Jazz Club** in New York— from **November 7-10**. Complete list of dates are below and tickets are available to purchase [HERE](#).

New Orleans-based Tank and the Bangas rose to prominence in 2017 following their unanimous [NPR Music Tiny Desk Contest](#) victory. Bringing their blend of poetry, R&B, gospel, and pop to a worldwide stage, Tank and the Bangas have been praised as one of the “best live bands in America” by *NPR Music*. In 2019, the band released their major label debut, *Green Balloon*, on Verve Forecast to widespread critical praise earning the band a Best New Artist

nomination at that year's Grammy's. Their latest third studio album, *Red Balloon* received a nomination for "Best Progressive R&B Album" at the **2023 Grammy Awards**.

Throughout their career, the group has performed on "[The Tonight Show Starring Jimmy Fallon](#)," "[Austin City Limits](#)," "[The Late Show with Stephen Colbert](#)" and "[The Today Show](#)." They have consistently sold-out venues both stateside and abroad, with festival appearances at Coachella, Glastonbury, Bonnaroo and the Newport Jazz Festival.

Tank and the Bangas are Tarriona "Tank" Ball (lead), **Norman Spencer II** (Multi-Instrumentalist), **CJ Knowles Jr** (Drummer), **Matthew MSkillz** (Bass), **Rob Kellner** (Keys) and **Etienne Stoufflet** (Saxophone).

TRACK LIST

THE HEART w/ James Poyser

1. A Poem Is (feat. Jill Scott)
2. Enjoy The Ride
3. Open To Thyself
4. Ghetto Earth

TOUR DATES—TANK AND THE BANGAS

- July 26—Wiltshire, UK—Womad Festival
- July 27—London, UK—Jazz Cafe
- July 28—Manchester, UK—The Blues Kitchen
- July 31—Leeds, UK—Headrow House
- August 2—Bad Winsheim, Germany—Weinturm Open Air
- August 3—Katowice, Poland—Off Festival 2024
- August 17—Park City, UT—Park City Song Summit
- August 30—Napa, CA—Blue Note Jazz Festival Napa 2024
- September 15—Fort Collins, CO—Gardens on Spring Creek
- September 21—Japan—Blue Note Jazz Festival
- October 11—Baton Rouge, LA—Chelsea's Live
- October 16—St. Louis, MO—Delmar Hall*
- October 18—Milwaukee, WI—Turner Hall Ballroom*
- October 19—Minneapolis, MN—First Avenue*
- October 20—New Orleans, LA—NOLA Funk Fest 2024*
- October 22—Detroit, MI—The Majestic Theatre*
- October 23—Lakewood, OH—The Roxy*
- October 25—Columbus, OH—The Athenaeum Theatre*
- October 26—Millvale, PA—Mr. Small's Theatre, Funhouse & Café*
- October 27—Baltimore, MD—Rams Head Live!*
- October 29—Carrboro, NC—Cat's Cradle*
- October 31—Nashville, TN—Brooklyn Bowl*
- November 1—Atlanta, GA—Variety Playhouse*
- November 2—New Orleans, LA—The Ritz Carlton
- November 7—New York, NY—Blue Note
- November 8—New York, NY—Blue Note
- November 9—New York, NY—Blue Note
- November 10—New York, NY—Blue Note



***TATB + Jamila Woods Tour**

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