

BREAK ME DOWN revamp Björk's Army Of Me



Lombardy, milan, Sep 10, 2021 ([Issuewire.com](https://www.issuewire.com)) - Today, September 10th, 2021, **Break Me Down** are finally back in the spotlight with a cover of **Army Of Me** by the innovative and controversial Icelandic singer **Björk**.

[Veronica](#), the protagonist of the video and singer of the band, explains the concept of the video: "Our version of **Björk's Army Of Me** was born from a visual project, starting from images suggested by the text that blossomed in an arrangement and one of our own. personal interpretation. The words of the original song were written by the singer to encourage a family member who fell into depression by inviting him to regain control of his life: << **stand up, you've got to manage** >> - get up, you have to do it. In the video, this state of immobility and inner suffering is represented by a cold, glacial desert, with a figure, reminiscent of Björk herself, who makes fun of my character with apathetic and at the same time irreverent attitudes. The comparison is given by the continuous framing passages between me and this figure cloaked by the vague gaze, which alternates as in an infinite dialogue. To get out of this condition, you have to regain control, react at all costs. The reaction is represented by doubling, tripling, even quadrupling, taking on different forms to find the right foothold to react. The different versions represent the fragility, insecurity, doubt, and rejection that each of us can have within. The right push, motivation, comes when a golden version of myself prevails: the final cry has the same strength as a real army to end with a sigh and a newfound peace".

[Watch ARMY OF ME video HERE.](#)

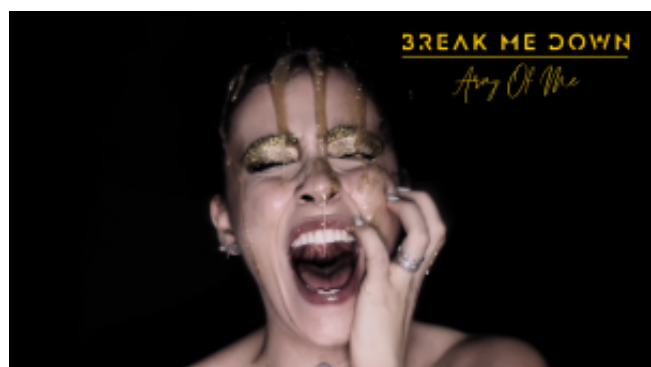
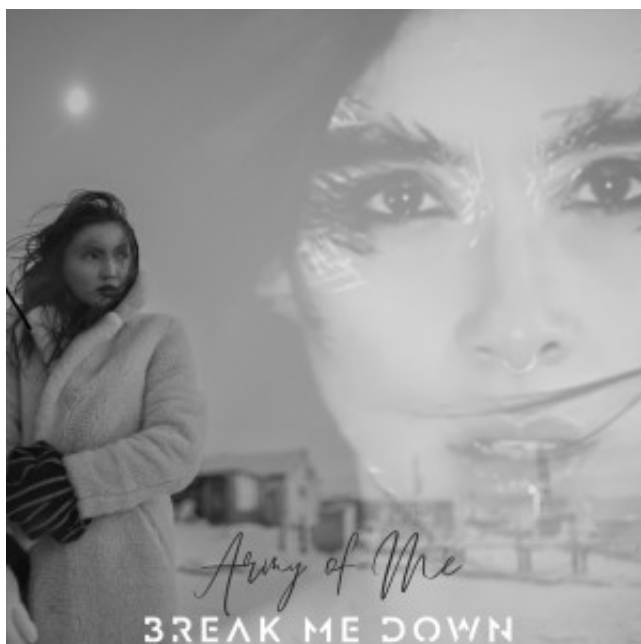
The band recently entered the studio to record pre-productions of their new work which will be released between the end of 2021 and the beginning of 2022.

Break Me Down are very active on social media, by following them you will always be updated on all the news concerning them.

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Break Me Down is an Alternative Metal band founded in Milan in 2017. Their live performances concentrate all the energy and energy from which their songs are born in a single and powerful emotion. In January 2018, with Faith Blurry on vocals, they released their first Ep entitled "**Resilience**" containing 3 unreleased songs. Among the numerous dates made around the peninsula, important were the openings to international artists such as *Crazy Town*, *Joe Stump's Tower of Babel*, *Vinnie Moore*, and *Lacuna Coil*. In February 2019 Faith left the band to follow her musical journey. In March 2019 the new singer Irene Franco joined BMD. In October of the same year, the band released the first album "**The Pond**" preceded by the two singles "Your Game" and "The Noose". In February 2020, by mutual agreement with the other members of the band, Irene left BMD for personal reasons. The boys decided to call Veronica Driven, a longtime friend with a great desire to work and emerge. A very talented singer with peculiar dark-toned vocal dynamics tending to blues that gives the project that particularity that the band was looking for. After a period of forced interruption of the lives due to Covid, the group returns to the stage in July 2021 with a sold-out evening that inaugurates the new concert season.

The current line-up features **Veronica Driven** on vocals, **Laerte Ungaro** on guitar, **Giuseppe "LoChef" Greco** on bass, and **Fabio Benedan** on drums.



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Source : Break Me Down

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