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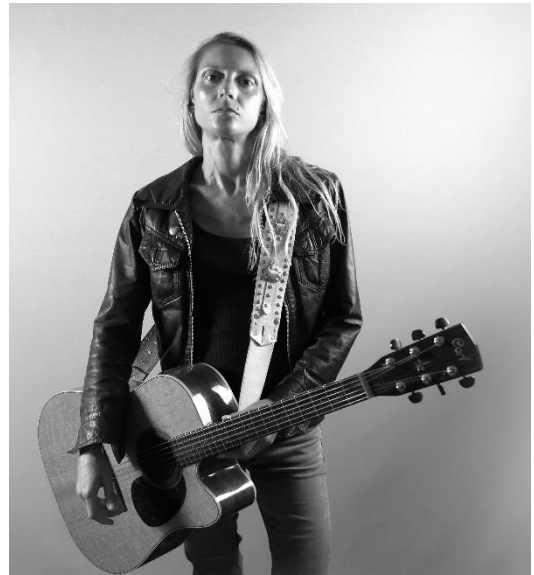
<http://www.monicaandtheexplosion.com/>
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Monica and The Explosion

-Full Biography with Reviews

Monica and The Explosion (est. 2005) is Swedish Monica Welander and her acoustic guitar, performing up-tempo songs in a punkish way about stuff in life. Sometimes solo, sometimes with a band, but always with loads of energy and presence- whether it is live or recorded.

The sound has been described as "jukebox punk"- acoustic rock 'n' roll with attitude.



Monica and The Explosion started in 2005 when Monica left her old rock band to focus on writing and performing solo. Her music was described as punky rock with a lot of energy when she started performing at venues around Kalmar and Växjö in Sweden.

The live performances have been the driving force in Monica and The Explosion's career from the very beginning, and along with the release of her self-titled debut album in 2007, she began touring internationally, first as a solo act and then hooking up musicians along the way.

During 2009-2012 and with the release of her second album 'Shut Up!' (2010), Monica and The Explosion was based in the UK and toured around Britain and Europe extensively as a band. Band members those years included Paul Slack (UK SUBS) bass, Rob Baylis (the Destructors, Dun2Def) drums, JP Morer (The Outcasts) drums, live.

Travelling frequently and moving between countries created a fanbase scattered around the world; UK and Europe, Australia, New Zealand. Between 2013 and 2016 Monica and The Explosion mainly functioned as a solo act except for the work and release of her third album "Keep it Alive" (2013) with Rob Baylis (drums) Ian Stapleton (bass).

Based in Sydney 2016-2019 Monica and The Explosion worked as a band and performed frequently around the Sydney indie scene. (band members: Martin Berthelot, drums, Basistha Wedanta, bass.)

Monica and The Explosion released her fifth studio album "*Go Out!*" in September 2021.

The album was recorded already in 2016 at Jigsaw studios, UK, with Rob Baylis on drums and Ian Stapleton on bass, but the final mix was done by Tom Savage in 2021, adding a post-lockdown feel to it. The 9-track album is available for digital download and streaming purchase through Bandcamp, Apple music, Spotify etc. CDs are also sold at gigs and through webshop.

Monica and The Explosion is currently working both solo and with band, the current band members are Rolf Axel Almqvist, drums, Fredrik Bolmstedt, bass.

Discography:

Monica and The Explosion (Hands Up Music) 2007 w. Peppe Risenberg, drums David Persson, bass.

SHUT UP! (Hands Up Music) 2010 w. Paul Slack bass, Rob Baylis, drums.

KEEP IT ALIVE! (Hands Up Music) 2013 w. Ian Stapleton bass, Rob Baylis drums.

Less Frenetic (Hands Up Music) 2016 solo.

Go Out! (Hands Up Music) 2021 w. Ian Stapleton bass, Rob Baylis drums, Tom Savage electric guitar.

Reviews:

No Light Fanzine Aug 7 2021 Monica and The Explosion - Go out! (Album 2021): "...On the album we encounter some really full on and wonderful punk rock which with some of the tracks also has some pop elements. Monica's voice sounds really good along with the fast punk rock. Imagine the feeling of packing the car with your mates, pull out onto the highway and head towards the horizon... The album is good right through, but two songs that stick a little extra are "Are you ready" and "Never grow up" which will be played on repeat many times!..."

Richard Wagenaar, The Next Gig Oct 2016:

"This fourth studio album by the Swedish is a charming piece with great songs..."

[Read full review](#)

Punkonline Fanzine 6th Oct 2016:

Monica and the Explosion – Less Frenetic

"...The new acoustic album by Monica and the Explosion, albeit Monica Welander, is a real treat that demands your attention throughout and isn't content as some background music at a dinner party like some solo projects..."

Peter Thorsson, SKRUTT MAGAZINE Sept 2016:

Monica and the Explosion – Less Frenetic *****

"..It feels obviously more naked than before and the eight songs show the bare sound admirably....Singer / Songwriter of course one can call it that, but this is something more and something better. I would probably like to write Monica in to the punk history..."

[Read full review](#)

Mark Chadderton in Vive le Rock Magazine Nov/Dec 2013

KEEP IT ALIVE!- Swedish singer-songwriter's third album is an acoustic delight. 8/10

"...the high energy gutsy songstress sings her heart out for 13 memorable short, sharp songs. There is a rush of adrenaline that explodes from her frantic strumming and a vocal drawl full of feeling and power which plays off against some of her tongue-twisting lyrics, radiating attitude and defiance..."

Big Cheese Magazine, Sep 2010

"Monica Welander has some serious attitude but is cool as hell too. Armed with an acoustic guitar that she pounds the hell out of, this is acoustic punk at its most fiery and personal... Welander pulls off the Joan Jett, "I-don't-give-a-damn sort of sassiness without any hint of contrivance..."

Jane Connolly in SO Tunbridge Wells, Sep. 2011

"Shut Up!- Monica and The Explosion.

Female singers seem to be taking over the world right now, but if you want a break from the power ballads and quirky pop tracks, do not miss this feisty local musician. Strongly flavoured with classic British punk, Monica Welander- a Swede now based in Tunbridge Wells- is not so much a breath of

fresh air, as a force-10 gale of honest, funny lyrics and insanely catchy tunes. She doesn't mince her words, with tracks like Intoxicated summing up Saturday night romance in blunt and witty style, while the opener Take it Or Leave Me has toes tapping from the very first bar. Any album that can put Culture Vulture in a good mood on Monday morning deserves the highest recommendation."

Michael Bednar in Big Cheese July 2010:

Monica and the Explosion – Shut Up!

Sassy Swede + Paul Slack + acoustic punk = jolly good time.

"...Songs like "Take It Or Leave Me" and "Shut Up" are fiery musings with a little bit of Joan Jett attitude thrown in. The album might be a little rough at the edges but that only adds to it's charm. Let it explode out of your stereo and enjoy!"

Tuva Klinthäll in Smålandsposten, July 2010

"...Shut up is a record that makes your legs wanna move to use that expression, with a voice that is close to Patti Smiths and sassy lyrics Monica Welanders is a well needed energy injection in a sometimes too flat music scene."

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