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Monica and The Explosion Biography

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.

Over the years Monica and The Explosion has had the honour to work with many great musicians. Previous band members include Per-Ola Risenberg (Penny & The Pickups/SWE), Rob Baylis (Destructors, Dun 2 Def), Paul Slack (Uk Subs), JP Morer (Outcasts), Ian Stapleton (Destructors) and Martin Berthelot (Just a Number /AUS).

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 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.

