

# Groove Solution

(formerly known as Delicious)

[www.GrooveSolutionBand.com](http://www.GrooveSolutionBand.com)



## **Band Bio:**

Drawing talent from several premier West Michigan groups, Groove Solution is composed of “Delicious” lead singer, Cindy Shedd and “Standing Room Only Orchestra” musical director/guitarist, Michael T Drost. The “Standing Room Only Orchestra” was most recently named one of the “150 Hottest Bands” in Modern bride for 2007 and was also featured for the same honor in 2006. Delicious, being a well known and long time established party/dance band in the Muskegon area will also be lending talent in the form of sound engineer, Eric Shedd, and bassist, Zach Russick. On keyboards is music prodigy, Larry Figueroa, who is currently wowing professors at Hope College’s school of music. Thoroughly rounding out the rhythm section is percussionist, Will Watson Jr., formerly of “Throw Money.” As if that weren’t enough, Groove Solution also features an outstanding horn line including local greats Jeff Baird, (alto saxophone), Greg Nimtze (tenor saxophone), and Terrence Massey (trumpet).

Clearly, this is the super group West Michigan has been waiting for. Through professional attitude, pristine musicianship, great music selection, and just downright “good times”, Groove Solution promises to make all of your special event wishes come true.

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## Band Contacts:

**Zachary Russick ~ *Manager & Bassist***

231-578-6887 / [Zach@GrooveSolutionBand.com](mailto:Zach@GrooveSolutionBand.com)

**Michael Drost ~ *Band Leader, Guitarist, & Male Vocalist***

616-402-2088 / [Mike@GrooveSolutionBand.com](mailto:Mike@GrooveSolutionBand.com)

**Eric Shedd ~ *Sound Engineer***

231-206-3345 / [Eric@GrooveSolutionBand.com](mailto:Eric@GrooveSolutionBand.com)

## Musical Genre:

*"R&B, Motown, Classic and Current Dance Hits"*

## Number of members:

- 5 core members of the band, 3 horns, and a sound engineer
- **Core Group**
  - Lead Vocals – Cindy Shedd (25 years experience)
  - Lead Vocals / Lead Guitar – Michael T Drost (15 years experience)
  - Drums – Will Watson Jr. (13 years experience)
  - Keyboards – Larry Figueroa (8 years experience)
  - Bass – Zachary Russick (12 years experience)
  - Sound Engineer – Eric Shedd (25 years experience)
- **Horns**
  - Alto Saxophone – Jeff Baird (30 years experience)
  - Tenor Saxophone – Greg Nimtz (15 years experience)
  - Trumpet – Terrence Massey (13 years experience)

## References:

Muskegon Civic Theatre: Ginny Sprague 231-722-3852

Muskegon Summer Celebration & Bike Time Coordinator: Tim Lipan 231-726-3555

Muskegon Chronicle: Tom Schaub 231-730-6633

Lakeshore Tavern: Ann 231-759-7604

Tanglewood Park: Rhonda Skeba Fisher 231-733-8648

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## Groove Solution – Set List

99 Red Balloons – Nena  
Ain't To Proud – Temptations  
Blister In The Sun – Violent Femmes  
Boogie Shoes – KC & The Sunshine Band  
Brick House – Commodores  
Brown Eyed Girl – Van Morison  
Car Wash – Rose Royce  
Come On Eileen – Dexy's Midnight Runners  
Crazy – Gnarl Barkley  
December 1963 (Oh What A Night) – Franky Valli & the 4 Seasons  
Don't Leave Me This Way – Thelma Houston  
Don't Stop Til You Get Enough – Michael Jackson  
Flashlight – Parliament Funkadelic  
Funky Music – Wild Cherry  
Funky Town – Lipps Inc.  
Get Down Tonight – KC & The Sunshine Band  
Goodtimes – Chic  
Got To Be Real – Cheryl Lynn  
Got To Get You Into My Life – Earth, Wind, & Fire  
Heart Of Glass – Blondie  
Hella Good – Gwen Stefani  
Hit Me With Your Best Shot – Pat Benetar  
I Got You (I Feel Good) – James Brown  
I Love Rock & Roll – Joan Jett & the Blackhearts  
I Want You Back – Jackson 5  
I Will Survive – Gloria Gaynor  
I Wish – Stevie Wonder  
I'll Be There – Jackson 5  
Jungle Boogie – Kool & the Gang  
Kiss – Prince  
Lady Marmalade – Labelle  
Last Dance – Donna Summer  
Le Freak – Chic  
Let's Get It On – Marvin Gaye  
Let's Groove Tonight – Earth, Wind, & Fire  
Let's Stay Together – Al Green  
Love Is Here To Stay – Sinatra  
My Girl – Temptations  
Natural Woman – Aretha Franklin  
No One – Alicia Keys  
Pick Up The Pieces – Average White Band  
Proud Mary – Ike & Tina Turner  
Purple Rain – Prince  
Rescue Me – Fontella Bass  
Respect – Aretha Franklin  
September – Earth, Wind, & Fire  
Shake Your Body – Michael Jackson  
Since You've Been Gone – Kelly Clarkson  
Signed, Sealed – Stevie Wonder  
Sing A Song – Earth, Wind, & Fire  
Sir Duke – Stevie Wonder  
So Very Hard To Go – Tower of Power  
Soul Man – Blues Brothers / Sam & Dave  
Sweet Home Alabama – Lynyrd Skynyrd  
Thriller – Michael Jackson  
Uptight – Stevie Wonder  
Vehicle – Ides Of March  
We Are Family – Sister Sledge  
What's Going On – Marvin Gaye  
You Shook Me All Night Long– AC/DC  
You Should Be Dancin' – Bee Gees  
Your Love – The Outfield