



LOOK WHAT I DID

Look What I Did is heavy, quirky and insane. They have pounding in you face rhythms and screams to match any bread of hardcore-metal and enough silliness to make Carrot Top envious. You hear the funk, get slammed by the metal and brutalized with the true force of these guys. Hailing from XXX this 5 piece features Colby Shea on guitar, Aaron Childress on what they like to call stunt guitar along with Chris Bradley throwing down the funk on the bass. Followed up with Miles Mcpherson on drums and Barry Donegan holding down the front man duties. This band has been featured on so many website this month that it's hard to keep up, so just go over to www.IHatLookWhatIDid.com for all the detailed info. In the mean time we grabbed singer Barry Donegan during a break from his terror attacks on the audio senses of American and force fed him our questions.

Where did the inspiration for the band name come from?

We have a friend from Nashville, Kathy Owens, who actually hooked us up with Chris, and she's the one who tells the joke at the end of Last Call for Rufenol on the album and does the orgasm sounds, anyway, she asked her kid Sasha what we should name our new band. She was drawing on her leg and said "look what I did". Kathy told her something to the effect of that's a good drawing Sasha, and she was like "no for their band name". The girl was most definitely two years old at the time. We thought it suited our personality fine.



I love the smiley face logo thing, who came up with that?

Colby, he does all that visual junk. I like it because its ambiguously childish and slightly disturbing, which is like our whole schtick.

Tell us what one might expect to see at one of your live shows.

Lots of problems and little disasters. We are extremely mobile, hyperactive, hyperemotional, and MEGA clumsy. Myself especially. Nudity, bravado, zero theatrics, its like reality shock rock, as opposed to theatric shock rock. We don't point and swing, or bop or heads or any trendy bullshit like that, we just quiver until things pop, and then pant and lay on the ground like a tired pussies.

At one particular performance in Jackson, TN, I scalped myself on Miles' crash cymbal during the SECOND SONG! I mean straight to the skull, I was bleeding absolutely profusely, and we did 6 more songs despite the fact that the venue kept trying to shut us down. The guy behind the sound board came onstage bringing me towels after every song and at one point said "look man, I know you want to play and everything, but you can't see this wound, and I'm telling you, this is REALLY bad, like the bleedings not gonna stop and if you don't do something about it your gonna run out of blood." Of course I was scared, and stopping playing I knew would bring my adrenaline level down and i might go into shock. I told the guy that it happened all the time, and id play two more songs and he could baby me all he wanted or whatever he needed to do to feel better about himself. I tried to ponytail my hair afterward and my scalp peeled off and everyone started screaming and fainting. I had to get like 25 stitches and Miles was in the hospital in a dress with no underwear, drunk as shit. The police kept throwing his ass out. They cancelled the rest of the show and all the kids came to the ER.

It was a fuckin' circus, there was blood EVERYWHERE. Real lame night.



Give a rundown of what Look What I Did is all about.

Taking left of centre music and stuffing it in the center. Getting under peoples skin. Showing people our genitalia. Making billions of dollars and crashing helicopters.

I've read people saying your nu-metal and funk, but how would you describe what the band

sounds like.

Not like that! Haha. We are a bit extreme metal, a bit avant-garde progressive, a bit Prince, a bit Satire, a bit sexually repressive anxiety, a bit art-fag, a bit macho. Basically we are a pop group that is a bit edgier than radio format right now, so radio format is going to have to change. We are hard to peg, so a lot of people seem to try and throw bands out to reference us, but it doesn't work. Every review has a completely different cast of bands to compare us to, none of whom have any relationship to each other. We have 2 songs with slap bass in them for about 10 seconds, so I guess by default we are part funk, but we have FORTY-FIVE seconds of country rock at the end of Zanzibar so i guess we are MORE of a country band! And people over thirty seem to refer to us as nu-metal, God bless 'em they're so cute and old! But nu-metal we most definitely are not.

You have some line up changes recently, tell us what happened there.

We picked up Skeet, who is a friend of mine from like middle school, who was living with me. He had never played anything quite so technically complex or fast, but he just learned how to do that in a two week period, and he's a big help, great



player, and a sharp personality live. Miles had some personal life malfunctions come into play right as we were leaving for Los Angeles, so we picked up Eli Green out there to hold it down. We're working the hell out of him. But that's what we do!

What kind of scene exists in Nashville?

Nashville is chock full of great musicians. Far more than i have seen in Los Angeles since living here. The problem is however that despite drawing 500 some odd people at rock shows there, label reps and industry contacts will still make you showcase in LA or NY because their Nashville office reps just don't deal in that kind of product. All the do is pump out Faith Hill and garbage like that. Lot of great bands came from Nashville, Scatter the Ashes, who are on Epitaph now, Born Empty, The Pink Spiders, etc. We don't live there anymore though, I wash my hands of it all.

What has been you most proud moment while being part of this band?

I'm very proud of the album, "My First Time", BUY IT EVERYONE! Though we've yet to get to tour on it. Aside from

that I'm not particularly easily satisfied, career-wise, which is probably good as it fuels our drive to move forward. You have to be forward-thinking in this business or you'll get eaten by squirrels.

What would be your dream come true as a musician?

When the U.S. national anthem is a Look What I Did song.

Anything else you want everyone to know about you or some old girlfriend or whatever?

We are extremely poor! We need patronage!

