



SUPPORT OUR SPONSORS - CLICK BANNER TO VISIT THE SPONSOR'S SITE



Out now! Click to find out more...

PROGGNOSIS RECORDING INFO PAGE

Our 7th Anniversary Online - 2006

- [Ads by Google](#)
- [Prog Rock Forum](#)
- [Rock Music Band](#)
- [Music Video](#)
- [Progressive Rock DVD](#)
- [Heavy Metal Music](#)

Quick Links

- [Prognosis MAIN PAGE](#)
- [Prognosis Database](#)
- [ARTIST Page](#)
- [Printer Friendly Page](#)

Comments & feedback to:  
[webmaster@prognosis.com](mailto:webmaster@prognosis.com)



<p>SEARCH PROGGNOSIS: <input style="width: 150px;" type="text"/> <span style="float: right;">Artist/Band Name <input type="text"/></span></p> <p><input type="button" value="Search"/></p>	<p>Google <input style="width: 150px;" type="text" value="SBB The Rock"/></p> <p><input type="button" value="Search"/></p>
--	--



◆ **The Rock**  
by: **SBB**  
Year: **2007**

44 Page View(s)



Browse the web faster. Get **Firefox** with **Google Toolbar**.

PAGE JUMPS: [RECORDING INFORMATION](#) \* [REVIEWS](#) \* [TRACKS, CREDITS & DISCOGRAPHY](#)

RECORDING INFORMATION

Metal Mind Productions: Regular (MMP CD 0557) and Digipack (MMP CD 0558 DG) Special Edition with bonus tracks.  
USA Release via MVD beginning in Jan 2008.  
New drummer Gabor Nemethis has worked with **Scorpió** and **P. Mobil**

COMMENTS & REVIEWS

**Marc** Published on: [20 Feb 2008](#)

Last year I had my first contact with **SBB** and I liked what I heard, making references with the great Prog-hard-rock bands of the seventies like **Deep Purple** and **Uriah Heep**. I was expecting a bit of the same on *The Rock*, but I was only partially right.

Sure there is some of what I would qualify as "vintage" rock on *The Rock* and this is something that **SBB** do quite well, but it occupies no more than one third of the album. We also find on this album what I would qualify as power ballads, sung in english. These are the tracks that don't quite do it for me, even though they are pretty nice and sung with emotion. For me the problem is with the lyrics that are written in a very simple manner. Still, they make for an enjoyable listening experience. The other musical style present on *The Rock*, is Prog Rock with some fusion leanings. I was quite surprised to find out how modern **SBB** can sound, at times almost approaching a band like **The Flower Kings** and how much they can write and play some great Prog instrumental sections, with excellent guitar and keyboard soloing. This was a side of the band I had not known of and I hope I will get to hear it some more.

All in all **SBB** has offered us and interesting eclectic album that features many sides of their musical personalities. My wish is that they will feature even more their Prog tendencies in their next offering but don't be mistaken, *The Rock* is a very nice album as it is.

Ads by Google

[Progressive Rock Archives](#)

Expert reviews, interactive forum, full discographies and top albums.  
[www.ProgArchives.com](http://www.ProgArchives.com)

[Learn Audio Recording](#)

music production, mixing, Pro Tools & live sound from industry leaders.  
[www.cras.org](http://www.cras.org)

[Recording Studio](#)















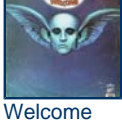
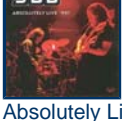






Full service production. 24/7 Book your studio time today.  
[StudioCenter.com](http://StudioCenter.com)


















[Rock Music Recording](#)

Find The Tools To Launch Your Music Career At [OurStage.com](http://OurStage.com) Today.  
[www.OurStage.com](http://www.OurStage.com)

TRACKS	CREDITS (click to view performer credits)	PROGGNOSIS SELECTED DISCOGRAPHY (click to view Release Page)
<ol style="list-style-type: none"> <li>1. Ska³a (4:54)</li> <li>2. P³on¹ce Myceli (7:42)</li> <li>3. In Heaven And Hell (7:02)</li> <li>4. Silence (6:46)</li> </ol>	<p><a href="#">Józef Skrzek</a> Keys, harmonica, vocals</p> <hr/> <p><a href="#">Apostolis Antymos</a></p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>1974 SBB</p> </div> <div style="text-align: center;"> <p>1975 Nowy</p> </div> </div>

Get targeted ads on your site with **Google AdSense**

<p>5. Sunny Day (7:03)  6. My Paradise (5:17)  7. Pielgrzym (8:16)  8. Akri (7:27)  9. Zug A Zene Mindenhol (7:06)</p>	<p>guitar  <hr/> Gabor Nemeth  drums</p>	 <p>1975  Pamiec</p>	 <p>Horizont  1977  Ze  Slowem Biegne  Do Ciebie</p>
<p><b>Bonus tracks (Limited Edition)</b></p> <p>10. Ćpiewanie O Imionach (5:13)  11. Gazela (4:33)</p>		 <p>1978  Follow My Dream</p>	 <p>1978  Jerzyk</p>
		 <p>1978  Jozef  Skrzek &amp; SBB</p>	 <p>1978  SBB  (Amiga Album)</p>
		 <p>1978  SBB  (Wo³anie o brzék  szk³a)</p>	 <p>1978  SBB  Slovenian Girls</p>
		 <p>1980  Memento Z  Banalnym  Tryptykiem</p>	 <p>1994  SBB  Live  1993</p>
		 <p>1994  Live  In  America '94</p>	 <p>1997  SBB  2 &amp; 3</p>
		 <p>1997  SBB -  1</p>	 <p>1998  SBB  Gold</p>
		 <p>1998  Welcome</p>	 <p>1999  SBB  Absolutely Live '98</p>
		 <p>1999  W  filharmonii: akt 1</p>	 <p>1999  W  filharmonii: akt 2</p>
		 <p>2000  Good  bye!  SBB</p>	 <p>2001  Budai  live  Ifjusagi Park (24  &amp;29.11.1977 )</p>
		 <p>2001  Karlstad  live  Karlstad Live</p>	 <p>2002  SBB  LIVE-SOPOT '78  Freedom - Live -  Sopot '78</p>

	 <p>2002 Nastroje</p>	 <p>2002 Trio Live</p>
	 <p>2003 Wizje: 1973 - 2003</p>	 <p>2004 FCE 001: 22.10.1977, Gottingen, Alte Ziegelei</p>
	 <p>2004 Follow My Dream [DVD]</p> <p><i>Reviewed</i> ◆</p>	 <p>2004 Sikorki (Anthology 1974-2004)</p>
	 <p>2004 Wicher W Polu Dmie</p>	 <p>2005 Anthology 1974-2004 [22 CD Boxed Set]</p>
	 <p>2005 Lost Tapes Vol. 1 (Studio &amp; Live Recordings 1974-1978)</p>	 <p>2005 Odlot - Live 2004</p>
	 <p>2006 Live in 1979</p>	 <p>2006 Live in Spodek 2006</p>
	 <p>2006 Live In Theatre 2005</p>	 <p>2006 Lost Tapes, Vol.2 (Studio &amp; Live Recordings 1971-1979)</p>
	 <p>2006 New Century</p> <p><i>Reviewed</i> ◆</p>	 <p>2007 The Rock</p> <p><i>Reviewed</i> ◆</p>
	 <p>2008 Complete Tapes 1974</p>	 <p>2008 Four</p>

ProGGnosis - Progressive Rock & Fusion  
PO Box 27226

Golden Valley, MN 55427-0226

Copyright © 1999 - 2006 where appropriate - All rights reserved.

Comments & Feedback - email: [webmaster@proggnosis.com](mailto:webmaster@proggnosis.com)



### The Progressive Rock Ring

[ [Join Now](#) | [Ring Hub](#) | [Random](#) | [<< Prev](#) | [Next >>](#) ]



#### WebRing - We Bring the Internet Together

Welcome! Browse our extensive [Directory](#) or, enter a keyword to find a Ring on any topic:

Member, [check here](#) for assistance with replacing this alert with your NavBar(s).