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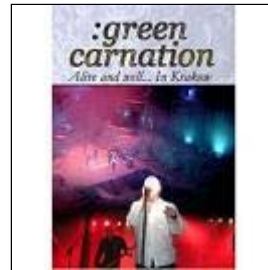
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*Green Carnation: Alive and Well...In Krakow (DVD)*

Filed in Krakow, Poland in January 2004 comes this energetic set from progressive metal band Green Carnation. Drawing heavily from their then new release *A Blessing In Disguise*, the band plows their way through eight tracks of melodic yet at times heavy & proggy songs, one of which being the first part of their epic *Light of Day, Day of Darkness*, the album that really put the band on the map. One of the great things about Green Carnation over the years has been their consistent ability to alter their sound with each new release, and you get to see and hear a lot of this variety on this DVD. From the Deep Purple/Uriah Heep influenced rockers "Crushed to Dust" and "Into Deep", to the more progressive "Light of Day, Day of Darkness", "Rain", and "Myron & Cole", to the metal leanings of "Writings on the Wall" and "As Life Flows By", this band literally does it all. Lead singer Kjetil Nordhus gives a commanding performance vocally as well as a pure frontman, while the twin guitar attack of original member Tchort (ex-Emperor/current Carpathian Forest) and Michael Krumins fire off plenty of crunchy riffs and blistering lead work. The keyboard tones from Oystein Tonnessen add plenty of color and bombast, while the rhythm section of drummer Anders Kobro & bassist Stein Roger Sordal keep a solid groove throughout.



There's plenty of extras here, like some audience shot bootleg video clips, audio tracks, interview, band biography (of each member no less!) and discography, and other assorted fun stuff. Considering that most of the band come from the extreme metal underground, it's refreshing to hear just how progressive and symphonic this band gets in a live setting. Perhaps for these guys Green Carnation is their outlet for less heavy and extreme music, and if so the fans are the ones who are all the better for it. If you've not already checked out their studio output, give this DVD a watch for a sampling of some of their earlier material live on stage.

**Track Listing**

- 1) Into Deep
- 2) Crushed to Dust
- 3) Writings on the Wall
- 4) Light of Day, Day of Darkness, 1st Part
- 5) The Boy In the Attic
- 6) Myron & Cole
- 7) Rain
- 8) As Life Flows By
- 9) Crushed to Death-bonus bootleg video
- 10) Boy In the Attic-bonus bootleg video
- 11) Writings On the Wall bonus bootleg video

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...writings on the wall-bonus bootleg video  
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**Added:** August 15th 2006  
**Reviewer:** **Pete Pardo**  
**Score:** ★★★★★  
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