



Artist/ Band: SBB

Title: Follow My Dream

Label: MVD

Year of Release: 2005

[Artist/ Band Link](#) (click for details/ ordering)



The Review:

I was unaware of SBB up until late last year but had never heard any of their music so when I got their new DVD, Follow My Dream, I was pleasantly surprised at how good they are. SBB, in my opinion, was part of the legendary “golden age” of progressive rock. To my ears, they sounded like none of the heavies of the early 70's. Their music was more blues based than most progressive rock bands of the 70's and it continued pretty much all of their recording career. While most of the heavies of prog were lured over to the mainstream “hit” making money machine, SBB remained true to their roots.

This DVD release documents their 30th anniversary concert from Zabrze 1994, plus many extras that it's well worth the price to own. The extra features include band interviews (in Polish with English subtitles), animated short film that has a very psychedelic look to it as well



various archive TV spots including an interesting ballet performance to the Follow My Dream suite. This is a must have for fans of SBB as well as a great introduction to, what I call "Poland's best kept secret" in the progressive genre.

Reviewed by Ron Fuchs on April 3rd, 2005

Tracks:

Suite "Follow My Dream" directed by J.Gruza (in 1978)

Concert in Zabrze in 1994

1. Odlot
2. Hung-Under
3. Walkin' Around The Stormy Bay
4. Freedom With Us
5. 3rd Reanimation
6. Going Away
7. Zywiec Mountain Melody
8. Drzewko oliwne
9. Follow My Dream
10. Welcome Warm Nights And Days

Bonus videos

1. Zosta³o we mnie
2. Moja ziemio wyœniona
3. Golem (a fragment directed by P.Szulkin)
4. The band SBB (directed by P.Szulkin)
5. An animated movie (directed by P.Szulkin)

Extras

- Animated menu
- Biograpphy
- Discography
- 3 interviews (with Józef Skrzek, Apostolis Antymos, Jerzy Piotrowski)
- Wallpaper
- Photo Gallery
- Links



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