

Healy Releases New Track "Nikes On" Today

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(March 5, 2020) – Memphis based singer/songwriter/producer Healy releases his new track, "Nikes On" today (listen [here](#)). The track continues to embody Healy's signature sound which consists of a unique blend of R&B, hip-hop and pop.

"I hadn't lived the life I needed to live to finish writing Nikes On until august of 2019. The song centers around the feeling of time running away from you," says Healy. "It serves as a reminder to be self-aware and present because time never stops, and fighting it is wasting it. I wanted to pair this stern, surreal personification of time with promising and uplifting production to convey a sense of harmony and acceptance of time. Time is yours for the taking, not the other way around."

Earlier this year, Healy released the music video for his track "[Reckless](#)" which was features on his debut album [Sublux](#) and has over 26 million streams on Spotify.

Last fall, Healy released "[Tuscon](#)," which has garnered over 1 million combined audio streams. Keep checking for more music from Healy coming soon.

About Healy:

Performing under only his last name, Healy embodies cardinal themes of his work like self-discovery and non-dualism. He released his debut album [Sublux](#) in 2017 in the wake of his second year of medical school. The album has nearly 60 million audio streams. The lead single, "[Unwind](#)," caught the internet on its heels, helping to establish Healy's fixed presence as a promising multidimensional artist in a mercurial musical

climate. His work is a fearless transgression—a tonal gradient with origins in classic and indie rock, soul, and Memphis rap.

To Listen or Download “Nikes On”: <https://smarturl.it/NikesOnx>

Watch “Reckless” [here](#)

To Listen or Download “Reckless”: <https://smarturl.it/xreckless>

Download press images [here](#)

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Contact:

Meg Kehoe – Meghan.Kehoe@rcarecords.com