



One drummer and two saxophonists. That's the recipe for one of the wildest live bands in the Nordics. It tastes of punk, it tastes of jazz, also a bit of pop, hip-hop, afro-beat and 90's dance.

The Copenhagen based trio Smag På Dig Selv (SPDS) is the epitome of instrumental euphoria - dangerous, propulsive, seductive and free. The three friends in SPDS joined forces with their saxophones and drums in 2018 with a vision of kicking people onto the dance floor and pushing the boundaries of the usual concert experience and genre understanding, and since then they have been roaming the Danish underground, leaving stages, dance floors and audiences in sweat-dripping ecstasy.

In April 2024 the band released their debut album 'SPDS' to critical acclaim and have firmly established themselves as one of the best live acts in the country moving out of the underground into the mainstream. In 2024 they won "New Live Act of the Year" at Danish Music Awards.

In addition to their tireless techno-inspired energy, they have made a name for themselves with the use of Nordic throat singing and activistic poetry readings on stage. SPDS played to an audience of over 11,000 at Roskilde Festival in 2024, their concert at Store Vega sold out five months before the show and the trio is now ready to take the world by storm.

SPDS consists of:

Albert Holberg - drums

Thorbjørn Øllgaard - bass & baritone sax

Oliver Lauridsen - tenor sax



Releases

[SPDS](#) (album, 2024)

[Middelklassen Avler Kun Skeletter](#) (EP, 2023)

[Dunkelkraft](#) (EP, 2020)

Videos

[Roskilde Festival 2024](#)

[Concert reels](#)

SMAG PÅ DIG SELV – PRESS RESULTS

ALBUM REVIEWS

On their debut album, Smag På Dig Selv manages to produce a successful blend of pagan chaos punk and sweat-drenched techno jazz, covering the entire emotional spectrum. – UNDERTONER ★ ★ ★ ★ ★

The album receives a strong recommendation from Jazznyt - and without giving too much away, I can reveal that the album will make it onto the Best of the Year list when the year is summed up. – JAZZNYT

'SPDS' is a masterpiece of a debut album. It's a record that everyone should do themselves the favor of listening to. It's a record you can listen to over and over again, marveling at all the variation. Smag På Dig Selv is a band I can't wait to see live. I want more. Even if it is jazz. – SELVTÆGT

The trio's spoken word, songs, and music are right-in-your-face. The expression is expressive, politically incorrect, rebellious, and wild.. – GAFFA ★ ★ ★ ★

LIVE REVIEWS

Smag På Dig Selv has gradually become a well-known niche band that has managed to hit a very specific nerve in the musical landscape, practically compelling you to dance as soon as you hear the first note. The band proved their full worth on the Danish scene this evening with their multifaceted musical playground, which they master almost to perfection. – BANDS OF TOMORROW ★ ★ ★ ★ ★

Drumsticks flew, protest speeches were delivered, and roaring saxophone shredding filled the air at Smag På Dig Selv's punk-rave on Heartland's first night. As a system-critical prelude to three days of middle-class creative pleasures, the cheeky trio's wonderfully brutal love-techno inspired relentless headbanging. - UNDERTONER ★ ★ ★ ★ ★

Remember to drink water before taking on the Christianshavn trio. – POPLISH ★ ★ ★ ★ ★

One of the country's wildest live bands brought down a Copenhagen venue. Taste yourself. Really, Smag På Dig Selv. I promise, you won't get nauseous. I'm still a bit in shock. Sore legs. Sore neck. Euphoric to the bone. – POLITIKEN

OTHER HIGHLIGHTS

Over 100 plays on Denmark's biggest radio station DR.

Multiple radio airplay and mentions in Germany, UK and Poland in media such as Radio Dreyeckland, MDR Kultur, UKJAZZ on Mixcloud, Radio Krakow & Polskie Radio.

