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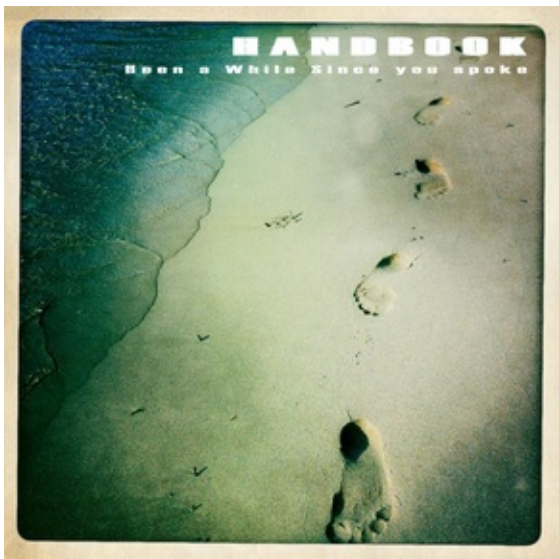
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You came this way: [Home](#) > [Bad Panda Records](#) > [Handbook](#) > [Bad Panda #100](#) > Been A While Since You Spoke

## Been A While Since You Spoke by [Handbook](#)



### Album Description

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Released: **September 19th, 2011**

GENRES:

- [Downtempo](#)
- [Hip-Hop Beats](#)

Length:**00:02:29**

Label:[Bad Panda Records](#)

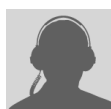
Handbook is hip-hop producer from York, UK woking basically on instrumental beats with influences that include a long list like: Flying Lotus, Actress, Upsetters, Aphex Twin, Miles Davis, DJ Shadow, Madlib, Onra, Architeq, J Dilla, Jaco Pastorius, Weather Report, Teebs, Ackryte, Repeat Pattern, FREE THE ROBOTS.

Mixing a glassy wind chime with hearp plucking and some kind of flute tone, the York native creates a mystifying and serene track.

Read more at

<http://badpandarecords.wordpress.com/2011/09/19/badpanda100/>

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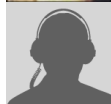
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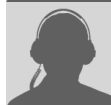
[hitler](#)



[haydeejimenez](#)



[Xevo](#)



[lewk](#)

## Song

01. [Been A While Since You Spoke](#) (02:29)

## Track Info

Bit Rate

320000





Genres

[Downtempo](#), [Hip-Hop Beats](#)

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This track appears in the following mixes:

-  "[Slipping: Skate's Impact on Egypt - The Soundtrack](#)" by [happypuppyrecords](#)
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UPLOADED:09/21/2011

LISTENS:32959

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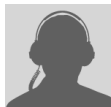
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## Comments

01



[lewk](#) on 10/27/11 at 10:06PM

Great track, I've selected it for day four of my free music challenge: <http://wp.me/p1TwoY-1U>. thanks!

02



[macedonia](#) on 06/06/12 at 02:10PM

Song played on Radio BSOTS show #124 -

<http://www.bsots.com/restless/index.blog/1437555/bsots-124-hooray-for-the-fma/>  
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