



Band: abide

Genre: Nu-metal / alternative

FFO: System of a Down / Deftones / Slipknot

Base: Marseille, France / UK

Label: Moth Lake Records - <https://mothlakerecords.com>

Contact: Tom Ungerer - contact@abideband.com

Website: <https://abideband.com>

Socials:

Bandcamp: <https://abideband.bandcamp.com>

Deezer: <https://www.deezer.com/us/artist/354247882>

Instagram: <https://www.instagram.com/abideband>

Spotify: <https://open.spotify.com/artist/1cjzVKU4R00Y9pEgq5LxRj>

Spotify URI : spotify:artist:1cjzVKU4R00Y9pEgq5LxRj

YouTube: https://www.youtube.com/@abide_band

About abide

abide is a French/British alt / nu-metal project led by **Tom Ungerer** (bassist for **Sam Fender**), built around heavy grooves, unsettling atmospheres, and drum-forward arrangements powered by **Jack Golightly**'s commanding performances. The latest release, "**forget to pretend**", is produced by Tom and mixed & mastered by **Romesh Dodangoda** (**Bring Me The Horizon**, **Motörhead**, **Nova Twins**), pairing modern weight with emotional directness.

For fans of **System of a Down**, **Deftones**, **Stone Sour**.

Releases

01. lullaby lullaby

Release date: 31/10/2025

Duration: 03:01 | **BPM:** 126 | **IRSC:** GBGCA2500280

UPC: 5060921976957

Genre: Nu-metal / Alternative metal / Industrial rock

Mix and mastering: Martin Corkhill at West15 Recording

Label: Moth Lake Records

File format: 24-bit WAV and 320 kbps MP3

Language: English

Explicit content: None

Lyric video: <https://www.youtube.com/watch?v=YtHeF5hvz4U>

Links:

Apple Music: <https://music.apple.com/gb/song/lullaby-lullaby/1868707047>

Amazon Music: <https://music.amazon.com/albums/B0FXKKNHY9>

Bandcamp: <https://abideband.bandcamp.com/track/lullaby-lullaby>

Deezer: <https://www.deezer.com/en/album/845446922>

Spotify: <https://open.spotify.com/track/1VYwhaygn8wJ0G6rIcz0l4>

Tidal: <https://tidal.com/album/489368293/track/489368294>

02. forget to pretend

Release date: 16/01/2026

Duration: 02:38 | **BPM:** 100 | **IRSC:** QM4TW2620817

UPC: 199806978504

Genre: Nu-metal / Alternative metal / Industrial rock

Mix and mastering: Romesh Dodangoda

Label: Moth Lake Records

File format: 24-bit WAV and 320 kbps MP3

Language: English

Explicit content: None

Lyric video: <https://youtu.be/Pv-C56ZRvFg>

Links:

Apple Music: <https://music.apple.com/gb/song/forget-to-pretend/1868428006>

Amazon Music: <https://music.amazon.com/albums/B0GGCV61PX>

Bandcamp: <https://abideband.bandcamp.com/track/forget-to-pretend>

Deezer: <https://www.deezer.com/en/album/895934702>

Spotify: <https://open.spotify.com/track/1d5ZdUsPz0SDYLRbmCS6nQ>

Tidal: <https://tidal.com/album/489103424/track/489103433>