**BIO**

Life often prepares us for one specific moment where everything can change forever. A lifetime of sisterhood and music has brought The Warning to this point. The Mexico-born alternative sister trio—Daniela “Dany” [guitar, lead vocals, piano], Paulina “Pau” [drums, vocals, piano], and Alejandra “Ale” Villarreal [bass, piano, backing vocals]—have logged thousands of miles on the road, generated hundreds of millions of streams, and left countless fans in awe. All of this tireless work and dedication has shaped and sharpened their sound with knifepoint precision, arming alternative anthems with universally catchy hooks and an uncompromising hard rock kick.

Now, The Warning embrace their destiny on their 2024 full-length album, *Keep Me Fed* [LAVA/Republic Records] available June 28th.

In talking about the story behind the decision to name the album *Keep Me Feed*, “throughout the whole process, the work was consuming us,” says Pau. “By impacting everything we did, the album kept us fed both creatively and personally. We’re inviting other people to participate and consume it too.”

The Warning have devoted themselves to a shared dream since their childhood in Monterrey, Mexico. They initially made waves with a string of independent releases, paving the way for their acclaimed 2022 full-length offering *ERROR*. Between performing alongside Muse, Foo Fighters, Guns N’ Roses, Royal Blood, The Pretty Reckless, and Three Days Grace, the band ignited MTV’s Extended Play Stage at the 2023 MTV VMAs. Representative of their cultural impact, Pepsi even notably chose them as the face of Pepsi Black in Mexico. Moreover, they emerged as the rare force who could comfortably appear in features by *Vanity Fair*, *People*, *Cosmopolitan*, and *Glamour* as well as on Metallica’s star-studded *Blacklist* compilation—placing their cover of “Enter Sandman” [with Alessia Cara] shoulder-to-shoulder with contributions from Ghost, St. Vincent, Chris Stapleton, IDLES and Weezer.

Throughout 2023, the three-piece carefully crafted what would become *Keep Me Fed* with producer Anton Delost [Highly Suspect, Mayday Parade]. This time around, the group nodded to a diverse array of influences, including tourmates MUSE, Dead Poet Society, Bring Me The Horizon, and *“a whole lot of K-Pop from SM Entertainment*.*”* They even added to their creative team by working with Muse’s Dan Lancaster to help co-produce & co-write three songs for the record including “Hell You Call A Dream,” “Automatic Sun,” and “Six Feet Deep.”

Pushing the envelope, they naturally switched up the process in the studio.

“We would write and record and then go on tour for a few months and come back to it, which is something we’ve never done,” notes Pau. “Life was all over the place, and we put all of the chaos into the music. By approaching things from a different perspective, the process involved a rediscovery of our sound. It marks the next era for The Warning.”

The girls heralded this chapter with “MORE.” Beyond gathering 25 million streams, it incited the applause of *Consequence of Sound* and *Ones To Watch* who christened it *“a raging anthem that highlights the band's insane musicality and knack for creating bold, mosh-inducing music.”*Maintaining their momentum, “S!CK” jumpstarted 2024. Right out of the gate, *Revolver* raved, *“It’s undeniably infectious*.*”*

On its heels, The Warning pulled back the curtain on the LP with the single “Hell You Call A Dream.” The track’s pulsating keys wrap around an ominous bass line. Simultaneously, a head-nodding riff seesaws on top of a head-nodding beat as the chorus rings out with a plea, *“Give me something to believe, in this hell you call a dream*.*”*

“*‘Hell You Call A Dream’* tries to express a feeling most musicians find hard to express,” notes Dany. “When you’re touring, you experience the positives, the negatives, and the whole spectrum of emotion all at once. It’s about how something you love so much can be something that also weighs you down, but you continue to do it out of love. It’s fulfilling, but it’s tiring.”

Elsewhere, they showcase another side of their artistry altogether on the Spanish-language “Qué Más Quieres.” It hinges on a skyscraping vocal performance boosted by a rush of electronics and a powerhouse riff.

“The title translates to *‘What else do you want?’*,” Pau reveals. “It’s about taunting and manipulating. We were thinking of the TikTok phrase, *‘Gaslight, Gatekeep, Girlboss’*, and turned it into a song.”

Dany goes on, “It means a lot to sing in our language and represent our country. Over the years, doors have finally opened for Mexican women in rock, and we’re actively participating in opening these doors where we can.”

Kicking down another door, “Six Feet Deep” storms out of the gate with a hard-hitting hook and battering ram drum rhythm laced with lyrical vitriol. “We were ranting a bit,” smiles Dany. “You’re bringing somebody who has a god complex down to reality. The message is, *‘We’re all going to die and be buried in the same dirt’*. It was liberating to write all of that trash talk.”

“Automatic Sun” takes flight as an epic uplifted by stark emotion and dynamic riffing in equal measure.

“It’s about missing someone and the energy this person gives you,” says Dany. “You’re drawn into their gravitational pull and brightness—like an automatic sun.”

In the end, The Warning are shining brighter than ever too.

“We hope you feel the energy we put into the record, but also see the evolution,” Pau leaves off. “We’ve grown as people, and made changes. We’re happy to show our creative growth—and make you rock out.”

“The Warning is my whole life,” Ale concludes. “I’ve been doing this since I was nine-years-old. We’re a family, and we grow so much every day. For the three of us, The Warning is everything.”

**BOILER**

The Warning draw strength and power from a lifetime of sisterhood and music. The Mexico-born sister trio—Daniela “Dany” [guitar, lead vocals, piano], Paulina “Pau” [drums, vocals, piano], and Alejandra “Ale” Villarreal [bass, piano, backing vocals]—have logged thousands of miles on the road, generated hundreds of millions of streams, and left countless fans in awe. All of this tireless work and dedication has shaped and sharpened their sound with knifepoint precision, arming alternative anthems with universally catchy hooks and an uncompromising hard rock kick. The girls have devoted themselves to a shared dream since their childhood in Monterrey, Mexico. They initially made waves with a string of independent releases, paving the way for their acclaimed 2022 full-length offering *ERROR*. Between performing alongside Muse, Foo Fighters, Guns N’ Roses, Royal Blood, The Pretty Reckless, and Three Days Grace, the band ignited MTV’s Extended Play Stage at the 2023 MTV VMAs. Representative of their cultural impact, Pepsi even notably chose them as the face of Pepsi Black in Mexico. Moreover, they emerged as the rare force who could comfortably appear in features by *Vanity Fair*, *People*, *Cosmopolitan*, and *Glamour* as well as on Metallica’s star-studded *Blacklist* compilation—placing their cover of “Enter Sandman” [with Alessia Cara] shoulder-to-shoulder with contributions from Ghost, St. Vincent, Chris Stapleton, IDLES and Weezer. Now, The Warning embrace their destiny on their 2024 full-length album, *Keep Me Fed* [LAVA/Republic Records] out on June 28th. The album was introduced by “MORE,” “S!CK” “Hell You Call A Dream” and “Que Mas Quieres.”