

Sista Zock



Solid

*Melodies,
Metaphors,
Music,
Movement*

Harlem, NY resident and Mount Vernon, NY native, Sista Zock, is a Renaissance Woman in the truest form. Her song, "You Should Know That," is being used on the Academy Award Winning Spike Lee's Netflix series "She's Gotta Have It Season 2" as the official trailer and is featured on Spotify's "She's Gotta Have it" playlist.

Her unique sound straddles the fence between spoken word -song, and Jazz-Hip hop, conveying an Afro Jazzy Sound! Her most recent project, "Zock Solid, Where the Stem meets the Root," features Abiodun of The Last Poets. This Work is dedicated to the Fallen Soldiers, the ones who have sacrificed their lives for the betterment of others, to the Victims of senseless killings, to the ones who are ahead of their time and the ones whose time has yet to come.

This is a testimony of the life of a "Black Girl" in America. Sista Zock says, "Many of these songs have been living inside of me waiting to be born to free my Spirit, eating me up alive like a secret waiting to be told. They have been Journal entries, tributes, songs of expectation, and ways out of depression and hopelessness." Her personal story is about triumph, optimism, and perseverance.

A Wordsmith at an early age, daughter of Harlemites born and raised in Mt. Vernon, NY. with a strong background in the Performing Arts, versatility is her style. Sista Zock can mesh all her talents in one performance. She is a writer, actress, dancer, and vocalist. Her Large stage shows are high energy and interactive.

She has worked alongside and shared the stage or screen with Omari Hardwick, Loretta Divine, Foetry, Bilal, Macy Gray, Peter Gunz, Ben Vereen, Gregory Porter, Erykah Badu, Amir Baraka, Doug E. Fresh, Stephen Baldwin and many others. Zock has musically collaborated with Abiodun of The Last Poets, Dennis Davis, and Chip Crawford and appears on Lakecia Benjamin's albums.

Sista Zock... " has the ability to inspire individuals from all different backgrounds" -The Mount Vernon Enquirer.

I-J.U.M.P.

*I-JUST
UNITE
MUSIC
And
PHYSICALITY*

i-Jump is Sista Zock's initiative to combine her two passions: athletics and the arts.

As a former track star, college wellness lecturer, and professional trainer, she uses her expertise to provide a relaxed environment utilizing music and movement to improve the mind and body.

This restorative session is adjusted based on the level of the participants with the intent to counteract disease and postural distortions. Zock is certified in Behavior Modification and also Corrective Exercise. Sista Zock provides; performances; classes, workshops and lectures.

