

Alphabet Scoop—Lick It Or Not
EP, label Holster Sounds, 05/2026

01 - *Trashed Wombs*
02 - *Mint-colored Sunglasses*
03 - *Lick It Or Not*
04 - *Studies Of The Flatulent Bowel*



05 - *A Dick In A Dish*
06 - *Mind Your Own Ass*
07 - *Lobster Anatomy*
08 - *Silencing My F... Dad*



09 - *Mint-colored Sunglasses*
10 - *Lick It Or Not*
11 - *A Dick In A Dish*

12 - *Mind Your Own Ass*
13 - *Lobster Anatomy*
14 - *Silencing My F... Dad*

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- 01 Lyrics: Nora Elfriede-Havez (NEH), Keith McGinnis.
Greta Doolan (vocals, vocoder), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine), Molly Williams (backing vocals).
- 02 Lyrics: Ethan & Tilly Hall, from the poem **Rehearsal Land**.
Keith McGinnis (vocals), Shaylynn Galglish (guitar, vocals), Justin Steele (bass), Godfrey Goss (keyboards, synthesizer), Douglas Galglish (drums), Greta Doolan, Kelsey Kyle (backing vocals).
- 03 Lyrics: Brigit Eichhorn.
Geraldine Oquin (vocals), Godfrey Goss (keyboards, synthesizer), Douglas Galglish (drums), Kelsey Kyle (backing vocals).
- 04 Lyrics: Brigit Eichhorn based on the poem **Paparazzi** by Fanny Random.
Andie Radell (vocals), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine), Brigit Eichhorn, Leah Rico-Burkhart (backing vocals). Lyrics adapted, and loosely inspired by the line “My buttocks are decked out with a black flag”, and so. The song was originally titled **Photographic Snapshot, Two Studies Of The Flatulent Bowel**.
- 05 Lyrics: Myriam & Florent de Vries (adapted by Keith McGinnis).
Keith McGinnis (vocals), Justin Steele (guitar, bass), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine). Backing vocals: Greta Doolan.
This title is an EDM cover of the track *My Mother's Womb* (see “Silencing My Embryo”): Q2MS, track 3 from the album *A True Story*, SpatSound, 2025 (remix from Early record album, 2009). Greta Doolan is the current lead singer, guitar—and ex-bass—from the trap metal band MO2: “Maintien de l’Ordre Ostracisé”.
- 06 Lyrics: NEH.
Christie Rutlege (vocals), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine).
- 07 Lyrics: Keith McGinnis (based on the poem **Private Diary** by Myriam de Vries).
Molly Williams (vocals), Godfrey Goss (keyboards, synthesizer), Douglas Galglish (drum machine), Greta Doolan, Christie Rutlege (backing vocals).
- 08 Lyrics: NEH, Keith McGinnis.
Greta Doolan (vocals), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine), Molly Williams (backing vocals).
- 09 Lyrics: Ethan & Tilly Hall, from the poem **Rehearsal Land**.
Tilly Hall (vocals), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine). Backing vocals: Greta Doolan and Dora Banger, lead singer from the hardcore band MM-HMM!
- 10 Lyrics: Brigit Eichhorn.
Geraldine Oquin, Andie Radell (vocals), Godfrey Goss (synth, DAW, drones), Douglas Galglish (drum machine).
- 11 Lyrics: Myriam & Florent de Vries.
Sheryl Gould, Brigit Eichhorn (vocals), Shaylynn Galglish (guitar), Justin Steele (bass), Godfrey Goss (keyboards, synthesizer), Douglas Galglish (drums).
- 12 Lyrics: NEH.
Deanna Sheidel (vocals), Shaylynn Galglish (guitar), Justin Steele (bass), Godfrey Goss (synthesizer, backing vocals), Douglas Galglish (drums), Doug McKnight (backing vocals).
- 13 Lyrics: Keith McGinnis (based on the poem **Private Diary** by Myriam de Vries).
Molly Williams, Keith McGinnis (vocals), Godfrey Goss (keyboards, synthesizer), Douglas Galglish (drum machine, DAW), Keith McGinnis, Christie Rutlege (backing vocals).
- 14 Lyrics: NEH, Keith McGinnis.
Greta Doolan (vocals, vocoder), Godfrey Goss (synth, DAW), Douglas Galglish (drum machine), Keith McGinnis, Molly Williams (backing vocals).