

= Heavy Metal and Reflective =

" Heavy Metal and Reflective " is a song recorded by American rapper Azealia Banks for her debut studio album *Broke with Expensive Taste* (2014) . It was released as the second single from the album on July 28 , 2014 . Production of the song was handled by Lil Internet , who previously worked with Banks on her 2013 single " Yung Rapunxel " , while writing came from Banks , James Strife and Julian Wodsworth . The track received generally mixed reviews from critics , who complimented the song 's overall sound , but were critical of Banks ' vocals . To promote " Heavy Metal and Reflective " , Banks released a music video for the song on August 5 , 2014 , directed by Rob Soucy and Nick Ace , in which Banks escapes from being kidnapped and left in the desert , before leading a motorcycle gang through the terrain , arming herself with pit bulls .

= = Background = =

In 2011 , it was reported that Banks was working on her debut studio album with British producer Paul Epworth , despite not being signed to a record label at the time . In January 2012 , Banks signed a deal with Interscope and Polydor Records to work on new music , and a month later , she announced the title of the album to be *Broke with Expensive Taste* . " Heavy Metal and Reflective " was first announced in September 2013 , when Banks posted the track listing of the album to her Instagram account . Approximately a year later , she handed a complete version of the album in to the labels . Banks initially thought it would receive favorable reception from the labels ; however , the representatives told Banks that she had not recorded a " hit " single for the album . Ultimately , Banks ended the record deal with Interscope and Polydor in July 2014 . " Heavy Metal and Reflective " was the first post @-@ Interscope / Polydor track that Banks released , under her own new label , Azealia Banks Records . She later approached Jeff Kwatinetz and signed a contract with his company , Prospect Park , which ultimately led to the long @-@ awaited release of *Broke with Expensive Taste* on November 7 , 2014 .

Throughout December 2014 , Banks released a series of videos in which she gave a track @-@ by @-@ track commentary for all of the songs from *Broke with Expensive Taste* , and revealed how each song came to be , dubbed the ' 16 Days of Azealia ' . During the commentary video for " Heavy Metal and Reflective " , Banks revealed that the song was created during a four @-@ day studio session based in London , in which she was with the track 's producer , Lil Internet , as well as Machinedrum and her friends . She talked about how Lil Internet was " off in this other area " , segregated from the rest of the group , for two days . He then emerged from his segregated space on the second day in the studio , with the instrumental for the track . Banks described her initial reaction to the song 's production as " holy shit , this is crazy " , and that the beat reminded her of past works of DMX , Ruff Ryders and Swizz Beatz . She also revealed that the track was originally titled " Street Angel " .

= = Composition = =

" Heavy Metal and Reflective " is a song that runs for a duration of two minutes and thirty seconds . The track was produced by Lil Internet , who previously worked with Banks on her 2013 single " Yung Rapunxel " . Kevipod from Direct Lyrics described the song 's instrumental as " a hard @-@ hitting , menacing beat courtesy of Lil Internet " . Chris Coplan from Consequence of Sound commented that the song possessed a " combo of throbbing bass and sweat @-@ soaked synths " . Iyana Robertson , writing for Vibe , described the song 's instrumental as a " a high @-@ energy , twerk @-@ yielding backdrop " , going on to describe Banks ' rapping in the song " [Banks] employs a complementing monotone to wield her sexual prowess " .

= = Reception = =

The track received generally mixed reviews from critics . BET writed Dominique Zonyeé spoke on

the track , calling it a " high energy , boastful song in which Azealia struts her stuff while reminding you that competitors have nothing on her " . Chris Coplan from Consequence of Sound thought that the song had " the potential to a true club banger " . Vanyaland writer Michael Marotta described the track as " brooding and menacing " , going on to describe Banks ' delivery , " Banks slices through her verses in a way that recalls the magic she first flashed on the still @-@ lethal 2011 track ' 212 ' " . In a positive review , Chris Thomas from HipHopWired complimented the track , writing " The Harlem native waxes poetics with a dexterous flow . Her rhymes are laden with braggadocios lines about her boss status " . In a mixed review , Kevipod from Direct Lyrics complimented the song 's instrumental , but was critical of Banks ' vocals , writing " ' Heavy Metal and Reflective ' possesses a hard @-@ hitting , menacing beat courtesy of Lil Internet and a lot of stale rapping by Azealia " , while also commenting on the need for a more mainstream song from Banks ' " if she really wants to put her career together again " . Robbie Daw from Idolator panned the track , describing the song as " trap @-@ lite trash " , recommending that Banks spends more time " actually focus [ing] on not making shit music " .

Commercially , the single achieved minor success in the UK . The song peaked at number 40 on the UK Indie Chart , and number 10 on the UK Indie Breakers Chart .

= = Promotion = =

= = = Music video = = =

Banks initially announced the track 's release via a tweet of a video still from the song 's music video , on July 18 , 2014 . In the still , Banks was seen standing under the sun , sporting a black jumpsuit adorned with flames on the chest and matching 3D flames on the sleeve . Critics called the release date bold , as the video was scheduled to drop a mere twenty @-@ four hours after that of fellow female rapper Nicki Minaj 's " Anaconda " . The music video was released on August 5 , 2014 , and was directed by Rob Soucy and Nick Ace . In the video , Banks escapes from being kidnapped and left in the desert , before leading a motorcycle gang through the terrain , arming herself with pit bulls .

= = = Live performances = = =

On April 10 , 2015 , Banks performed " Heavy Metal and Reflective " during her set at the Coachella Festival . Rap @-@ Up commented that the audience 's " energy was consistently high " during the performance .

= = Track listing = =

= = Charts = =

= = Credits and personnel = =

Credits adapted from Broke with Expensive Taste liner notes .

Locations

Recorded at Music Box Studios (London , UK)

Mixed at The Fortress of Amplitude studios (Los Angeles , California)

Personnel

Vocals ? Azealia Banks

Songwriting ? Azealia Banks , James Strife , Julian Wodsworth

Production ? Lil Internet

Engineering ? Rick McRae
Recording ? Rick McRae
Mixing ? Rob Kinelski
Mixing assistant ? David Baker

= = Release history = =