

# Kinesis

## Progressive Rock CDs

## Italian Progressive Rock CDs

including non-Italian Mellow  
label bands

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**Arcansiel - *Swimming in the Sand* (\$14.99)**



The Italian band Arcansiel released three albums between 1988-1994. This CD is subtitled *The Best of Arcansiel 1988-2004*, as the band re-recorded their six favorite tracks in 2003. With a total playing time of 64-minutes, these are long tracks. The band capably blends the Marillion influence with 1970's Genesis and the Italian progressive tradition (PFM,

Banco, etc.), combining straightforward melodies and complex instrumental sequences. The vocals are in English, they add violin, flute, and sax to the standard symphonic rock lineup, and their music now has the excellent sound it deserves.