KNUCKS 7 DAYS REVIEW:

With a gift for wordplay and extended metaphor, Knucks revamps Craig David's '7 Days', giving it a new lease of life. Sampling the original, Knucks goes even further with an increased tempo and added drill beat. These changes transform the song into something more than a remix or rework, it is simply Knucks'.

In the opening lines, he introduces his newest work saying 'New knucks they were dying for it / Do a 2 step in my yard to the latest', setting up the mood of the track. From the outset, Knucks lets us know it's about to be a vibe.

Over the course of the song, the artist discusses his fast-paced life as he bounces between Fashion Week, the 'club' and late nights at the 'studio'. It's clear that he lives his life to the fullest, investing himself into a range of creative pursuits. And as busy as the rapper is, he still manages to have a very active love life. Women punctuate each verse of the track, showing that alongside music, they are very much a constant in his life. Whether he's finding his 'next thing' in the club or abroad, Knucks is highly confident in his endeavours. Even if it's just for one night or seven, he tells everyone listening that he could easily 'spend the week inside'.

Knucks' production and effortless flows give the song an infectious energy that radiates through each bar. Where Craig David makes you want to sing along, Knucks makes you want to dance. And It's that movement and feeling of life, that makes all the difference.