LIFTED LAB · SYNC CATALOGUE · NOVEMBER 2026

LiftedPro

120 tracks for film, TV, ads and games, written and produced by me, Nigel Jordan, on Vancouver Island, BC. Every title in this document links to a page where you can play it in full.

Written and produced by me
Every beat came out of one room. No co-writers on the music.

One-stop on 119 of 120
I own the master and the publishing on those, so one signature clears them. The table says which.

SOCAN registered writer
Self-published under my own name. Distribution through DistroKid.

Quotes within 24 hours
Tell me the media, territory and term and you get a number the next day.

WHAT YOU GET

WAV masters, instrumentals and clean versions where they exist, and stems on request. Pre-release CREATURE tracks can be licensed now.

HOW TO READ THE TABLE

BPM is the felt tempo. Keys are listed only where they have been measured. "Ask" under one-stop means the clearance runs through me but involves a second party or a check first.

Nigel Jordan · LiftedPro · Lifted Productions

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CREATURE

2026. Dark forest, cold air. Tracks marked PRE are licensable before release. 17 tracks.

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Integration PRE	Inst, Full	92		3:29	Mysterious, Brooding	Yes
Splat!	Inst, Full	118		1:22	Aggressive, Driving, Confident	Yes
Prey	Inst, Full	91		2:17	Dark, Tense, Eerie	Yes
Discussions	Inst, Full	93		3:33	Tense, Gritty, Driving	Yes
Dark Forest	Inst, Full	84		4:19	Brooding, Eerie, Reflective	Yes
All On Me	Inst, Full	83	E minor	3:56	Reflective, Nostalgic, Melancholy	Yes
Psilocybin	Inst, Full	103		2:38	Dreamy, Mysterious, Eerie	Yes
Saliva	Inst, Full	104	Bb minor	4:38	Dark, Gritty, Tense	Yes
UNO	Inst, Full, Clean	96		5:02	Playful, Driving, Funky	Yes
Descent PRE	Inst	103		4:53	Aggressive, Tense, Gritty	Yes
Narratives PRE	Inst, Full	92		2:40	Reflective, Hopeful, Warm	Yes
Drag Along	Inst, Full	96		3:34	Hopeful, Driving, Reflective	Yes
Aesthetics PRE	Inst, Full	76		3:52	Brooding, Triumphant, Tense	Yes
Flowstate PRE	Inst, Full	91		2:57	Uplifting, Hopeful, Chill	Yes
Istics PRE	Full	86	F minor	3:22	Gritty, Aggressive, Tense	Yes
Dust PRE	Inst, Full	92		4:23	Reflective, Nostalgic, Warm	Yes
Seed the Forest PRE	Inst, Full	88	Bb minor	5:14	Chill, Hopeful, Warm	Yes

Soul On Sleeve

2022. Personal and soulful. 17 tracks.

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Dad's Demo	Inst, Full	132	F# minor	3:10	Confident, Reflective, Warm	Yes
Pound or Drown	Full	78	D minor	3:45	Confident, Driving, Brooding	Yes
Soul On Sleeve	Full	96		4:02	Funky, Confident, Nostalgic	Yes
Burn the Booth	Full	112	A minor	3:11	Confident, Playful, Driving	Yes
Praises	Full	104	F# minor	4:37	Confident, Warm, Reflective	Yes
GHTF	Full	92		5:38	Funky, Driving, Confident	Yes
Ultimate Chill	Full	92		3:50	Funky, Driving, Playful	Yes
Forever Now	Full	96		4:12	Confident, Funky, Nostalgic	Yes
Impossible	Inst, Full	93		4:28	Funky, Driving, Playful	Yes
Find My Way	Full	99		3:13	Driving, Confident, Funky	Yes
Sticks	Full	92		3:19	Driving, Funky, Confident	Yes
Hard to Triumph	Full	89		5:20	Confident, Driving, Nostalgic	Yes
Shark Water	Inst, Full	92		4:36	Chill, Warm, Dreamy	Yes
Sun of a Beach	Full	76		4:47	Dreamy, Reflective, Chill	Yes
Vandalizm	Full	96		9:13	Confident, Brooding, Funky	Yes

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Being Kids	Full	112		5:12	Funky, Playful, Driving	Yes
The Ways	Full	112		2:59	Driving, Funky, Playful	Yes

LIFTED2020 Instrumentalz

2020. West Coast collective energy, instrumentals only. 16 tracks.

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Westcoast Obnoxious	Inst	92		5:58	Funky, Confident, Playful	Yes
Rotations	Inst	86	B minor	3:10	Chill, Reflective, Warm	Yes
Northwest Alliance	Inst	86		3:22	Gritty, Dark, Driving	Yes
RealLife	Inst	72		4:02	Chill, Warm, Nostalgic	Yes
Demonstrate	Inst	96		3:57	Dark, Aggressive, Driving	Yes
BCMC	Inst	86		4:16	Chill, Warm, Nostalgic	Ask
In the Lab	Inst	83		3:58	Playful, Funky, Warm	Yes
Conquest	Inst	80	A minor	2:53	Confident, Triumphant, Dreamy	Yes
Program Your Brain	Inst	72		4:27	Mysterious, Tense, Eerie	Yes
And It Goes	Inst	98	G minor	2:43	Funky, Playful, Confident	Yes
Str8 Crooked	Inst	99		4:10	Brooding, Dark, Chill	Yes
Release	Inst, Full	81		4:02	Dreamy, Confident, Reflective	Yes
Paper	Inst	108		3:40	Driving, Dark, Aggressive	Yes
Composure	Inst	78		3:27	Brooding, Dark, Melancholy	Yes
FKNLIT	Inst	92		6:53	Funky, Driving, Confident	Yes
Vendetta (Remix)	Inst	96		2:31	Dark, Funky, Gritty	Yes

Lifted Lab Beats and The Vault

Standalone beats. Those marked VAULT can also be bought outright. 70 tracks.

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Everybody	Inst	134		4:45	Dark, Brooding, Chill	Yes
2 the Sky VAULT	Inst	112		3:21	Confident, Brooding, Chill	Yes
2nd Coming VAULT	Inst	85		1:31	Playful, Driving, Funky	Yes
4U VAULT	Inst	73		2:51	Dreamy, Reflective, Chill	Yes
Another Creep VAULT	Inst	83		1:46	Reflective, Confident, Chill	Yes
At Your Back VAULT	Inst	76		1:56	Brooding, Dreamy, Dark	Yes
Bladez VAULT	Inst	101		3:28	Aggressive, Driving, Dark	Yes
Blazed or Crazed VAULT	Inst	94		3:47	Funky, Dreamy, Reflective	Yes
Blossum VAULT	Inst	123		1:49	Dark, Gritty, Brooding	Yes
Boomst VAULT	Inst	94		2:41	Funky, Nostalgic, Dreamy	Yes
Brothers In Arms VAULT	Inst	81		3:12	Brooding, Reflective, Chill	Yes
Burnt Block Funk VAULT	Inst	97		1:05	Dark, Brooding, Chill	Yes
Cat Function VAULT	Inst	85		2:41	Brooding, Chill, Mysterious	Yes
Claws VAULT	Inst	86		1:47	Confident, Nostalgic, Reflective	Yes
Cross the Line VAULT	Inst	96		2:59	Dark, Gritty, Dreamy	Yes

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Damn I Wish VAULT	Inst	96		2:56	Dark, Brooding, Gritty	Yes
Day Dream VAULT	Inst	100		1:46	Brooding, Mysterious, Dreamy	Yes
Earth Godz VAULT	Inst	105		3:50	Funky, Playful, Gritty	Yes
Fuk U Up VAULT	Inst	94		1:45	Dreamy, Reflective, Mysterious	Yes
Greenville VAULT	Inst	92		3:13	Dark, Brooding, Confident	Yes
Grow Strong VAULT	Inst	88		4:02	Dreamy, Mysterious, Triumphant	Yes
Gutz Out the Gutter VAULT	Inst	98		1:26	Dark, Brooding, Gritty	Yes
Haven't I Told VAULT	Inst	86		1:20	Brooding, Dark, Chill	Yes
ImPact VAULT	Inst	71		2:16	Dark, Brooding, Mysterious	Yes
It's Groove VAULT	Inst	82		2:12	Reflective, Chill, Brooding	Yes
Legal Murder VAULT	Inst	92		2:45	Dreamy, Mysterious, Gritty	Yes
Matic Mode VAULT	Inst	102		2:32	Mysterious, Dreamy, Brooding	Yes
Mr. Heartbeat VAULT	Inst	71		1:56	Brooding, Melancholy, Chill	Yes
Much Higher VAULT	Inst	94		3:04	Dreamy, Reflective, Chill	Yes
Never As Good VAULT	Inst	121		1:22	Playful, Funky, Reflective	Yes
Nxt2U VAULT	Inst	89		2:19	Dreamy, Mysterious, Triumphant	Yes
Ocelot VAULT	Inst	88		0:44	Confident, Brooding, Driving	Yes
Partyin' the VIC VAULT	Inst	105		1:31	Dark, Aggressive, Driving	Yes
Piano Waft VAULT	Inst	81		1:35	Brooding, Chill, Reflective	Yes
Problem Child VAULT	Inst	100		2:19	Funky, Reflective, Confident	Yes
Pyroclastic VAULT	Inst	96		1:16	Dark, Brooding, Mysterious	Yes
Rawklective VAULT	Inst	89		2:43	Chill, Dreamy, Reflective	Yes
Razor Tongues VAULT	Inst	107		1:03	Funky, Confident, Driving	Yes
Read It VAULT	Inst	85		2:00	Dreamy, Confident, Nostalgic	Yes
Reptiles VAULT	Inst	84		2:58	Brooding, Dark, Gritty	Yes
Sedative VAULT	Inst	87		4:32	Mysterious, Playful, Confident	Yes
Semi Hazed Voyage VAULT	Inst	125		2:03	Dark, Driving, Aggressive	Yes
Sentient Rhythm VAULT	Inst	98		4:09	Chill, Reflective, Dreamy	Yes
Shrine VAULT	Inst	93	C minor	0:57	Mysterious, Dark, Gritty	Yes
Signal Fires VAULT	Inst	86		2:15	Dark, Brooding, Mysterious	Yes
Sinister VAULT	Inst	92		2:34	Dark, Mysterious, Brooding	Yes
Solstice VAULT	Inst	104		2:18	Driving, Dark, Aggressive	Yes
Somethin' Other Than That VAULT	Inst	88		1:44	Dark, Brooding, Gritty	Yes
Spawn Crisis VAULT	Inst	78		2:44	Dark, Brooding, Gritty	Yes
Spills VAULT	Inst	98		1:59	Dark, Brooding, Melancholy	Yes
Spring Fix VAULT	Inst	100		0:58	Driving, Dark, Aggressive	Yes
Stabbing Blind VAULT	Inst	105		4:34	Funky, Confident, Playful	Yes
Startin' Somethin' VAULT	Inst	97		4:34	Funky, Warm, Playful	Yes
Stomach VAULT	Inst	111		2:14	Dark, Brooding, Gritty	Yes
Storm Coming VAULT	Inst	103		1:45	Dreamy, Chill, Reflective	Yes

TITLE	VERSIONS	BPM	KEY	TIME	MOOD	ONE-STOP
Strange Angel VAULT	Inst	81		2:38	Brooding, Mysterious, Melancholy	Yes
Sun Squat VAULT	Inst	91		2:28	Playful, Funky, Dreamy	Yes
Swangin' 2 VAULT	Inst	86		1:43	Chill, Warm, Dark	Yes
Take Me Down VAULT	Inst	97		2:52	Brooding, Dark, Dreamy	Yes
Throw Down VAULT	Inst	96		3:36	Gritty, Dark, Warm	Yes
Trumladuh VAULT	Inst	84		3:46	Driving, Playful, Brooding	Yes
Turbulant Joy VAULT	Inst	108		2:22	Dark, Driving, Aggressive	Yes
V.I.King VAULT	Inst	118		6:36	Dark, Aggressive, Brooding	Yes
Victory VAULT	Inst	116		2:08	Gritty, Dreamy, Dark	Yes
Vortices VAULT	Inst	88		1:06	Brooding, Dark, Chill	Yes
Wahmbats VAULT	Inst	74		1:45	Driving, Aggressive, Gritty	Yes
Westcide VAULT	Inst	92		1:55	Funky, Confident, Playful	Yes
World Behind Me VAULT	Inst	116		3:44	Dark, Brooding, Mysterious	Yes
Your Own Discretion VAULT	Inst	121		2:10	Dreamy, Mysterious, Dark	Yes
Zonebone VAULT	Inst	99		1:32	Driving, Dark, Aggressive	Yes