

# GDL March 3, 2023

<https://silosolo.com/769656>

## Summary

The video is recorded on a sunny day in Los Angeles, California. The special guest of the show is Mr. Keith Harris, a drummer and Grammy winner. Keith Harris created the song 'I'm a Beat' and knew it would be a hit. Keith Harris has worked with Michael Jackson and is a drummer for the P. The hosts talk about their weekend plans and fitness routines. They mention a brand called Bounce Curl, which offers products for healthy hair and skin.

## Silo sample questions

- Who is the special guest of the show?
- What song did Keith Harris create?
- Who has Keith Harris worked with?
- What brand do they mention during the video?

## Topics

Sunny day in Los Angeles

Mr. Keith Harris as a guest

Song 'I'm a Beat'

Keith Harris's career

Weekend plans

Fitness routines

Bounce Curl products

## Key Takeaways

- The video is recorded on a sunny day in Los Angeles, California.
- The special guest of the show is Mr. Keith Harris, a drummer and Grammy winner.
- Keith Harris created the song 'I'm a Beat' and knew it would be a hit.
- Keith Harris has worked with Michael Jackson and is a drummer for the P.
- The hosts talk about their weekend plans and fitness routines.

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