

# Legion of Prog

Legion of Prog - Celebrating '70s and '80s Progressive Rock



## About

Founded in 2017 and based in central New Jersey, Legion of Prog's ongoing mission is to deliver faithful recreations of classic 1970s and '80s progressive rock music — music by great bands like Yes, Genesis, Pink Floyd, Rush, Emerson Lake & Palmer, Jethro Tull, King Crimson, and others. We play the music in the same keys, and using the same kinds of vintage instruments where possible, in order to make the music sound the way you remember it. Carefully-curated visuals and videos are also part of our presentation, working alongside the music to take our audiences back in time.

Each member of the band has over thirty years of experience playing to area audiences...

Dave Hess (guitars and backing vocals) has been playing in prog and prog-influenced bands since the 1980s, when he helped front the Genesis tribute band Nursery Cryme. He's also a co-founder of the great local band After the Flood.

Michael LaBuono (keyboards, backing vocals and effects) also has a long history in the local music community, including tenures with Witness and the Genesis tribute Rael, to name just a couple.

Pat Murphy (lead vocals, keyboards, bass and guitar) has loved prog music since his teens, when the bands he played bass and sang in would win "battle of the bands" competitions playing Yes and Rush songs. His recent projects include Upside and the Moroccan Shepherders, where Pat sneaks the occasional prog song or two into the band's set lists.

Doug Stehle (drums, percussion, backing vocals and videographer), one of the band's co-founders, is well-known from his time with the Tool tribute band Spiral Out. He plays bass and guitar as well as

drums, and like Pat is a major Rush fan, having seen the band more than two dozen times over the years. He also loves the music of Yes, Genesis, Pink Floyd and Frank Zappa.

Bill Puig (basses, backing vocals and effects) is another of Legion of Prog's co-founders. Bill's first instrument was the saxophone, but he traded in his tenor sax for a bass guitar after hearing Jack Bruce and Chris Squire. He loves all things prog rock, and hosts a YouTube channel, PROG!paganda, on the subject.

We regularly play at theaters and cabarets in the area, and are also scheduled to play at the 2027 Prog on the Ranch festival in Florida.

## Short bio

Founded in 2017, New Jersey's Legion of Prog recreates classic 1970s and '80s progressive rock by Yes, Genesis, Pink Floyd, Rush, Emerson Lake & Palmer, Jethro Tull, King Crimson, and others.

## Full press bio

Founded in 2017 and based in central New Jersey, Legion of Prog delivers faithful recreations of classic 1970s and '80s progressive rock. The band performs the music in the same keys and uses vintage instruments where possible, with carefully curated visuals and videos supporting the presentation. Repertoire includes music by Yes, Genesis, Pink Floyd, Rush, Emerson Lake & Palmer, Jethro Tull, King Crimson, and others. Legion of Prog regularly plays theaters and cabarets in the area.

## Tagline

Faithful recreations of classic '70s and '80s progressive rock

## Elevator pitch

A New Jersey progressive rock act delivering faithful '70s and '80s recreations with vintage instruments, matching keys, and curated visuals.

## Suggested introduction

Please welcome Legion of Prog, a New Jersey band recreating classic '70s and '80s progressive rock by Yes, Genesis, Pink Floyd, Rush, and others.

## Photos



## Performance videos

- [Sheep](https://www.youtube.com/watch?v=17UpzDABT0M)  
<https://www.youtube.com/watch?v=17UpzDABT0M>
- [Firth of Fifth](https://www.youtube.com/watch?v=lwYyO4H39RA)  
<https://www.youtube.com/watch?v=lwYyO4H39RA>
- [Yours is No Disgrace](https://www.youtube.com/watch?v=492oXrRiUf8)  
<https://www.youtube.com/watch?v=492oXrRiUf8>

## Contact and booking

<https://legionofprog.com/>

[Booking details and inquiries](#)



View the latest press kit:

<https://workingbands.ai/epk/legion-of-prog>

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