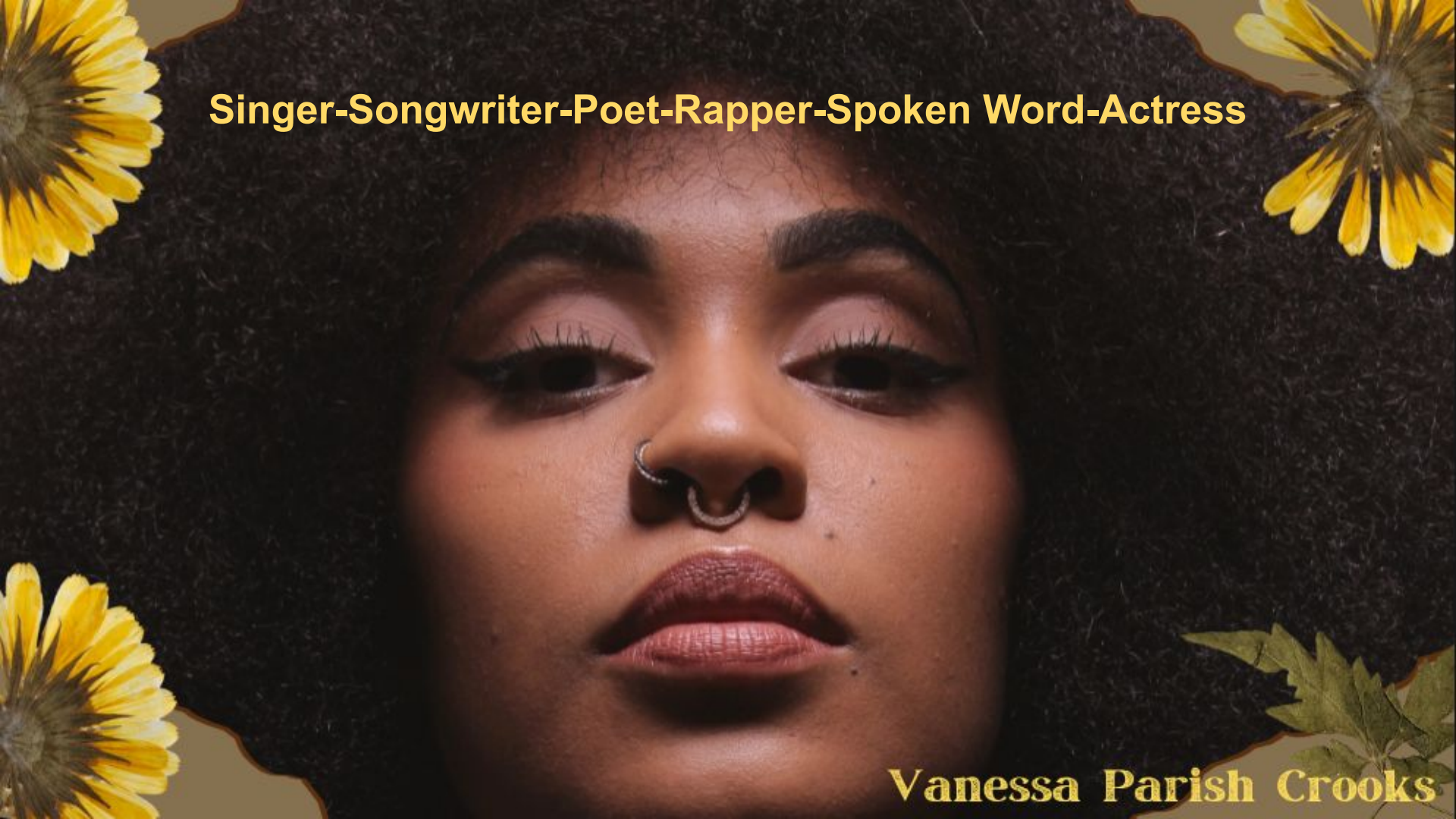




Singer-Songwriter-Poet-Rapper-Spoken Word-Actress

Vanessa Parish Crooks

[Vanessa Parish Crooks](#) is a multi-talented artist - singer, songwriter, poet, rapper, spoken word, and actress. She was born and raised in Lisbon to Cape Verdean parents.

Her artistry lives where neo-soul, R&B, hip-hop, morna, and kizomba converge. Her spoken word poetry moves fluidly between English, Portuguese, and Cape Verdean Creole. She cites Erykah Badu, Jill Scott, Lauryn Hill, Mayra Andrade, and Sara Tavares as spiritual kin.

After living in London, she returned to Lisbon during COVID.

By 2021, she had taken her voice into music, releasing debut single *Gentle Reminder*. Her debut EP, *3 Walls & A Call*, was released in 2023.

In 2024, she won [She Raps](#) and in 2025 she became a semi-finalist on Got Talent Portugal. In July 2025, she performed at the Les Ardentes Festival with She Raps, where headliners included: David Guetta, Gucci Mane, Mustard, Ty Dolla \$ign, J Balvin, and Latto.

Vanessa is also the co-founder of [Soul Sessions LX](#) - a monthly Sunday event in Lisbon that combines DJ sets and live performances by local artists to celebrate legendary soul artists.



FILMOGRAPHY

The Man Who Stole Portugal - in post production, directed by Thomas Napper. Release: TBD. Vanessa has screen and soundtrack credits on IMDb.

DISCOGRAPHY

3 Walls & A Call

PERFORMANCES

- *Les Ardentes Festival Belgium July 2025
- *Somerby's Out Jazz Festival Lisbon May 2025
 - *Black Cat Cinema Lisbon 2025
- *Motherland Fest Sem Emenda Jan 2026
 - *Duo Festival Poesia July 2026
- *JazzOpa/Lisboa Mistura Sept 2023
- *Casa Capitaó (She Raps) Oct 2025
- *Grand 8 Festival Paris (She Raps) Sept 2025
- *Noite de Cabo Verde - Fábrica Braço de Prata July 2026



SOCIAL MEDIA

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MANAGEMENT/BOOKINGS/MEDIA

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