Groove metal

Groove metal is a subgenre of heavy metal that began in the early 1990s. The genre achieved mainstream success in the 1990s and continued having some more success in the 2000s. Inspired by thrash metal, groove metal features raspy singing and screaming, down-tuned guitars, heavy guitar riffs, and syncopated rhythms. Unlike thrash metal, groove metal is usually slower and uses elements of traditional heavy metal. Groove metal is also often influenced by blues-inspired heavy metal bands such as Black Sabbath. Although groove metal has a big emphasis on guitar riffs, guitar solos are still very common in groove metal.

Pantera are often considered the pioneers of groove metal, and groove metal expanded in the 1990s with bands like White Zombie, Machine Head, Skinlab, and Sepultura. The genre continued in the 2000s with bands like Lamb of God, Damageplan, Five Finger Death Punch, and Hellyeah.