

OMEGA X

OMEGA X Captures the Feeling of Youth in 'Cool My Head'

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Getting trapped in the mundanity of life is something that everyone can identify with, and it's exactly what 11-member K-Pop group **OMEGA X** speaks about in their latest Japanese pre-release, "Cool My Head." Unlike other groups, OMEGA X consists entirely of members who have appeared on various survival shows or have previously debuted in past groups, giving them a unique background and perspective on life's challenges.

Released on October 30, "Cool My Head" comes ahead of their second Japanese album, *To*, set to be released on November 13. The track was arranged and written by members Jaehan and Sebin, and fans were surprised to learn that two of the members who are currently in the military — **Hwichan** and **Sebin** — were still able to add their own vocals to the song.

OMEGA X | Cool My Head Music Video | Official



"Cool My Head" offers a refreshing and youthful energy to break up the monotony of day-to-day life. The chorus is catchy and cathartic — the chanting style can be difficult to pull off but in a song that is about longing and wanting, it works perfectly to enhance the messaging. In the verses, lyrics like: "Someone stop me / Getting into my head / Noisy voices, harsh stares / Give me a break" and "To the person I was yesterday / Say goodbye / Let's enjoy this moment" also speak to the overarching theme of seeking something new and different. The music video is relatively simplistic — showing the group performing the choreography to the song in a gym with some sporadic shots of the members dressed up as various professions — but it fits the vibe of the song to a T. The joy that radiates from the members throughout the video is infectious, you can't help but smile along with them as you watch. Sometimes, life is just about ignoring responsibilities and dancing with your friends.

After they release their second Japanese mini album later this month, OMEGA X will be gearing up for their second U.S. tour, *ISLAND: Beyond the Horizon*, which begins on November 30 in Pennsylvania and finishes on December 18 in Texas. Tickets can be found on [Ticketmaster](#) and [AXS](#).

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Are you looking forward to OMEGA X's second Japanese mini album set to launch in November? Leave a comment below or reach out on [Instagram](#) or [X](#).

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