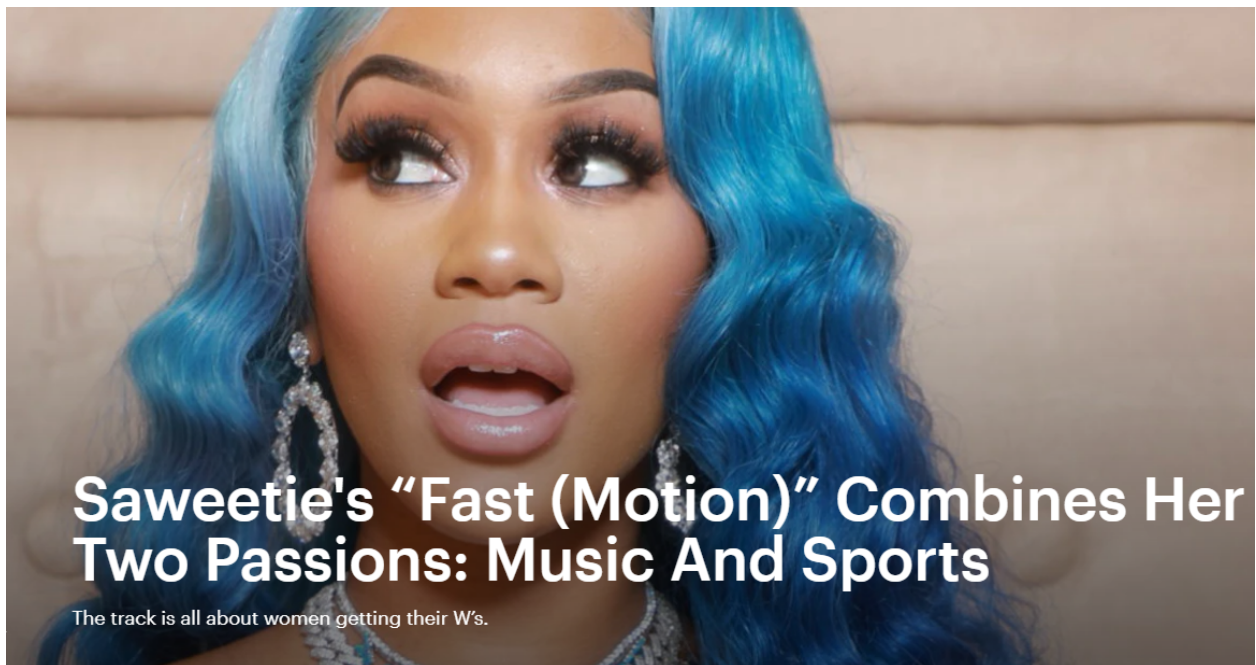


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*"Anthemic and fresh, the bop epitomizes MVP energy with catchy lyricism and big production — its spirited handclaps and stacked vocals are evocative of a one-woman cheer squad."*



## Saweetie's "Fast (Motion)" Combines Her Two Passions: Music And Sports

The track is all about women getting their W's.

**S**aweetie knows what it's like to be the new girl, but you'd never guess it after marathoning her music videos and discography. Her work is the sonic embodiment of attitude and electricity, packaged as fiercely feminine rhymes with fire beats that have garnered over 1 billion streams on Spotify. The latest addition to the rap star's body of work? Her May 7 single, "Fast (Motion)," and its spirited music video, both released just months ahead of her debut album, *Pretty B\*tch Music*, which drops this #hotvaxsummer.

Just two years after her breakout smash “My Type” skyrocketed to No. 21 on the Billboard Hot 100, Saweetie, aka Diamonté Harper, is synonymous with summer bops and girl-next-door glamour. Everything about the 27-year-old rapper radiates confidence, but stepping in the limelight didn’t always come naturally. Before becoming famous, [Saweetie was an athlete](#), a rookie facing her insecurities on the hardwood court.

“I know what it feels like to be the new girl at school, trying out for the volleyball team, not being as good as the other girls who are trying out — being intimidated,” Saweetie tells *Elite Daily*. “But [I knew] if I worked hard, I would be a strong, respected player. And eventually, I was that. My name was forever in the gym. I was Athlete of the Year.”

Saweetie sounds assured, but like anyone else, she still gets nervous about new experiences. “I’m grateful for my sports background because it’s made me mentally tough,” she says. “I learned at an early age that if you work hard, it will eventually pay off. So, yes, I do get intimidated. Yes, I do get scared at times, but it’s not about that. It’s about how I deal with it.”

One way she “deals” with butterflies is by simply not giving negative ish the time of day. “As an artist, you can’t compare yourself and your journey to anyone else, or else it’ll throw you off your game,” she says. “[Being an athlete] taught me to welcome challenges. I’d rather give my 100 percent and go back to the drawing board if it doesn’t work out. Mistakes are okay, but it’s *how* you deal with them and *how* you improve. I accept successes and failures; either one of them makes me a better person.”

Obviously, her determination has come in handy. In May, she earned a nomination for Top Rap Female Artist at the [2021 Billboard Music Awards](#) alongside Cardi B and Megan Thee Stallion.

“Fast (Motion)” is yet another feat for Saweetie. Anthemic and fresh, the bop epitomizes MVP energy with catchy lyricism and big production — its spirited handclaps and stacked vocals are evocative of a one-woman cheer squad. The track’s accompanying video showcases her athletic prowess, as Saweetie plays what feels like every sport imaginable. “‘Fast (Motion)’ is a memoir and an ode to all my female athletes out there who are winners and strive for greatness,” Saweetie explains.