Mila Sidhu Taps Into Her Indian Heritage on Seductive New Pop Single ‘One Night’

LOS ANGELES, CA, UNITED STATES, September 25, 2026 /EINPresswire.com/ -- London-born singer-songwriter Mila Sidhu steps into her power with her latest single ‘One Night’, a sultry fusion of alt-pop and R&B influences that brings her Indian heritage into her music with intoxicating results.


Photo Credit: Rachit Vora

Confident, sensual and rhythmically charged, ‘One Night’ captures the electricity of entering a room knowing all eyes are on you. Rather than chasing somebody else's attention, Mila flips the dynamic, embodying the person with the power to choose.

“‘One Night’ is about walking into a room being a beautiful girl and knowing you can have anyone you want in that room,” Mila explains.

That unapologetic confidence runs throughout the track, pairing seductive vocals with crisp production to create a song that feels equally suited to a late-night club and the moments of anticipation that come before it. Sitting between pop and alternative R&B, ‘One Night’ embraces desire without apology, presenting femininity as something powerful, instinctive and entirely self-defined.

Created alongside producer Siloe, ‘One Night’ began with Mila's request to bring an Indian influence into the production before she developed the melodies and shaped the track around her voice. While later in India, she worked with an Indian singer to explore traditional musical scales, bringing that knowledge back into the song and deepening its connection to her heritage.

It's an especially fitting direction for an artist whose identity has always existed between different worlds. Half Indian and half white, the 25-year-old grew up moving between countries and cultures, never living anywhere for more than seven years. That nomadic upbringing left Mila with a concept of home that isn't necessarily attached to one geographical place; instead,

she creates her own sense of belonging through music.

A Berklee alum, Mila blends alternative R&B, jazz, hip-hop and darker pop into intimate, cinematic songwriting inspired by artists including Amy Winehouse, Billie Eilish, Lauryn Hill and Norah Jones. Writing instinctively from heightened emotion, she turns love, lust, heartbreak, femininity and self-discovery into music that places listeners directly inside the moment.

On ‘One Night’, however, vulnerability gives way to control. The uncertainty and emotional complications that often inhabit Mila's writing are replaced by a knowingly seductive confidence: the thrill of being desired while understanding that the final decision remains yours.

That duality also reflects the visual world Mila is building around her music, dark, feminine, glamorous and cinematic without becoming overly polished. Sensuality exists alongside independence; softness alongside power; her Indian heritage alongside the Western and global influences that have shaped her life.

With ‘One Night’, Mila Sidhu doesn't choose between those different sides of herself. She brings them into the same room, and makes sure they command attention.

Bee Adamic
Liberty Music PR
+44 1273 044268
email us here
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