

LOW LILY

10,000 DAYS LIKE THESE

Artists: Low Lily features **Liz Simmons** (vocals, guitar), **Flynn Cohen** (vocals, guitar, mandolin) and **Lissa Schneckenburger** (vocals, fiddle).

Additional musicians include **Corey DiMario** of Crooked Still (double bass), **Stefan Amidon** of the Sweetback Sisters (drums, harmony vocals), **Duncan Wickel** (cello), **Greg Liszt** of Crooked Still (bluegrass banjo), and **Dirk Powell** (clawhammer banjo).

About the Artists and the Album

New England-based string and vocal trio Low Lily explores the roots of American folk music with traditional influences and modern inspiration. The members of the trio -- Liz Simmons, Flynn Cohen and Lissa Schneckenburger -- have deep relationships to traditional music styles, ranging from bluegrass to Irish, Scottish, English, New England, and old-time Appalachian sounds. Their music is rooted, yet contemporary.

Low Lily's new full-length album, 10,000 Days Like These, brings its members' histories together and also takes a step forward with originals, covers, and overall, fresh new music. Simmons produced the album, creating a running thread through the project of political, personal, and occasionally humorous and quirky subject matter. The trio's previous self-entitled EP was released in 2015 with a #1 song on international folk radio, and it placed in Sing Out!'s Best of 2015 list.

10,000 Days Like These opens with a punchy snare drum intro to Simmons' reimagined version of the traditional song "Sovay." A groove-heavy, bluesy version, it is what she thought the English folk song might have sounded like if it had come over from England hundreds of years ago, as so many other traditional songs have, and taken on a flavor incorporating the sounds of blues and old time. The second track was composed by Rushad Eggleston (the original cellist of Crooked Still) and could be a traditional old-time number at the surface, until you listen to the Eggleston-esque lyrics. Cohen takes the lead vocals on this fantastically themed number, while Schneckenburger's fiddle and Cohen's mandolin also take turns on the melody in typical old-time fashion. One of the cornerstones of Low Lily's sound -- trio harmonies with Simmons' soprano, Schneckenburger's alto, and Cohen's tenor -- are at the fore on their oft-requested cover of Gillian Welch's "The Rock of Ages."

The album continues, punctuated by changing textures, including a three-part harmony a cappella number entitled "Hope Lingers On," written by Schneckenburger and conveying a message of hope and peace in our current climate. This number has resonated with Low Lily's concert and festival audiences since it feeds a need for solidarity and delivers an uplifting message.

Overall, the sounds on the album are warm, precise, smooth, and strongly present, with a variety of tones and textures.

What Others Are Saying About Low Lily

"Exuberant yet sensitive... exceptional and refreshing"
- No Depression

"Fresh and inviting melodic lines... impressive."
- TradConnect

"[Low Lily has] an incredible knack for putting a little pop twist on a traditional folk/Americana sound... it's a blend that works beautifully."
- PopMatters



Track Listing

1. Sovay 2:45
2. The GrumblinObY One 2:52
3. Rock of Ages 2:45
4. Full Grown Love 3:33
5. Dark Skies Again 4:14
6. The Good Part 3:08
7. Hope Lingers On 2:06
8. Brothers in Arms 4:45
9. Good, Bad, Better 3:25
10. Single Girl 2:04
11. 10,000 Days Like These 3:18

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