



Last Lungs

A meticulous merger of glistening beauty and glaring power, **LAST LUNGS** glows on their debut with a sprawling display of melody, mood and superior sonic craftsmanship. Like a grizzly walking ever so gently through the forest knowing it can exert tremendous force at will, the album alternates unpredictably between explosive intensity and sparkling serenity...whispering and screaming, all without words. The flawless flow of soaring guitars and storming soundscapes aside, it's really LAST LUNGS' keen ability to know just when to punch in and pull back that undoubtedly casts an anchor for this band on the modern instrumental stage. **Look At That Old Grizzly Bear** is elegantly epic, sweepingly cinematic music that always pays off. Go get your headphones.

"This record means everything to us. It's very personal. It's our art. When we were down in Wales recording at Foel, we grew closer as friends, especially hearing back what we had created together. It was a defining moment. People often come up to us at shows and tell us they get goosebumps when we play. We are grateful to hear that because that's our intention with our music, to stimulate that sort of internal response without words. And we hope those same feelings, that same live experience, can be realized when listening to the record" says bassist Liam Burbridge. "We consider ourselves a melodramatic pop band. But we all have punk rock roots in one way or another and we felt good about including some of those aspects in these recordings, such as pinch harmonics, sub-drops, pick scrapes and the group vocals on Staircase. Like an old grizzly bear, these songs have been hibernating and maturing ever since Liam and I starting playing together in school" adds guitarist Sean Doherty.

"One of the most moving live experiences to be found. Just beautifully composed ambient rock." - Glassworks

"Interesting, atmospheric and tranquil, the album casts a chilled-out spell and makes you feel that you're flying, your mind drifting through happy memories. Brilliance at work. This could become a real trendsetter..." - ArkMag

LAST LUNGS is Liam Burbridge (bass), Sean Doherty (guitar), Billy Morris (guitar), Joe Greenhalgh (guitar) and Nathan Entwistle (drums, percussion). Nathan is endorsed by AD Drums. Look At That Old Grizzly Bear was produced and engineered by Chris Fielding at Foel Studios (The Fall, My Bloody Valentine, Latitudes) in Wales and mastered by Tony Rigg. Album art designed by David Blanco. Lyrics on "Now Against The Staircase, Part 2" by novelist Benjamin Wood and vocals by Last Lungs. The band has released a video for "Inglend, Part 3" which can be found on Deep Elm's YouTube channel (youtube.com/DeepElmRecords). The band resides in the UK's newest city, Preston.

Next Show: September 27 - Manchester, UK @ Moho Live, 18+, 9pm with This Will Destroy You

For Fans of: This Will Destroy You, Moonlit Sailor, Caspian, The Appleseed Cast, Moving Mountains



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