

Tracy Spring:

Looking Forward-Looking Back

RADIO GO-TO TRACKS:

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|------------------------------|--------------------------------|
| 1. Palindrome | 6. Flame |
| 2. Get Lucky With You | 8. Her Baby Rides A Hog |
| 3. Long Time Gone | |



New Folk recording artist Tracy Spring has released her fifth recording, *Looking Forward-Looking Back*. Spring's wide musical range is demonstrated by the women she's been compared to...Sarah McLachlan, Tracy Chapman, kd lang, and Yo Yo Ma's cello.

Spring has performed in folk venues throughout North America and Australia as an independent Northwest performing songwriter for three decades. *Looking Forward-Looking Back* is a collection of reflective songs ranging from expressive finger style ballads to rockin' bottleneck blues with exquisite vocal arrangements.

"Tracy Spring is such a powerful poet...listening to this album took my breath away." -Mark Horn, *FAME*

"This album is so well worth the wait...a wonderful, rich, deep album..." -Dan Maher, *NW Public Radio*

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1. **Palindrome (3:27)** (Upbeat/Acoustic/Folk)
Musings on relationships, comings and goings at 35,000 feet. (Sounds like: Joni Mitchell, Gordon Lightfoot, Patty Griffin)
2. **Get Lucky With You (3:10)** (Alt. Country/Blues)
Imparts superstitious advice on how to entice a lover. (Sounds like: Bonnie Raitt, Rosanne Cash, Lucinda Williams)
3. **Aleah's Song (3:25)** (New Folk ballad/cello)
Articulates the joy and vulnerability of parenthood. (Sounds like: Judy Collins, Lucy Blue Tremblay, Cheryl Wheeler)
4. **Long Time Gone (3:42)** (Slide Guitar/Folk Rock)
Tells the story of a woman named Grace, here for a short while, long time gone... (Sounds like: Tracy Chapman, John Hiatt)
5. **Make Me by Janis Carper (4:30)** (Slide guitar/Blues)
A dark, steamy confession combined with subtle humor...the things we'll do for love. (Sounds like: k.d. lang, Bonnie Raitt)
6. **Flame (4:01)** (New Folk ballad)
Lovely fingerstyle guitar...a love song with prickles..."when I lay my fire at your feet, I'm trying to show you who I am..." (Sounds like: Joni Mitchell, Ferron, Mary Chapin Carpenter)
7. **Eat, Sleep, Breathe (3:40)** (Slide guitar/Folk/Pop)
Sinuous unabashed howl-at-the-moon love song. (Sounds like: Bonnie Raitt, k.d. lang, Lucinda Williams)
8. **Her Baby Rides A Hog (3:19)** (Slide guitar w/drums)
Raucous slide guitar ride that leaves her corporate day in the dust. (Sounds like: Susan Tedeschi, Mary Chapin Carpenter)
9. **Trouble (4:19)** (Slide guitar/Blues)
Compassionate blues song about what goes on underneath our brave face. (Sounds like: Keb Mo', Bonnie Raitt)
10. **The Red Bull (5:17)** (Australian Folk Ballad)
Edge-of-your-seat true story from the Australian outback about a family's struggle for survival in the path of a raging bush fire. (Sounds like: Joan Baez, James Keelaghan)
11. **Looking Back With You (3:24)** (Folk ballad/cello)
Love song for the long haul. (Sounds like: Judy Collins, Kate Wolf)
12. **Remember (4:18)** (New Folk ballad)
A song of parting, based on the Celtic saying, "The world may pass away but Love and Music will remain forever..." (Sounds like: Bette Midler, Ferron, Mary Chapin Carpenter)

