

THE LONESOME HEROES

CAN'T STAND STILL

(Self Released)



RECOMMENDED TRACKS: 1, 3, 7, 4, 5

RIYL: BUXTON, PHOSPHORESCENT, SILVER JEWS

FCC: 8

1. Sunshine Come
2. Western Wind
3. Steel
4. Love Is Contagious
5. Western Style Saloons
6. Whole Heart
7. Drifting West
8. Shit Happens
9. Long Time Coming
10. Constant Vacation
11. Throwing Dirt Into The Wind
12. Future Ghost Town
13. Darkness Towards Light

"The soundscape that occurs when indie rock and country artfully cross paths."

- KUTX (Austin)

For frontman Rich Russell and his band of traveling troubadours, The Lonesome Heroes' sophomore release ***Can't Stand Still*** is a testament to their wandering ways. "It's more of a musical map of the emotions and places I've traveled through the last few years," says Russell. From the saloons, bars, and clubs along the way, the Austin, Texas based group provides their own take on alt-country with a "cosmic" feel that only their hometown can provide. In the "Live Music Capital of the World", it wouldn't be out of the ordinary to see the Lonesome Heroes bridging the musical gap at some local honky-tonk or club, turning indie-rockers into two-steppers (or vice-versa) by way of the rhythm of the road.

Album opener "**Sunshine Come**" captures the ups and downs of life on the highway, accompanied by colorful keyboards and twangy guitar, with the ease of letting the wind carry you away. "**Steel**" drives with Johnny Cash inspired horns, and tells of becoming one with the long expanse of concrete and asphalt. "**Drifting West**" cruises at a dream-like pace, matching the sprawling landscape of a long haul towards the sunset. "**Western Style Saloons**" is a salute to small town dance halls, with the Heroes at their most cosmic cowboy.

Can't Stand Still was recorded entirely in Austin at **Z Sound Recording** and at **Jim Eno's** (Spoon) **Public Hi-Fi** and mastered by **Brian Lucey** at **Magic Garden Mastering** (Beck, Black Keys, Arctic Monkeys).

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