

# SELF-CUT BANGS - CIRCLE AROUND THE FREE

## BIO:

Self-Cut Bangs (Calgary, AB) was started by couple Cayley O'Neill (**Dark Time**) and Shawn Petsche (**Napalmpom**) as an escapist home recording project during the pandemic. The project involved writing and recording one new song in a single day every Saturday, gesturing towards an alternate reality where loud amplifiers in packed clubs were still a thing.

Following the surprise success of their debut self-titled album's release in late 2020, the band set to work on the follow-up with a new approach. Eschewing the escapist themes and time limited recording process of the first, the pair instead hunkered down during the pandemic and amassed a collection of over 200 musical ideas on their voice memos. *Circle Around The Free* represents the realization of the best of those ideas; a rock & roll record with a broader palette of influences (Flashing Lights, Redd Kross, Sloan, ABBA, The Soundtrack Of Our Lives, Sweeping Promises, The Breeders, etc.) and a more personal and reflective reaction to the strangest of times and much personal change. A retro future rock & roll statement powered by a cotton candy jet engine. It was once again largely self-recorded, but expertly mixed and fleshed out by producer **Lorrie Matheson** (Art Bergmann, Rae Spoon, Ghostkeeper, etc.).

Since recording the album, the band has grown to become a live-ready band by enlisting the talents of Joel Nye (**Hot Little Rocket**) on drums, and playing matchmaker for guitarist Dillon Whitfield (**Astral Swans, Reuben & The Dark**) and bassist Nicola Cavanagh (**Cardiograms, Night Committee**), putting them in rarified double-couple territory with the likes of Fleetwood Mac and ABBA. They all promise to not ruin the band through explosive break-ups.

## DEBUT ALBUM ACCOMPLISHMENTS & KIND WORDS:

- **Polaris Music Prize Longer List** nomination for best Canadian album based on artistic merit
- **27 weeks on Earshot Campus & Community Radio Charts** (10 stations, 47 appearances). Played on The Strombo Show, CBC Radio, X92.9, WKNC (North Carolina - 30+ weeks), WZBT (Pennsylvania - 30+ weeks), CHRIP (Chicago), WLAS (Massachusetts), etc.
- Named Top 5 Album of 2020 by The Calgary Herald and The YYScene
- "They've given us one of the year's best albums...I'm kind of shocked that this album was home-recorded, because it sounds so massive." *Faster & Louder*
- "...a cotton candy swirl of three-minute sugar rushes." *TheScene*
- "...the link between the pretty of Teenage Fanclub and the fuzz-laden grumble of a 100 Futureman Records / Big Stir acts. Power-pop at its dynamic best." *Janglepophub*
- "It's a perfect mix of garage-rock abandon and hard-rock craft: think Alvvays or early New Pornographers guided by the inventive guitar riffing of Cheap Trick's Rick Nielsen." *The Calgary Herald*

## RECOMMENDED IF YOU LIKE:

Ex Hex, Redd Kross, Peach Kelli Pop, New Pornographers, Blondie, Sloan, Alvvays

## VIDEOS:

Self-Cut Bangs are making a **visual album accompaniment** for *Circle Around The Free*. One video per song, featuring animation, found footage, self-shot video. The first, for "Shivers," is a 16bit JRPG video game-inspired narrative telling the story of the band's formation.

## SONGS WITH EXPLICIT LYRICS:

"Circle Around The Free" (two curse words in the first verse)

[facebook.com/selfcutbangs](https://facebook.com/selfcutbangs) / [selfcutbangs.bandcamp.com](https://selfcutbangs.bandcamp.com) / [@self\\_cut\\_bangs](https://twitter.com/self_cut_bangs)