

Mp3 Nancy Cook - Practice



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Energetic melodic bluesy folk rock beyond the usual love ballad rut--music to make you think, to make you smile, to make you want to move, too. 11 MP3 Songs FOLK: like Joni, FOLK: Folk Blues Details: "Nancy is a poet, an observer, an honest reporter, and she and her guitar sing as one! We re-lived her experiences as she sang and played to us, each oblivious to those nearby." Joe Franklin, Knoxville-Oak Ridge Guitar Society, Knoxville TN "Nancy is so much more than just a great musician. Her ability to reach out and touch the audience during a concert, her ability to inspire the creative process in others in her workshops, and her ability to truly fill any room with a powerful presence has made her a favorite on our campus." Rev. Greg Ronning, Campus Pastor, Texas Lutheran University I listen to you sing...what a beautiful voice. I think about your lyrics...what a beautiful spirit." David Aton, WRFM-FM, Atlanta GA "Nancy provides a delightful evening of music with a voice and songs that are seductive, sensitive and smile inducing." Bob McWilliams, KANU Westside Folk, Lawrence KS "Original catchy lyrics...bright, acoustic guitar driven melodies. Nancy Cooks!" John Lehndorff, Daily Camera, Boulder CO Music is often poetically described as a vehicle. In the case of songwriter Nancy Cook, the term is literal. In the course of her musical career, Nancy's songs have taken her far and wide, great distances from her Florida roots--the Pacific Northwest, through the Rocky Mountains, down to Texas, out to Georgia, Tennessee and Indiana, and overseas to Italy, Jordan, Japan, and Korea. She is at ease playing everywhere from large halls to cozy cafes, living room concerts, peace conferences, festivals and the like. In the large concert format, Nancy has opened as a solo artist for such diverse national acts as Shawn Colvin, Lyle Lovett, Leo Kottke, David Wilcox, Warren Zevon, Rodney Crowell, Karla Bonoff, David Bromberg and Leon Russell. In these settings, she enjoys sharing the stories that surround many of her songs--stories of the journey we all share. Response to songs on Nancy's fourth CD of original music, "Practice," allowed

Nancy to participate in an international Transformational Love conference in Italy in the fall of 2003, and to weave her music into bully proofing programs in the public school system at several locations around the US. After living in Florida through her early twenties, Nancy now calls the Breckenridge area (in the Colorado Rockies, about an hour west of Denver) home. These days, though, "home" might more accurately describe the interior of her car, as she continues to travel extensively to reach a wider audience. Tour plans for 2005 include: her home state of Colorado, Texas, the southeastern states, and the Pacific Northwest, sharing her songs, windsurfing, and teaching at writing and performance workshops. Excuse us, Nancy has something to say: But hey, there's more: I want to tell you WHY I do this. (But should you still need the other usual stuff, it is at the end.) My brother Joe has a favorite saying for when all the pieces fall into place and everything goes smoothly, or when an unexpected pleasure enters his day. He gets a gleeful look on his face, and his voice rises an octave in pitch as he exclaims "Hook up!" I have no idea what that literally means (but knowing my brother, it's probably rated R), but perhaps (sorry Joe, in a crude way?) it captures the experience I have when that "thing" happens through sharing music, especially when I have the privilege of being the messenger. There are those occasions where I can sense it as it's happening on the spot, and sometimes it's only afterwards that contact is confirmed, when someone approaches me, or sends me a note telling me I made a difference to them with a particular song. So...what is this "thing" that I strive to share through my music? Ah. That's the hard part... I read, observe, study, listen to other songwriters, write, and write some more to try and imagine what bliss/salvation/nirvana/enlightenment, or just the perfect day might be like...but as one candy bar maker put it years ago: "It's indescribably delicious." (I probably doomed myself there by comparing the Divine to chocolate, but some would argue it's not such a stretch). One thing that I am discovering as I explore our attempts as humans to map the journey to perfection: One picture isn't going to convey the same meaning for everyone. And so the songs shift and evolve as I attempt to refine my palette, expand my vocabulary, and open my mind to all possibilities. Basically, I want to share joy, humor and hope, and also ask people to be willing to look inside at where we are at right now...as individuals, as a community, as a culture. How can we grow? How can we make it better for all of us? Then again, sometimes, heck--lots of times, it's enough just to make sure folks are having fun. So that's the heart stuff. It's in the music, too. Duh. DISCOGRAPHY: AFTER TONIGHT (1994) FAREWELL BEND (1996) ROAD BY ROAD (1999) PRACTICE (2003) Want to hear Nancy perform "live"?? Friday September 30 Breckenridge

Colorado, The Hearthstone 970-453-1148 Friday October 7 Breckenridge Colorado, The Hearthstone 970-453-1148 Saturday October 8 Breckenridge Colorado The Cellar at Ridge and Washington (yes-across from the Hearthstone). This is a new venue, a tapas and wine spot, we have yet to determine exactly what time I will play, so call ahead at 970-453-4777 Friday October 14 Breckenridge Colorado, The Hearthstone 970-453-1148 For the month of November: Parrot Eyes, South Padre Island TX call 956-761-9457 for gig dates and times

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