

Mp3 Lisa Sanders - Hold On Tightly



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A little bit rock, a little bit country, a little bit blues and a whole lot of soul. 12 MP3 Songs POP: Today's Top 40, ROCK: Acoustic Details: Lisa Sanders got her musical start in the projects of Philadelphia where as a child she started performing songs for her parents with her brother. It was then she decided what she wanted to do in life: write music. Her passion for songwriting, fueled by Fleetwood Mac, Neil Young and Joni Mitchell, didn't die, but got shelved. She got married, had two daughters and took a job in the produce department of the local Vons grocery store. Her songwriting dreams came to the forefront again when she moved to Los Angeles. There she joined the Los Angeles Songwriter's Showcase, and tried to make a living writing jingles with a partner. After a some disapointments in the jingle business and an opportunity to write for the Jacksons that didn't pan out, Lisa headed back to San Diego and Vons. She sent her daughters to live with her parents and lived in her car for a while... the music business had to be put on hold - for 6 years. She continued to work, raise her family, and go on with life without music. Then she found herself in a San Diego coffee house, watching singer-songwriters such as Jewel, Steve Poltz, and Gregory Page. The music started stirring in her again, and she began to write again. That turned into performing, and in 1996 San Diego music fans got the Earth/Cargo release of "Isn't Life Fine." In 1997, Lisa teamed up with Steve Poltz, three-time Grammy winner Barry Rudolph, Josquin des Pres and Bernie Taupin for the MCA release of "Isn't Life Fine". Lisa has since given up her Vons gig, and dedicates all of her time to her music. One of the highlights of her career was performing at 1999 Lilith Fairs in San Diego and Phoenix. Also in 1999 she released her CD, Life Takes You Flying. It received rave reviews across the country. In January 2002, Lisa released her first CD, Lisa Sanders Live, on her own label, Pathfinder Records. This live recording contains 11 of Lisa's most requested songs, some previously never recorded as well as some brand new tunes. Lisa Sanders' just released CD, Hold On Tightly, is a departure from

her previous folk based work. Her self-described, Black Cowgirl Pop music is destined to get its listeners moving to the groove and moved by the message, from energizer bunny to reflective human being. Recorded in the summer of 2002, these 12 tracks reflect Sanders thoughts on life, love and the intricacies of relationships. It also reflects her own eclectic taste in music with a little bit rock, a little bit country, a little bit blues and a whole lot of soul. Sanders credits Etta James as her inspiration for "Cry Me A River". "Ever Find A Way" has that pop-country feel so popular on the music scene today. Rock out with the title track and "Crumble". For the first time Sanders covers another artist, Steve Poltz, with the 1994 Rugburns murderous tune, "You Should've Told Me". Hold On Tightly ends with the teasing, bluesy, solo acoustic tune, "Happy To Be". You will agree that this album is HOT. Lisa has opened for such music legends as B.B. King, Paul Simon and Bob Dylan, James Taylor, Sophie B. Hawkins, Stevie Nicks and Sting. She is a two time San Diego Music Award Winner You'll find her in San Diego and in venues all around the country playing the guitar and singing from the soul.

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