Mp3 Lyn Sawicki - Energy Dance



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Lyn's music is, in turns, vulnerable, confident, earthy, etherial, intensely personal and universal--it gets under your skin where it sometimes hurts and mostly heals. 15 MP3 Songs POP: Folky Pop, FOLK: Urban Folk Show all album songs: Energy Dance Songs Details: Songwriters were taking turns playing what they'd written, and Lyn was in the audience with a vague recollection of having done that herself. It wasn't at all like "I want to do that" or even "I could do that." Years ago she had wanted to make an album of her own songs, but that desire had long been extinguished. It was an impulse to see if she could still play a chord or two that led Lyn to take her guitar out of its case, and it was her love of songwriting and sharing what she'd written that kept it out. JoAnna Kondrat, owner of the Sweet Grass Cafe, described Lyn as "an exciting new troubadour whose original lyrics reflect her heartfelt emotions toward spirit and change: a true vocal introspectionalist." She began to play at the Ark on open stage nights and was selected to perform in the annual Ark Open Stage Showcase. The host Michael Shelata said of Lyn, "When she starts to play, I'm on the edge of my seat waiting to hear what she's written because she always sings the truth." Energy Dance, with its 15 original songs recorded on tape, was a year and a half in the making. Tom Saunders (host of Folk-it, A3radio.com) wrote, "perhaps it was for the better that it took an ungodly long time for Lyn to complete her CD because she is, by turns, sensitive, knowing and compelling, and Energy Dance is delivered with a forceful delicacy---just like Lyn herself." This could also apply to the many years it took for music to reappear in Lyn's life. The album liner notes say that "in this world of dependent origination there are so many people to thank." This is true. People helped in so many ways. Words of encouragement, suggestions, coincidences that turned out to have great meaning, introductionsall of these involve others to whom she is deeply appreciative. She is especially grateful to the musicians who brought their magic to the project. "Energy Dance" is a collection of songs that Lyn

has written, but it is far more than that. It is an energy dance.

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