



I HEART LUNG INTEROCEANS



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Improvisation captures the here and the now. Jazz producers like **Bob Thiele** at the legendary Impulse Records encouraged **John Coltrane** and others to record in one take, preserving the excitement generated in the moment. Working in this fashion, I Heart Lung (comprised of guitarist **Chris Schlarb** and drummer **Tom Steck**) went into the studio and recorded two days full of improvisations that, over the course of three years time, would be revised in the anti-jazz tradition of overdubs, remixing and post-production composition.

On *Interoceans*, I Heart Lung blends first-take methods with *Oblique Strategies*: carefully composed, meticulously recorded pieces rooted in improvisation, revised and augmented over time. The results are a compelling vision of chaos and beauty as Chris Schlarb's electric guitar drones and Tom Steck's free-jazz drumming hold and flutter with shimmering acoustic guitars, soaring pedal steel and beautifully captured field recordings. When **Kris Tiner's** trumpet follows **Nels Cline's** electric sitar three minutes into "Interoceans II," it's like Don Cherry's loving spirit dotting on universal music drones.

Presented as a set of four long-form drone-based compositions, *Interoceans* hints both at the sonic palette and renegade spirit of ECM Records alumnus **Steve Tibbetts** and **Ralph Towner** and the measured studio edge of Talk Talk's Laughing Stock. While influenced by **Fripp & Eno**, **Miles Davis**, and **Terry Riley**, I Heart Lung possesses a healthy balance between tradition and the respectful corruption thereof. This can, in part, be seen by I Heart Lung's active involvement in the L.A. art noise scene. In 2006 the group was featured in the documentary *40 BANDS/80 MINUTES!* alongside **HEALTH**, **No Age**, and **Abe Vigoda** and they continue to pursue a tangential connection with L.A. underground hip-hop, many participants of which are mutual fans of the group. *Interoceans* remixes are currently in the works by several prominent hip-hop artists including **Jel (Subtle, Themselves)**, **Awol One**, **Serengeti**, **Omid** (Freestyle Fellowship) and **Radioinactive**. A second set of electronic/ambient remixers include **Strategy**, **Greg Davis**, and Danish artists **Badun** and **Sugarghost**. In addition to CD and digital formats, *Interoceans* also sees a limited vinyl release on the outer-limits label, Thor's Rubber Hammer Productions. It features alternate artwork by I Heart Lung drummer and visual artist **Tom Steck**, beautifully screenprinted on heavy Raw Kraft stock by VGKids.

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