



Blues 'n' Roots Master Stacy Mitchhart Gets Raw and Soulful for His New Album *Live My Life*

Nashville-based singer-songwriter and guitarist's 12th record captures the thrill of his live shows with original songs, a surprising Beatles cover, cigar box guitars and his stage-honed band

(NASHVILLE, TN • October 9, 2014) Stacy Mitchhart's *Live My Life* stakes out bold new territory for the veteran entertainer. The 12-song album mixes down-home blues with a splash of soul to serve as a springboard for his canny storytelling and meanly elegant guitar. *Live*

My Life is a departure from his mostly soul-blues flavored catalog, reflecting Mitchhart's deepening connection with the genre's primal Mississippi roots.

Powered by strong, original songwriting and surprises like raw-boned cigar box guitar, *Live My Life* opens with the grinding blues howler "I Drink Whiskey," showcasing his dirty licks 'n' tricks. The title track, which is also the album's first video, shines a beacon on the rollicking artist's newly stripped down approach. The song is among the three tracks that showcase Mitchhart's cigar boxes, while another side of his playing fuels the instrumental "Soul Stoll," which teams an elegant, funky soul-blues groove with flashes of jazz and a sinuous melody. The disc's biggest surprise, besides its unfiltered hard-core blues sound, is Mitchhart's interpretation of the Beatles' "Come Together," which he reinvents as a killer Delta blues.

Live My Life was co-produced by Mitchhart and Scott McEwen at Nashville's all-analog Fry Pharmacy studio and features the touring band that accompanies Mitchhart for an impressive 275 shows a year including his famed ongoing residency at Nashville's Bourbon Street Blues and Boogie Bar.

"I'm more comfortable onstage entertaining than I am in my own living room," Mitchhart says. "I've spent my whole life there. And I feel like the stripped down approach of this new album lets other people get inside my music almost as deep as I do every night when I'm performing."

The live performance, get-up-and-shake-it video of "Live My Life" was directed by Tim Hardiman and features Stacy's cigar box guitar work, with special appearances from viral video sensation Shane Caldwell, the "Alabama Rehab Guy," and Will Jones aka "Dr. Epiphone."

The band is currently on tour in a series of CD release shows, including a hometown celebration at Nashville's Bourbon Street Blues and Boogie Bar on October 30.

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Photos by Duan Davis/Images by DUAN

TRACK NOTES:

STACY MITCHHART / *Live My Life* (CD)

Dr. Sam Records (DSRO12)

National Release October 30, 2014

1. **I Drink Whiskey** (S. Mitchhart, G. Vincent)

Guitars/Lead Vocal: Stacy Mitchhart. Bass Guitar: Michael Dearing. Drums: Darin James. B3/Keyboards/Harmonica: Jacob Tipton. Trumpet: Cory Distefano. Sax: Jules Calderera. A straight-ahead gutsy blues song. Tongue-in-cheek funny story at the end. "I Drink Whiskey" not to forget, but to remember why I AIN'T with you!!

2. **Come Together** (Lennon/McCartney)

4-string Cigar Box Guitar/Tamborine/Lead Vocal: Stacy Mitchhart. Bass Guitar: Michael Dearing. Drums/Tamborine: Darin James. I like to include one classic rock song done my way with Delta influence. Distorted the voice to make it funky and totally different from the original. Recorded on 4-string cigar box guitar--done in one take.

3. **She Knows Just What To Do** (S. Mitchhart, Z. Sheldon)

Guitars/Tamborine/Lead Vocal: Stacy Mitchhart. Bass Guitar: Michael Dearing. Drums: Darin James. B3 Organ: Jacob Tipton. Background Vocals: Zelda Sheldon. I wrote this song for my wife, Tawana. Wanted a Delta juke joint party feel, Memphis sound on slapback reverb.

4. **Voodoo Doll** (G. Vincent)

Guitars/Lead Vocal: Stacy Mitchhart. Bass Guitar: Michael Dearing. Drums: Darin James. Keyboards: Mason Embry. B3 Organ: Jacob Tipton. Trumpet: Cory Distefano. Sax: Jules Calderera. Background Vocals: Zelda Sheldon. Written by my friend Gary Vincent, a humorous song about "legal revenge." I've got a voodoo doll, yes I do—it sure is strange how much it looks like YOU!

5. **Soul Stroll** (S. Mitchhart)

Guitars/Tamborine: Stacy Mitchhart. Bass Guitar: Michael Dearing. Drums: Darin James. B3 Organ: Jacob Tipton. Trumpet: Cory Distefano. Sax: Jules Calderera. Trombone: John Hinchey. Straight-up Booker T and the MGs-influenced instrumental.

6. **Better Off Dead** (B. Withers)

Guitars/Lead Vocal: Stacy Mitchhart. Bass: Michael Dearing. Drums: Darin James. Percussion: Pino Squallace. B3 Organ: Jacob Tipton. A really dark song, but a very real story. I love Bill Withers, and what could be more of a blues subject than a song that starts out with the words "she couldn't stand me anymore, so she just took the kids and left"?

7. **Live My Life** (S. Mitchhart, Z. Sheldon)

3-String Cigar Box Guitar/Electric Guitar/Tamborine/Field Drum/Lead Vocals: Stacy Mitchhart. Bass Guitar: Emanuel Cole. Drums: Darin James. Harmonica: Jacob Tipton. Background Vocals: Zelda Sheldon, Chuck Kotlaris, Stacy Mitchhart. Hand Claps: Scott McEwen, Stacy Mitchhart. A one-chord song written and played on a 3-string cigar box guitar. A declaration of middle-age independence and values—"I'm gonna live my life the way I want to do."

8. **I'm The Reason (She Walks That Way)** (G. Vincent)

Guitars/Lead Vocal: Stacy Mitchhart. Drums: Darin James. Bass Guitar: Michael Dearing. B3 Organ/Keyboards: Jacob Tipton. Trumpet: Cory Distefano. Sax: Jules Calderera. Trombone: John Hinchey. Another funny, witty, double-entendre song from my friend Gary.

9. **Legend In His Own Mind** (G. Scott-Heron)

Guitars/Lead Vocal: Stacy Mitchhart. Drums/Percussion: Darin James. Bass Guitar: Emanuel Cole. Keyboards: Mason Embry. Trumpet: Cory Distefano. Sax: Jules Calderera. Gil Scott-Heron is one of my all-time favorite artists. This song was on the first record I bought of his when I was in college. Jazzy and great horn arrangement.

10. **Boogie Bar & BBQ** (S. Mitchhart, G. Vincent)

Lap Steel/Slide Guitar/Piano/Tamborine/Lead Vocal: Stacy Mitchhart. Upright Bass: Scott McEwen. Drums/Percussion: Darin James. Keyboards: Mason Embry. Background Vocals: Zelda Sheldon, Stacy Mitchhart. Co-written with Gary, a rockin' roadhouse dance song. 'Nuff said.

11. **Cat Bowl Blues** (S. Mitchhart)

3-String "Cat Bowl" Cigar Box Guitar/Dobro/26" Field Drum/Tamborine: Stacy Mitchhart. Bass Guitar: Michael Dearing. Drums/Cajon: Darin James. Another instrumental, played on a 3-string cigar box guitar that has a metal pet bowl embedded in it that gives it a banjo-like tonal quality.

12. **Worried Mind Blues** (S. Mitchhart)

Ukelele/Dobro/Lead Vocal: Stacy Mitchhart. Upright Bass: Scott McEwen. 26" Field Drum/Snare/Harmonica: Rev. Zack Reynolds. I wrote this on ukelele in 20 minutes. Went to the studio and cut it in three takes. Probably my favorite song on the record as far as the production. I never intended for it to have a bluegrass feel, but I love what it evolved into.