

Short Form Bio :

Formed in 2021 by Steven Hall and Micah Cottingham, *falllift* couples playful melodies, heartfelt lyrics, and the balance of a male and female lead. The duo brings authenticity and refreshing honesty to a modern sound by drawing inspiration from life experiences that connect each and every one of us. Their debut EP '*Sunday Sessions*' was recorded with Doug Williams (EMR Recorders) released in December 2022.

Long Form Bio :

Steven Hall (Swim in the Wild) and Micah Cottingham (MICVH) began co-writing music in the fall of 2020. After an unexpected quarantine allowed for a boost in creativity, the two decided their side project should go full-time, coming together to form *falllift*. Fitting enough, the name was derived from a late night conversation on physics, their favorite subject. Both members boast an impressive resume of multi-instrumentalists, singers, songwriters, and producers.

Spending the better half of a decade traveling the world, Micah brings her life experience to the duo while Steven brings balance with his deep seeded North Carolina roots. The combination blends authenticity and refreshing honesty into a modern sound. Drawing inspiration from the experiences in life that connect each and every one of us, *falllift* aims to leave their audience with an air of community, comfort, and hope.

Their debut EP "Sunday Sessions" released on December 18, 2022, and was recorded by Doug Williams of EMR Records in Winston-Salem, with associate producer Daniel Coston.