

# lorena del mar

## my resistance is low



**Artist:** Lorena del Mar

**Title:** My Resistance is Low

**Format:** CD

**Production and arrangements:** Lorena del Mar

**Style:** Vocal Jazz Fusion

**Record label:** Clever Tree Records

**Reference:** CTRCD201501

**Voice:** Lorena del Mar

**Piano:** Alex Koo

**Double bass:** Matheus Nicolaiewsky

**Drums:** Attila Gyárfás

### Tracklist

1. MY RESISTANCE IS LOW 8.41
2. APLASTAMIENTO DE LAS GOTAS 4.19
3. COOKING WITH THE CATS 5.21
4. LACHO 6.10
5. THE HUNT 5.05
6. ELUBE CHANGÓ 7.46
7. NO MATTER WHERE YOU ROAM 4.06

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**Record label:**



**My Resistance is Low** is the debut CD of Spanish jazz singer **Lorena del Mar** who is currently part of **New York's** thrilling jazz scene. Her voice takes us from the jazz music of the '50s, through the time of the Cuban "flin", reaching more ethereal and contemporary sounds. Her warm presence is latent in every song and her **scatting** in her improvisations is enthralling.

This is an album full of tributes to jazz spiced with her own compositions and arrangements in which songs like **"Aplastamiento de las gotas"**, with words from **Julio Cortázar's** poem, come to life with the brushstrokes of Lorena's voice, making us feel the anguish and suffering from the inevitable future of the drops. **"Cooking with the Cats"**, based on the theme of bassist **Charles Mingus's** *"Nostalgia in Times Square"*, is a nod to jazz and its jargon through the lyrics of Lorena, accompanied by a hard **swinging** rhythm section. Her **Cuban** influence flourishes in songs like **"Elube Changó"** or **"Lacho"** which take us to the depths of the Yoruba culture.

Lorena's chameleonic voice is surrounded by upcoming talents, such as Belgian pianist **Alex Koo**, winner of several European awards, whose virtuous solos -as in the song *"My Resistance is Low"*- and complicity with Lorena stand out particularly. The bassist **Matheus Nicolaiewsky** brings the groove throughout this album with solid bass lines and solos influenced by his Brazilian roots. **Attila Gyárfás's** powerful and creative drumming completes the trio that accompanies Lorena. The four musicians communicate with ease, especially during the improvisations, making room for magical moments.

Recording, editing and mastering of the album took place in **Amsterdam** by **Chris Weeda** (Kenny Werner, Toots Thielemans) and **Darius van Helfteren** (Radiohead, Caro Emerald).