

IDLEHANDS

Johnny O'Hagan vocals **Michael Brekka** guitar **Seancarlo Ohlin** guitar
Phil Di Raffaele drums **Isaac White** bass

“People shouldn't have to feel afraid to be themselves,” shares **Idlehands'** vocalist Johnny O'Hagan. “I used to think society was what made us this way, but then I started to feel that we all ultimately have the choice to do what we want to do. I want people to do what they want with their lives. And I hope that our music can help people realize that they don't need to feel so isolated with their thoughts.”

Idlehands will release their debut full-length, *Dena Mora*, on May 19 via Headphone Music, an Equal Vision Records imprint. *Dena Mora* was recorded in Portland, OR with producer Kris Crummett (**A Lot Like Birds**, **Closure In Moscow**), and is the follow-up to the band's 2013 EP, *Common Soul*.

“My writing style is constantly being influenced by my surroundings,” shares O'Hagan. “We love to throw ourselves into situations that may normally make the creative process not as relaxed. Life isn't relaxing, so why should we pretend it is?”

The result of that mindset and writing process is an incredibly dynamic debut album that carves out musical peaks and valleys, while lyrically reflecting on the natural highs and lows of life, including hope, heartbreak and the ongoing efforts to persevere through life's daily challenges. Through this, **Idlehands** impressively showcases their ability to create a balanced blend of dark vs. bright, delicate vs. aggressive, and structural vs. atmospheric elements, offering a beautifully sophisticated scope of sounds and storytelling.

To date, the band has released a two-volume collection of demos (2011), the aforementioned *Common Soul* EP (2013), and a split 7" featuring **Idlehands'** “Mellow Christ” – a song that also appears on the band's aforementioned forthcoming debut full-length album.

The San Diego, CA-based experimental-indie outfit formed in 2011 and is comprised of Johnny O'Hagan (vocals), Michael Brekka (guitar), Seancarlo Ohlin (guitar), Phil Di Raffaele (drums), and Isaac White (bass).

Idlehands has previously toured and shared stages with the diverse likes of Taking Back Sunday, Being As An Ocean, **A Lot Like Birds**, My Iron Lung, This Wild Life, and more. This Spring, the band will join Geographer and Empires on a full US tour.



Natalie Bisignano
Equal Vision Records
publicity@equalvision.com
518.458.8250 x219

