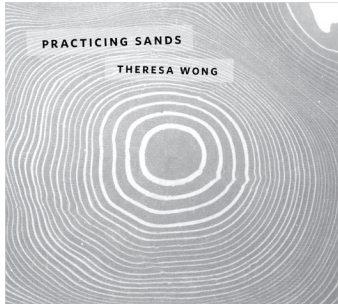


Out on **fo'c'sle** records:



Artist	Theresa Wong
Title	Practicing Sands
Label	fo'c'sle
Catalog #	FCSL-006
Format	Edition of 500 CDs/digital
UPC	196852454884
Release	September 14, 2022
Link	focslemusic.com

Practicing Sands is a collection of pieces by Chinese-American composer, cellist, and vocalist Theresa Wong, which draws inspiration from the sounds of the natural world and sensations of Wong's sonic genetic memory. With alternate tunings and extended techniques, Wong has forged a timbral merging of cello and voice into a totally unique synthesis. Combining improvisation and composition, these works stem from Wong's ongoing question: "how can I rediscover the core of the cello as wood and string and hair, or even simply as a tree?" Self-recorded over three months, these recordings document Wong's personal approach to microphone placement and technique as extensions of composition itself. Utilizing various microphone configurations to define the spectral and spatial quality of each piece, she invites the listener into an embodied experience of her music as haptic vibrational sculptures.

Theresa Wong is a composer, cellist, and vocalist active at the intersection of improvisation, composition, and the synergy of multiple disciplines. Her artistic practice follows inquiries into song forms, just intonation, and multi-media performance. Her works include *As We Breathe*, an installed song commissioned by Long Beach Opera; *She Dances Naked Under Palm Trees* (First Hand Records, 2022), commissioned by pianist Sarah Cahill; *Harbors* (room40, 2020), co-composed with Long String Instrument inventor Ellen Fullman; and *The Unlearning* (Tzadik, 2011), twenty-one songs inspired by Goya's *Disaster of War* etchings. She currently works and resides in the San Francisco Bay Area. www.theresawong.org

Tracks: Practicing Sands

Theresa Wong, cello and voice

01 far away friends	2:52
02 quiet clearing	3:54
03 meadow	3:54
04 outsider	4:16
05 sedimental	4:13
06 wrong bird	3:13
07 trees remember	2:08
08 everyday light	3:05
09 gray green glass	1:51
10 opening sea	11:53
TOTAL TIME:	41:22

Credits:

Produced, recorded, mixed and designed by Theresa Wong

Recorded at Casa Ninja in Berkeley, California April-June, 2020

Mastered by Myles Boisen at Headless Buddha Mastering Lab, Oakland, California

Title from poem 320 by Emily Dickinson

contact: focslemusic@gmail.com