

Sleep Deprivation

Sleep Deprivation is the new album of dance music from **Vicki Swan & Jonny Dyer**.

Drawing inspiration from a wide variety of styles and genres, this is a concept album of contra style dance music and is best played on CD with random play firmly turned off.

It's time to Jiggle the Old Bones!

Vicki Swan & Jonny Dyer are probably two of the most versatile musicians you will come across on the folk circuit today. Their music "typically spans traditional and contemporary folksong, anglo and Swedish and self-penned tunes, brimming over with enthusiasm and entirely unassuming musicianship" (Living tradition). Vicki & Jonny are also earning themselves a solid reputation on the UK dance scene in many styles including ceilidh, Playford and contra.

Sleep Deprivation is an album of their latest obsession; contra style dance music. It can broadly be described as a concept album that is one long continuous stream of music blending from one dance to another. The whole album has been written and produced by Jonny Dyer. Consistent with contemporary contra dance nights, the album is almost entirely contra music but it does also includes a waltz and a chapelloise. Whilst all tracks can be danced to, like their previous collaboration **An Invitation to Dance** with John Dipper in **Purcell's Polyphonic Party**, this is also demonstrably a listener's album. We hope that the result is worthy of many listens: New and intricate layers are heard on each new visit. As the name suggests, Sleep Deprivation is also designed to keep the road weary musician awake and safe on the late night drive home.

1. Intro	1:47
2. Marvellous Meg	6:43
3. Anastasia	7:10
4. Lightening The load	6:27
5. Medieval Contra	9:15
6. Caucasia Contra	5:20
7. Jiggle The Old Bones	4:46
8. Waltzes	6:17
9. Sleep Deprivation	6:52
10. Driving Home Chapelloise	6:31



Note for Radio Play. Whilst this album is designed to be a single continuous play, it has been subdivided into 10 tracks. For the most part the start of each track is a clean intro to that track, but the ending (the last 20 seconds or so) will be a transition to the next - and will be a little odd. We have a downloadable version of 7-Jiggle (the only song) which has the ends corrected so that it is a single piece with no transition. See link below.

Vicki Swan & Jonny Dyer

Web: www.swan-dyer.co.uk/sleep
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Jiggle Download: www.swan-dyer.co.uk/jigglesingle

The Tracks.....

The first track kicks us off with a 32 bar reel set entitled **Marvellous Meg**, this is probably the most traditional sounding set, which gradually gets darker and darker.

The second dance is a 48 bar jig called **Anastasia** and was written for a specific dance called *Quais de Seine* by *Jake Wood*. It has a very slinky feel to it. The melody tracks the narrative of the dance where the partners, who are not allowed near each other for most of the dance suddenly come together for the last four bars to swing in celebration.

The third track takes us back to 32 bar reels again with interplay between the dark **Lightening the Load** and the jolly **St Albans Contra**. Vicki & Jonny have taken this track for their promo video, shot up in the Quantock Hills above Halsway Manor - well worth checking out for some stunning camera work. www.swan-dyer/lightening

The fourth and fifth tracks are the most unconventional - **Medieval Contra** and **Caucasia Contra**. Taking their music inspiration from the 15th Century and the Caucasus respectively. Both have simultaneously unfamiliar rhythms and chordal structures embedded in unmistakable 32 bar contra reels. The ancient lyre and medieval citole put in an appearance on Medieval Contra.

The single release from the album is **Jiggle the Old Bones (Track 7)**. The only song on the album. A 48-bar reel set with a cracking and infectious chorus. Dancing and singing to the chorus? We've seen it done every time.

There are heart wrenching waltzes in the set **The kindness of Thwaite**, but the following uplifting set **Sleep Deprivation** returns to the strong contra feel. It is at times mesmeric and so nearly brings the album to a close. However, it is the pipes and the **Driving Home Chapelloise** that has this honour. It is fast becoming tradition in some clubs to finish the night with the chapelloise and this is a triumphant ending.

Vicki's nyckelharpa takes the bulk of the melodic work, which, for an instrument with such a wide range of emotion and timbre, is as it should be. Jonny's accompaniment on bouzouki and piano are as always perfectly sensitive and driving.

As with previous albums from the VSJD team, the ever changing music feels simultaneously entirely at home in the tradition and progressively, wonderfully unique.

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