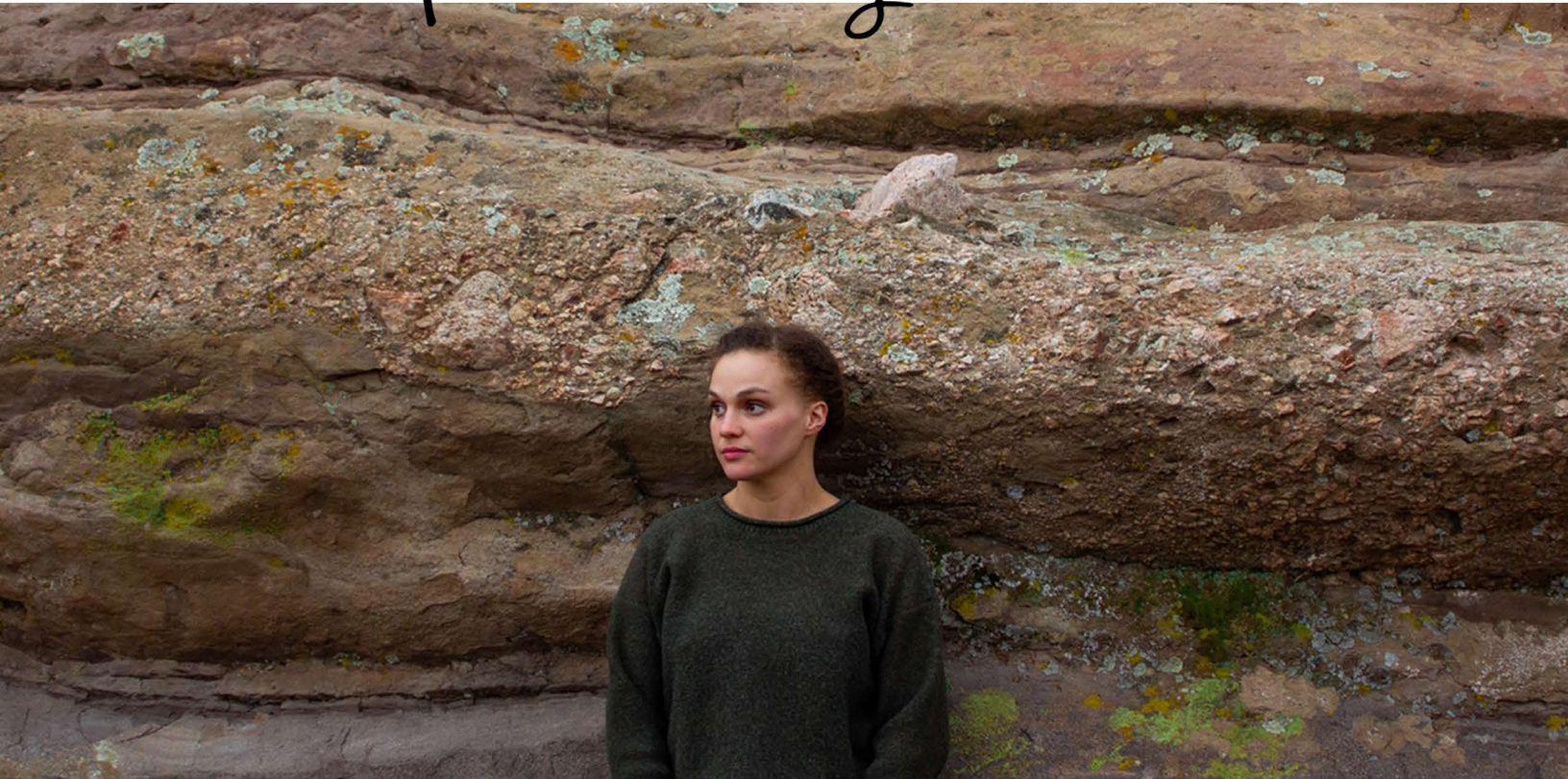


DEBUT ALBUM OUT MARCH 8<sup>TH</sup>, 2019  
ON PECONIC RECORDS

# rachel toups · sundog



## Bio:

Rachel Troups is a musician and visual artist based in Los Angeles. Through haunting, intimate performances and poignant lyrics, Troups' songs elicit themes of memory, loss and wilderness. The child of a military pilot-turned-doctor, Troups was born in Louisiana, but moved frequently throughout her childhood, living throughout the US and in Japan. She received her BFA in New Genres from San Francisco Art Institute. Troups has completed a residency at Prairie Ronde in Vicksburg, Michigan.

Troups began performing original music in San Francisco in 2009. She developed her magical realist approach playing at venues such as the Lab, the Lost Church, Viracocha, and Amnesia. From 2010 to 2011, she was a regular performer at the Mission Arts Performance Project. Rachel Troups has shared bills with such acts as Field Medic, Cookie Tongue, Rose Droll, and Chiara Giovando.

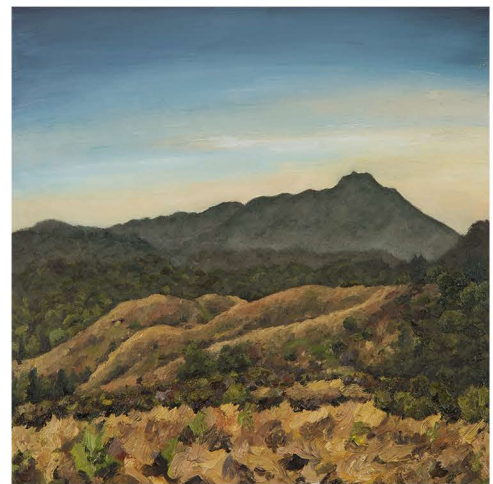
## About *Sundog*:

Troups' work on her album *Sundog* began in 2015. Drawing from her choral background, the album comprises seven songs for voice and guitar. Recorded in a home studio in Los Angeles, California, with longtime friend Travis Corwin, *Sundog* is a heartfelt ode to lost love, to the fear of the dark, and to the natural world. It is a fantastical meditation on solitude. *Sundog* is her first album.

**For fans of: Vashti Bunyan, Nick Drake, Joanna Newsom,**

**Jessica Pratt, St. Vincent, Weyes Blood...**

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[peconic.bandcamp.com/album/sundog](http://peconic.bandcamp.com/album/sundog)  
[rachelroups.com](http://rachelroups.com)  
[soundcloud.com/rachelroups](https://soundcloud.com/rachelroups)  
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## Track Listing:

1. That Way (3:22)
2. **Foxes (4:06)**
3. I Remember Your Warm Paws (1:22)
4. Tamed Beast (3:43)
5. Breaking (2:01)
6. Sundog (2:28)
7. **There (3:22)**