



For The Heels, music and healing have always been inseparable; something they put centre stage on their 2023 EP, *Work of Heart*. Produced by Anthony Fiddler and underpinned by lush but perfectly balanced Solfeggio Frequencies (tones shown to positively impact people physically and mentally), *Work of Heart* finds Bobbi Smith, Brittini Dominelli, and Kyla Rawlins expanding both their signature sound and their message of hope and healing with the most grounded and honest songs they've ever written. While the EP is a departure from the West Coast-based band's previous work, it only deepens the impact of what's drawn listeners to The Heels over time – their chill-inducing vocal performances, lyrics and hooks that are instantly relatable to anyone with a pulse, and the good-natured, sometimes bold, and often sassy attitude the trio are so well known for. When Covid restrictions put the boots to their plan for a run of US shows, the band turned a negative into a positive and headed to the Kootenays to write, regroup, and record. Amid recording the album, Brittini gave birth to her first child with her partner, Fiddler, which, Bobbi says, "made us feel even more drawn to make the world a better place." Themes of empowerment, self-care, and healing have long been the driving force behind the musical sisterhood they've formed, a product of their high-energy live shows and the larger-than-life stage presence that's earned them the title of 'The Queens of Canadian Country Pop.' But on *Work of Heart*, inspired by sessions at the Kootenay Sound Healing Centre, they took that ethic further, adding recordings of gong healing/meditation sessions at the Centre to match each song musically and lyrically and creating even more dynamic vocal arrangements with the aid of long-time friend and vocal coach, Monique Lefevbre. The impact of those efforts is clear on every track. Nowhere more so than on 'Work of Heart,' a song that speaks to the heart of their belief that any negative can have a positive spin, "That there's always a light at the end of the tunnel," Bobbi says. It's a sentiment they drive home on 'Trust' and a thread they tease out further on 'Caught Up In The Good,' a song they hope shows people how to create a better world by reminding them of all the good around them. Doing that, however, requires the wherewithal to take direct action. Something The Heels encourage with enthusiasm and humour on

'John-Wayneing' – a track that captures all the energy, attitude, and playfulness of their high-octane live performances and drives home Work of Heart's core message, that, when things get tough, even terrifying, you have to step up, face your fears down, and help others do the same. Again, Kyla says, "It's about turning negatives into positives which is the whole point of The Heels."



**First things first, Can you tell us a little bit about what you are working on right now? Writing, recording, performing, etc. Where are you in your career?**

The Heels are in a release cycle highlighting new music throughout the year from their upcoming third album "Work of Heart." Produced by the 2022 BCCMA Producer of the year Anthony Fiddler of Fiddler Productions, the album takes The Heels harmonies and songs to a new level of healing with every track offering healing frequencies and sound healing elements from BC sound healing QZ of the Kootenay Sound Healing Centre in Riondel BC. The Heels have spent time reconnecting

to the West Coast at the new location of Fiddler Productions finishing their third album and preparing a new live-show experience for the upcoming season of music festivals and an international tour. This summer The Heels will make stops through several states including Tennessee, Illinois & Texas for concert bookings in connection with album & radio promotion along with concerts and events across Canada.

**What do you want everyone to know about your music? Your process, or how you write, etc.**

The Heels found healing in music. Coming together at a time in their lives when each needed some comfort and direction, The Heels is a creative sisterhood of writing and harmonies that evolved into a band based on the fundamental healing the trio felt within their connection of voices and stories written into songs. From The Heals to The Heels, while keeping healing and uplifting emotions at the core of their purpose the women have embarked on the path of sound healing even further through personal treatments and group healing sessions at The Kootenay Sound Healing Centre to deepen their understanding of why music can feel so good. The upcoming album of music features a genre-bending soundscape of country music infused with pop, spiritually & sound healing. A new frontier for The Heels but a sonic pathway that fits The Heels mission to heal the world through music. Mixing mainstream music with underlying elements of well-being The Heels are proud to introduce a unique genre of music to the industry while consciously creating songs to assist listeners in the evolution of the soul's journey.

**And lastly, if you haven't answered it already, what's next for you? Is there another single on deck? Maybe an album in the works? Feel free to do a shameless plug here.**

The Heels third album is a collection of new stories, shared secrets, hard lessons and raw emotion. After launching the title track of the album, the opening ballad, "Work Of Heart," the band continues the message of hope and freedom. Through the heart-breaking realisation of true colours shown, The Heels offer an anthemic song of healing through a new perspective gained in their latest release "Trust."

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