Sabrina Weeks & Swing Cat Bounce - Tales From Lenny’s Diner (2010)

1. Boogie Downtown 3:15 2. Fingers in my Pocket 4:24 3. Something's Got a Hold on Me 3:58 4. Thinking of You 3:09 5. Bad Boys 4:04 6. Detour 4:13 7. Ain't my Time to Sing the Blues 3:35 8. All That Love 3:45 9. Wrath of Mom 3:41 10. Spend a Little Time 3:44 11. Independent Woman 4:18 Sabrina Weeks – Vocals Mike Hilliard - Lead Guitar Bill White - Rhythm Guitar Ken Sell – Bass Ed Hilliard – Drums

This is a CD full of bounce, sparkle and good old fashioned fun. Each song is a story - the lyrics are insightful and witty, the grooves are unstoppable, and the vocals are rich with personality and dazzle. ---cdbaby.com

So how do people come up the names for their bands? Well, I can answer for this band. "Swing Cat Bounce" was inspired by them listening to a radio show on the CBC about economics and the 'dead cat bounce'. So, after some healthy discussion around the campfire, it morphed into "Swing Cat Bounce", because 'you ain't got a thing, if you ain't got that swing'. Really!

This five-piece band from Kamloops, BC, offer up some 'feel good bounce and boogie blues' with ample good vibes to make almost anyone tap their feet. With Sabrina offering heart felt vocals, and Mike Hilliard throwing some snazzy lead guitar work, they are backed by a rhythm guitar, bass and drums that keep that pocket in place. Full sound without being overpowering - the addition of horns seems a natural thing for the style of music and offers a nice touch to this release.

Eleven cuts (ten originals) covering the full range of bouncing boogie. 'Ain't My Time To Sing The Blues' really gets to the point of this release, good times are the main focus and that light at the end of the tunnel is the glow of a cold bottle of Molson's and a campfire. 'Boogie Downtown' swings into high gear, and paints a picture of playing downtown at a fun spot, but there's a hardly anyone around. So within the framework of good times the message is real and it expresses the sometime harsher realities of being a band and playing 200 plus nights a year. 'Fingers In My Pockets' is a Jimmy Reed riff based swing number that has Sabrina at her story-telling best.

The final cut , 'Independent Woman' is a sultry, sexy, to the point statement of Sabrina's been there and done that learning of life's lessons. A searing, funky guitar solo helps us get the point and then the chorus kicks in with a call and response and reaffirms that she is indeed standing on her own two feet. I am sure that seeing this band live would be a fun filled evening and hope to catch up with them in the future. ---Blues411, amazon.com

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