**Short Form Bio :**

Formed in 2021 by Steven Hall and Micah Cottingham, *falllift* couples playful melodies, heartfelt lyrics, and the balance of a male and female lead. The duo brings authenticity and refreshing honesty to a modern sound by drawing inspiration from life experiences that connect each and every one of us. Their debut EP is currently being recorded in Nashville and is expected to release in 2022.

**Long Form Bio :**

Steven Hall (Swim in the Wild) and Micah Cottingham (MICVH) began co-writing music in the fall of 2020. After an unexpected quarantine allowed for a boost in creativity, the two decided their side project should go full-time, coming together to form *falllift.* Both members boast an impressive resume of multi-instrumentalists, singers, songwriters, and producers.

Spending the better half of a decade traveling the world, Micah brings her life experience to the duo while Steven brings balance with his deep seeded North Carolina roots. The combination blends authenticity and refreshing honesty into a modern sound. Drawing inspiration from the experiences in life that connect each and every one of us, *falllift* aims to leave their audience with an air of community, comfort, and hope.

The two are currently recording their debut EP in Nashville and it’s expected to release in 2022.