

# LICK AND A PROMISE

## COME TOGETHER IN THE MORNING

*LICK AND A PROMISE are back.*

*A while after their hard-rocking debut CD, the band continues to surprise both critics and fans once again with a brand-new album, "Come Together In The Morning".*

*And they've come a long way. With a diversity unheard of in the group's history, they take you on a gripping ride without ever losing track. Energetic crowd-pleasers, catchy feel-good tunes and pure acoustic songs with warm-hearted soul and a little bit of blues complement the fragile beauty of epic ballads, bound to bring a tear to your eye. The 12 tracks, recorded mostly live at the band's own studio, capture an ambient intimacy that gets right to the heart of each and every cut. This development is neatly reflected by lyrics so honest, you sometimes won't believe your ears.*

*Why? Tell you why.*

*First off, there's the new drummer & percussionist Ulli "Dag" Bieber. Switching between loose acoustic-style accentuations and a straight-forward rock drive, his staggering grooves add a vitality to the band that you can feel. It is him who turns songs like "Loser" and "Come Together" into what they are.*

*Second, Volker "Wolfman" Thoma, the new man on organ and bass guitar. Not much to say; just listen to the charming, music box-esque melodies in the chorus of "Once For Real" or the flamboyant bass lines throughout the album, and it becomes clear why the multi-instrumentalist was first choice.*

*And then, of course, there are founder members and songwriters, Manuel Elsesser (g) and Jochen W. Thoma (voc). After a hiatus following the first album, the two got back together to start working on new songs, which later were to set the creative direction in musical and artistic aspects. From the classic singer-songwriter, country-soaked "Don't Throw It All Away" or "Sway Again", to the psychedelic paranoia of "Places", guitars and vocals are stronger than ever and about to get you hooked. And if you just want to groove along to some decent beat and electric guitars, check out the vintage style of "Sometime" or "Highway", topped off with a soulful horn section.*

*But you still don't really know LICK AND A PROMISE without having seen them live. Fortunately, you will: the band kicks off the first part of their promotional tour for the new album in Los Angeles, CA, and continues to play shows throughout Germany in 2011. For more detailed information please visit the official website at:*

[www.lickandapromise.net](http://www.lickandapromise.net)

# THE NEW ALBUM

Click song title to preview:

1. Dance For Me (3:26)
2. Hey Hey Hello (3:30)
3. The Highway (3:38)
4. Pale White (4:50)
5. Loser And A Fool (5:50)
6. Once For Real (3:37)
7. Come Together (4:23)
8. Throw It All Away (2:56)
9. Sway Again (4:14)
10. Sometime (5:30)
11. Hard To Say Goodbye (4:48)
12. Places Of The Soul (5:25)



Additional Musicians:

Thomas Geiger - Saxophone  
Willi Thoma - Trumpet, Trombone  
Peter Voll - Harmonica

Produced by Frontside Productions & Lick And A Promise

Mixed and Mastered by Frontside Productions  
All Songs written by Elsesser / Thoma  
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## ALSO AVAILABLE AS LIMITED 2-LP VINYL EDITION WITH BONUS TRACKS

### BIOGRAPHY

*The rock band LICK AND A PROMISE began in the summer of 2005 in the vicinity of Frankfurt, Germany.*

*After struggling with a few producers over artistic preferences, Manuel Elsesser (g) and Jochen W. Thoma (voc) decided to take fate in their own hands and worked together to produce their debut album "A Bitch Is A Bitch".*

*Recruiting a local drummer and bass player, the group was complete - right on time for the upcoming recording sessions in early 2006. The resulting work, with the diverse styles of the band members, proved to be a musical success.*

*After good reviews in national print media and online magazines worldwide, LNAP started getting internet radio airplay on various stations and went on to reach the German finals at the international "Bodog Battle" band contest.*

*Following some line-up changes - introducing Ulli Bieber (dr, perc) and Volker Thoma (bg, org) - the band returned to the scene in early 2009 with a handful of new acoustic songs, some of which immediately made it on the radio at a local station near their hometown. Later that year, LICK AND A PROMISE started touring Germany in support of their new EP - unplugged.*

*In the summer of 2010 the band eventually recorded the much-anticipated, full-length follow-up to their debut album, "Come Together In The Morning", released December 1st. Around that time, LNAP launched their first US West Coast tour, taking them to legendary venues such as the "House of Blues" and "The Viper Room" on the world-famous Sunset Strip in Hollywood, Los Angeles, CA.*

*Back in Germany in 2011, the band continued to promote its highly acclaimed new record at both club gigs in the springtime and open air shows during the summer festivals season, and is featured at the "Newcomer Show" on German major radio station Bayern 3. And finally, in September, LICK AND A PROMISE is awarded "Band of the Year 2011" by German media group Main-Post and Thomann, Europe's biggest music store.*

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