

Wholesome is the third full-length by Boston's Hands and Knees, available on vinyl and digitally January 18th, 2011.

Like their 2007 self-titled debut and 2009's *Et Tu, Fluffy?*, the quartet recorded songs at their guitarist Scott Hoffman's studio in Shelburne Falls, Massachusetts. The result is by no means a departure from the jangly turbo pop they've perfected on those albums. Rather, Hands and Knees have successfully brought more influences into the party without it feeling overcrowded.

Guitarist Joe O'Brien and bassist Carina Kelly share vocal duties, melodies ripe for singalong like the buoyant "The Moonlight is Wicked". "Sitting at the Piano Disappearing" and "Dancing On Your Tears" are arguably the band's most infectious to date, reminiscent of *Hunky Dory*-era Bowie or The Modern Lovers. Nick Branigan's drumming is on display throughout, nearly taking lead on the galloping opener "Throw Me From The Bridge of Flowers" and the Pixies stomp of "The Ballad of Cottonball Johnny".

The album will be available in physical and digital forms via handsandknees.bandcamp.com starting January 18th. Come celebrate *Wholesome's* LP release with Hands and Knees, Doomstar!, The Needy Visions, and The Fedavees at Great Scott on January 27th.

NOTES

Joe and Carina met in the desert of New Mexico in 2002, writing very small songs that they mostly kept to themselves. A couple of years later they regrouped in their native Massachusetts with Carina's childhood friend Scott Hoffman, and formed Hands and Knees.

Nicholas Branigan, a veteran drummer of bands including Bane, Gary War, Bobb Trimble and the Flying Spiders, and The Tony the Bookie Orchestra, joined the group in 2009.

The band has shared stages with Wye Oak, Quasi, The Fiery Furnaces, Drink Up Buttercup, and more.

In December 2010, the band released a Christmas-themed 7" titled *James Brown Died on Christmas Day*, [available here](#).

FEATURED PRESS

"Hands and Knees have crafted an record that sounds as if it was drafted in different decades but on the same equipment... This quartet are, ladies and gents, one of the best pop bands in New England. Definitely One to Watch in 2011."

-[Ryan's Smashing Life](#)

"...the self-released Wholesome is earmarked to be one of 2k11's finest releases"

-[The Boston Phoenix](#)

"There's something quirky and memorable to Boston, MA band, Hands and Knees... Pop at its root core, but very rough around the edges and delivered with some ferocity to it."

-[Weekly Tape Deck](#)

"In fact it seemingly picked up where their last album, Et tu, Fluffy? left off, delivering more great hooks, more toe-tapping finger-snapping singalongs, and perhaps more dynamic range than we'd seen from them – a remarkable feat."

-[Boston Band Crush](#)

HANDS AND KNEES Wholesome LP

Throw Me From The Bridge of Flowers
Close Your Eyes
The Moonlight is Wicked
[Sitting at the Piano Disappearing](#)
I Won't Miss You
99
[Dancing On Your Tears](#)
Cadillac
The Ballad of Cottonball Johnny
Feathered Fly
Fieldtrip!
Do You Look at Everybody That Way?

LP RELEASE SHOW

January 27th at Great Scott

Hands and Knees
Doomstar!

The Needy Visions
The Fedavees
9pm, 18+, \$9

RESOURCES

to purchase *Wholesome*
on vinyl or digitally
visit handsandknees.bandcamp.com

album art: [small](#) // [large](#) // [limited edition](#)
press photos: [amp 1](#) // [amp 2](#) // [knife](#) // [house](#)

email sippycupeverything@gmail.com
for anything else

LINKS

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