

Carla Bley
Andy Sheppard
Steve Swallow

Andando el Tiempo

ECM



Carla Bley piano

Andy Sheppard tenor and soprano saxophones

Steve Swallow bass







Notes from the composer

The three parts of “Andando el Tiempo” represent stages of recovery from addiction. “Sin Fin” is the realization that the endless cycle of medication required to stay free from anxiety and pain is becoming insufferable. “Potación de Guaya” is the ongoing sorrow felt by everyone affected. “Camino al Volver” is the work of returning to a healthy and sustainable life. It was written as I watched a friend go through the condition and come out the other end.

“Saints Alive!” was an expression used by old ladies sitting on the porch in the cool of the evening when they exchanged especially juicy gossip.

The title “Naked Bridges / Diving Brides” refers to *Peking Widow*, a poem by Paul Haines. The piece was commissioned by Serious as part of the EFG London Jazz Festival 21st birthday. I wrote it, with a little help from Felix Mendelssohn, as a wedding present for Andy Sheppard and his new bride, Sara.

Carla Bley

Andando el Tiempo

Sin Fin 10:23

Potación de Guaya 9:50

Camino al Volver 8:29

Saints Alive! 8:35

Naked Bridges / Diving Brides 10:05

From naked bridges

Diving brides relax

In freefall fistfuls

Of sparkling albumen

...

All compositions by Carla Bley





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Auditorio Stelio Molo RSI, Lugano
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