

A LONG WAY DOWN – BAND INFO

- **Links**
 - <https://a-long-way-down.de/>
 - [Hyperfollow](#)
 - [Spotify](#)

- **Instagram**
 - [alongwaydown.official](#)

- **Current lineup**

A Long Way Down are:

Marcel Lippmann – Drums

Stefan Heerwagen – Bass

Thomas Trupp – Guitar / Vocals

Marcus Großmann – Guitar / Vocals

- **Founded**

2021

- **Genre**

Post-Punk Core

- **What was released so far?**

We start with a 5 song EP to send a signal of existence and to see how we are accepted and also for everything else you have to be able to show at least a little bit of music.

- **When are the next releases ?**

- 06.05 Single – [Fade Away](#)
- 27.05 EP – [This Is The End](#)

- **Upcoming Shows?**

Nothing concrete yet, you first have to appear on the scene and feel your way forward. At a time when the scene is just coming back to life, so much has to be made up for, somewhere in there we have to orient ourselves.

- **Discografie, latest Shows?**

ALWD existed so far only in the rehearsal room, but various stage experience we have already gained with some previous bands



- **Where it all began**

In In every end lies a new beginning - so far, so obvious.

The end described here was the end of our old rehearsal room. The common associations to "rehearsal room" are often an overpriced, foot-cold 12.5 sqm basement hole filled with way too loud equipment and lots of multi-purpose pledges, but our last rehearsal room would have probably made most people's eyes moist. It was rather a big hall including stage, at times 3 drums, way too much space and all that for a vanishingly small usage fee. But somewhere there is always a catch, this was that the further use of the property was questionable from the beginning and so came at some point the day that was long feared, but always successfully suppressed.

"Guys, we have to move out." promised an unexpected short message in a sporadically used common chat group. "Fuck" thought pretty much all of the members of the 2-4 bands involved (who knows for sure), moving out was all well and good, but where to? Finding a rehearsal space was always annoying and full of compromises. Considering the clear options, we chose the most long-term one so far, in order not to be at this point again soon. One "downside" to this was that the potential space did not yet exist and had yet to be built. All this happened in the midst of a global pandemic, which made many things more complicated, but also saved some time for such a project.

With the completion of the construction work at the beginning of 2021 for this new rehearsal room and the resulting restless motivation to use it, the beginning of the "project" came about, where we got together in the initial constellation (Marcel, Marcus, Thomas) and just got going. So nice, so good, but after a few good rehearsals the following questions remained open: Who is actually singing? Do we know a singer? Somehow, we would also need a bass player, right?

Since the supply of ambitious musicians with some experience is, as is well known, not as high in the "province" as one would like to believe, the only thing left to do was to think about it thoroughly and to ask previous contacts. And now and then one has also simply times luck and unexpectedly fast and uncomplicated complete us Stefan on the bass. The only thing left was the vocals, but the line-up of four already felt complete, so we decided to take care of that ourselves this time.

From then on it went surprisingly well and harmoniously, as far as coming together as a band is concerned, but we had already somehow guessed that. There were still ups and downs and Corona often didn't make it easier to meet at all. Still, after effectively a year, there are a handful of songs that A Long Way Down want to venture out of the rehearsal room with. The next step is to once again be on stage.

One can somehow imagine that every band that doesn't quite consciously construct itself into a special category hates this question. Unconsciously everything that we have listened to for the last 23+ years and what has influenced us since then flows into it. And there was everything from punk, rock, hardcore, metal, metalcore to hip-hop and singer songwriter stuff. We had a rough idea in which direction it should go, but most of it developed along the way, which in turn is also due to individual preferences.

- **Songwriting**

We are not at a loss for an approach, especially in times of isolation or quarantine we have tried out more "new-fashioned approaches" than we knew until then, where a large part of the ideas is created together in the rehearsal room or someone perhaps brings along an idea.

- **Idol bands, bands that inspire you in songwriting?**

There are still countless that inspire and influence us, but we try not to commit ourselves so much, also to avoid sounding like band XYZ in the end. But surely there will be enough people who say, here, they sound like ... and we are curious about that and in the best case also honored by the association.

- **Label, cooperation with other bands or musicians?**

Not yet. There is already a desired candidate for a label, but as is well known, you first have to make your mark and show that you can and want to stick to it. We do well to create everything as much as possible ourselves and to have it in our own hands. Of course, we are always happy about support and grateful if someone feels connected to us and wants to accompany us.

- **Your personal band wishes**

- Play a small tour, with 2-3 other cool bands.
- Festivals are of course a big thing, but a small club that is full has also something very special.
- A gig with one of our "hero" bands, luckily there are a few.
- The own songs on vinyl

- **Wie seid ihr auf den Bandnamen gekommen, was bedeutet er?**

That was a long way ^^, until a name was fixed.

It was the proposal that has lasted the longest and after this time still felt good and right. Also charming is partly the actual irony inherent in the choice of name, because of course we are rather fundamentally positive, but like to play here and there with these opposites.

However, the name is quite obviously and completely intentionally borrowed from the novel by Nick Hornby, which at the time dealt with "taboo topics" that are still socially unpleasant today, depression, suicide and loneliness have been brought directly into focus, especially in the current time. Nevertheless, these things are still not so "socially accepted" and are often treated in secret. What helps the protagonists in said film to overcome their individual problems is the group they form.

What is fascinating is the spirit that is created as a group and that is something that we as a band can also identify with. Because all musical endeavors are well and good, but if it doesn't spark among ourselves, there's no point from our point of view. We are certainly far from perfect in what we do, but we really like doing it, especially when there is sometimes that one moment where everything falls into place in a song and it suddenly sounds and feels like you imagined it.

- **Brief information about the new EP**

Playing with the contrasts is also reflected in the choice of the EP title again, "This Is The End" the hook is already found lyrically on the EP again, but of course in the overall context again represents a certain contrast to the first release, since it is actually the beginning, but still appropriately chosen, there should be no more, then the story is closed from the outset in itself.

A

LONG

AWAY

DOWN

ONG WY DOWN