



Indie-pop from Winnipeg, MB, CAN

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Photo Credit: Megan Wilson

## LANA WINTERHALT IS A RECOVERING THEATRE KID

**Lana Winterhalt Releases Act I EP January 19, 2024**



**Lana Winterhalt is a Recovering Theatre Kid**—dramatic, emotional, charismatic, sparkly, larger than life—all fuelled by caffeine and Zoloft. As an introverted extrovert, Lana is chaotically balanced between a life on the stage as a performer and life as a hermited music producer, crafting a sonic universe for listeners to walk around and get lost in.

January 19, 2024, Lana releases **Act I**, the first EP of two to be released ahead of the full-length album **Recovering Theatre Kid**. Why two EPs? Well, for the drama of course, but think of it more like a sampler-pack to introduce your sonic taste buds and your imagination to this rich world of bittersweet nostalgia and colourful bliss.

In **Act I** the stage is set with “Recovering Theatre Kid”, a song birthed from Lana’s real-life recurring dream where something always goes wrong at the premiere of her high school’s performance of the Wizard of Oz. As a typical Pisces, Lana reads into all of her dreams, making connections to her consistent doubts about life as an artist and performer (OMG, she’s so dramatic). The remainder of the EP is packed full of longing, heartache, and late-night fears. On the last track, “Starstruck”, Lana is joined by Winnipeg-based singer-songwriter Nic Dyson, who ever-so-sweetly sings heart-fluttering little thoughts in your ear like, “there’s something about you, something feels right, I can’t quite explain it”.

**Act I** was written, engineered, produced and co-mixed by Lana Winterhalt, with additional instrumentation, mixing and mastering from friend and mentor John Paul Peters at [Private Ear Recording](#) in Winnipeg, Manitoba, Canada. John Paul adds the perfect sparkle to these tracks, having produced Canadian indie heroes like Begonia and Royal Canoe.

### “Act I” EP - January 19, 2024

1. Recovering Theatre Kid - 3:26
2. Static - 3:37
3. Rattling in My Head - 3:13
4. Starstruck ft. Nic Dyson - 2:38

**Total Run Time: 12:54**

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### Publishing:

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