

## LARS FIIL FRIT FALD

It is like the feeling of that first zip of your ice cold soda. You can feel in your teeth, temples and in your veins. That is the sound of Frit Fald. A trio consisting of Lars Fiil (piano), Lis Kruse (saxophone) and Bjørn Heebøll (drums) - three significant musicians from the Danish avantgarde scene. Their focus is on the intimate interplay where every note and breath counts - which adds to the constant motion between strictly organised and freely improvised textures. Just when you think you have run out of fizz, the trio overwhelms you with their intense and at times heartbreakingly silent expression.

The trio in itself is a comeback. Fiil made his debut already at age 25, when he released the acclaimed album "Reconsideration". With his quartet he then went on to win the prestigious contest Young Danish Jazz Comets, and got nominated for a Danish Music Award as "New Name Of The Year".

It is another Fiil you get to hear in Frit Fald. After four years in exile - musically as well as mentally - he is now back in a more honest and mature version. Kruse is still in front, but the two have now teamed up with Heebøll, whose energetic and elegant drumming is a perfect match for the vulnerable traits in the woman and the composer.

The trio has received a lot of praise for their latest release, the eponymous album "Frit Fald". Among others from [allaboutjazz.com](http://allaboutjazz.com) who writes:

*"They create an abstract kind of chamber music where every nuance of the instrument is explored in carefully crafted sound poems. It is a bold direction Lars Fiil has taken with Frit Fald where he balances on the edge of form while still retaining a clear sense of musical purpose."*



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## REVIEWS

*The interplay is lyrical and intimate most of the time, stressing every breath, move or pulse of the fragmented melodies, enjoying the contemplative, highly poetic exploration of abstract, improvised passages. It keeps its close and balanced chamber-like highly attentive dynamics. Lars Fiil is a unique composer and improviser.*

- Eyal Hareuveni, Freejazzblog (Israel)

*"The music contains the ability to turn complexity into simple and pure beauty, the continued exploration in crystalline melodies far from cliché."*

- Vincenzo Roggero, allaboutjazz (IT)

*"The playing develops in an interesting way inside the composed music, adding structural, freely experimenting expressions. A certain degree of inner quarreling and controversy gives color and edge to the playing. An experimenting jazz expression that blows freely like the wind."*

- Jouko Kirstilä, Jazzrytmit (FI)

*"This is music that whispers in the wilderness without getting lost"*

- Jakob Bækgaard, allaboutjazz (DK)

*"This record is recommended for everyone who appreciates open-minded jazz music"*

- Niels Overgård, jazznyt (DK)