

Shayna Adler

“Two Legs” is a natural follow to Shayna’s most recent release of holiday ballad, “The Last of the Snow.” *Last Day Deaf* defined the Christmas tune as an “intimate acoustic folk ballad, adorned with sweet vocals and fragile melodies, captures the essence of a somber winter landscape where holidays are tinged with the ache of missing loved ones.”

“Two Legs,” embarks on hope, reminding us to let go of what we cannot control and to keep moving forward. Shayna is breathing in a new chapter in life, after the loss of her mother in 2022, and the birth of her first child in 2023. “It’s amazing what can change in such a short amount of time. It’s been the greatest and most unfair lesson in letting things go.” Struggling with such difficult feelings of loss initially hindered her songwriting but is now blossoming it in subtle ways. “It’s not easy to admit pain or personal feelings of things we’ve gone through. My writing now is probably more honest than on “Wander” simply from ripping away layers, day after day.”

This ballad is not new in Shayna’s folk repertoire, but instead a shelved project first recorded in 2017, taking new forms over time as it was developed. Parts were re-recorded. Lyrics evolved. She says “it just took that long to grow into it. It took losing my mom, amongst others, to really understand it enough to finish it.” This ethereal song features Mario Calire (Ozomatli), Doug Pettibone (Lucinda Williams), David Burns (The Sligo Rags), Alexis Sklarevski (Crosby, Stills & Nash), Barrett Wilson, and Randy Crenshaw.