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For Immediate Release

The Beths Share New Single/Video “[I’m Not Getting Excited](#)”

Jump Rope Gazers Out July 10th On Carpark Records



Photo credit: Mason Fairey

Praise for “Dying to Believe”:

“a relentlessly upbeat barrage of electric guitar, punk drums, and sing-along vocal hooks that’s done before you know it, begging for you to hit the repeat button and start it over.”

- *MTV News*

“fleet and lovely, strutting and sweet” - *Rolling Stone*

“this sprightly sing-along splits the difference between pop-punk thrust and indie-pop grace”

- *Entertainment Weekly*

The Beths share a fervent new single/video, "[I'm Not Getting Excited](#)," from their second album, ***Jump Rope Gazers***, out **July 10th** on **Carpark Records**. Following the rambunctious lead single, "**Dying to Believe**," "I'm Not Getting Excited" is an urgent track about imposter syndrome. The track opens with driving guitar and a jockeying melody before bursting with a crashing rhythm section. The band performed the single on their "[Live From House 2](#)" live stream earlier this morning.

*"People always ask 'are you excited!?' and it's a fair question, because exciting things do happen to us sometimes," says **Elizabeth Stokes**. "Support slots, overseas tours, music releases. Stuff we've dreamed about for years. So the correct answer is always 'yes.' But the truth is that deep down there's a tiny Liz saying, 'don't get excited.' She is certain that anything good that could happen will most likely not happen, because of a freak accident. Or because somebody finally realises that we aren't worthy, shouts 'phony!' and takes everything away. I wrote 'I'm Not Getting Excited' last year, well before everything really did get taken away. From everyone. It feels like the song has a new context, but we don't know what it is yet. And now we all share a blurry, uncertain future."*

The official video was filmed during the first month of lockdown in New Zealand. It's a spooky more-is-more collage of animated night terrors. The directors **Sports Team** "*turned our laundry into a film studio and spent our inside time mastering the art of stop-motion animation. We animated old towels, all the cardboard in the house and The Beths themselves... frame by bloody frame. There's a lot of scary imagery in the song that we wanted to play on. There's a madness too, in the contradiction between what the song is about and its frenetic energy. It has defined the lockdown for us—being locked indoors but furiously busy.*"

Watch "I'm Not Getting Excited" Video:

<https://youtu.be/lvYrJxNwW5I>

The Beths are Elizabeth Stokes (vocals/guitar), **Jonathan Pearce** (guitar), **Benjamin Sinclair** (bass), and **Tristan Deck** (drums). *Jump Rope Gazers* is the follow-up to ***Future Me Hates Me***, "one of the most impressive indie-rock debuts of the year" (*Pitchfork*). The album received glowing praise and appeared on many year-end lists including *Rolling Stone*, *NPR*, *Stereogum*, and more.

Jump Rope Gazers tackles themes of anxiety and self-doubt with effervescent power pop choruses and rousing backup vocals, zeroing in on the communality and catharsis that can come from sharing stressful situations with some of your best friends. Touring far from home, The Beths committed to taking care of each other while simultaneously trying to take care of friends living thousands of miles away. That care and attention shines through on *Jump Rope*

Gazers, where the quartet sounds more locked in than ever. *Jump Rope Gazers* stares down all the hard parts of living in communion with other people, even at a distance, while celebrating the ferocious joy that makes it all worth it.

Watch “I’m Not Getting Excited” Video:

<https://youtu.be/lvYrJxNwW5I>

Watch “Dying to Believe” Video:

<https://youtu.be/CkzI93Aqztk>

“Live From House” live streams:

https://www.youtube.com/playlist?list=PL2LoGf5dglSPCRk8epZGpw_iXKO9Mi6um

Pre-Order *Jump Rope Gazers*:

https://smarturl.it/thebeths_jrg

The Beths Tour Dates:

Sun. Nov 8 - Perth, WA @ HBF Park*
Wed. Nov. 11 - Melbourne, VIC @ Marvel Stadium*
Sat. Nov. 14 - Sydney, NSW @ Bankwest Stadium*
Tue. Nov. 17 - Brisbane, QLD @ QSAC Stadium*
Fri. Nov. 20 - Dunedin, NZ @ Forsyth Barr Stadium*
Sun. Nov. 22 - Auckland, NZ @ Mt Smart Stadium*

*w/ Green Day, Weezer and Fall Out Boy

Download hi-res images and jpegs of The Beths:

<https://pitchperfectpr.com/the-beths/>



Jump Rope Gazers artwork

The Beths online:

<https://www.facebook.com/thebethsnz>

<https://thebethsnz.bandcamp.com/>

<https://soundcloud.com/thebethsnz>

<https://twitter.com/lizstokedstokes>

<https://www.instagram.com/lizstokedstokes/>

<https://www.youtube.com/c/TheBeths>

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