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For Immediate Release

**Free Range Announces Debut Album, *Practice*,
Out February 17th via Mick Music**

Shares New Single/Video, “[Want To Know](#)”



Photo Credit: Alexa Viscius

“[Free Range’s] light-touch instrumentation is lovely and understated, like the quiet friend who always has something insightful to say when you check in with them. And Jensen’s songwriting is clear-eyed and intimate—they recognize their pain also heralds growth... finding the grace in the space between.” - *Paste*

Free Range - project of Chicago-based musician **Sofia Jensen** (they/she) - announce their **debut album, *Practice*, out February 17th via Mick Music**, and present a new single/video, **“Want To Know.”** *Practice* feels like the dappled Scandinavian forests where Sofia has spent their summers for as long as they can remember. It feels like waving prairie grasses warmed by the late afternoon sun, or like a contemplative cup of coffee on the porch first thing in the morning. *Practice* is full of poetic observations that capture the small details and emotional nuances of the people, places, and moments in Sofia’s life, filtered through wordplay and rhyme until they become something more universal. Similarly, her songs are built on snippets of melody, which they play over and over on guitar until something — a rhythm, a word, a chord — unlocks the architecture of verses, choruses, and bridges.

Despite its hazy sun-kissed feel, *Practice* is the result of a series of late-night sessions during the bleakest days of the COVID-19 pandemic. That’s when Jensen brought a collection of songs she had written at home to fledgling recording engineer — and future co-producer and live bandmate — **Jack Henry**. The two quietly bonded in the quiet oasis of the studio where Jack had recently worked as an intern. Sofia was in the midst of a personal musical transformation at the time, evolving out of being a rock bandleader and into a more personal, intimate style. *“I wanted to turn the electric down, and the acoustic up,”* they say. Eventually, they were joined in the studio by Jack’s childhood friend **Bailey Minzenberger**, who went from a quiet observer to playing bass on many of the new, fully realized, versions of Sofia’s original songs. *Practice* features Sofia on guitar, Bailey on bass, and Jack on drums.

Jensen believes in trying to capture as much of the music as they can in real time, avoiding amending everything in post. Part of that ambition are the live bass and drum tracks Bailey and Jack laid down in the studio, which help give *Practice* its warm, holistic sound. Although the band came together organically, its sound is very intentional. Jensen is inspired by singer-songwriters whose work bridges the personal and the political. She speaks admiringly of Phoebe Bridgers and Bob Dylan, but gets especially animated talking about Elliott Smith, whose *“writing really got under my skin.”* Another name that gets her excited is David Foster Wallace, and the lyrics on *Practice* are self-consciously literary. *“I just love stories and books, and I think about songs as a different medium [for writing narratives],”* Sofia says.

In the same vein as the previously-released **“All My Thoughts,”** “Want To Know” deals with the experience of being left on your own after a relationship ends. “This song is about coming to terms with the realization that someone that you thought cared about you ultimately didn’t treat you very well,” explains Sofia. “A main theme in this song for me was feeling like I was outgrowing someone else, and finding the courage to leave that person behind in order to do

so.” It’s the album opener, presenting the instrumental prowess that surpasses the band’s young age with an infectious vocal melody, lifting guitar lines, and soft percussion. The accompanying video was directed by **Robert Salazar** and features all three members of the full live band.

[Watch Free Range’s Video for “Want To Know”](#)

When Sofia talks about *Practice*, it sounds like a dream, a magical night time world where three independent artists were able to experiment, refine their abilities, and grow as collaborators, musicians, songwriters, producers, and arrangers in the safety of their own private world. As the world shifts and offers Jensen a live platform for her music, she is experiencing a freedom and confidence that evokes the very name of Free Range.

[Watch Free Range’s Video for “All My Thoughts”](#)

***Practice* Tracklist**

1. Want To Know
2. On Occasion
3. Keep In Time
4. For Me to Find
5. Forgotten
6. Growing Away
7. All My Thoughts
8. Free Range
9. Running Out
10. Traveling Show

Free Range Tour Dates

- Fri. Dec. 2 - Three Oaks, MI @ The Acorn
Fri. Dec. 9 - Chicago, IL @ Empty Bottle w/ Elizabeth Moen
Wed. Jan. 18 - Chicago, IL @ Schubas w/ Tomberlin (TNK Fest)

[Download hi-res images & jpegs of Free Range](#)



Practice Cover Artwork

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