

Twiggy Frostbite biography 2006-2014

In a rainy London, a band was formed.

The year was 2006 when Elin Lindfors (The Deer Tracks) and Anna-Karin Berglund (live musician The Deer Tracks) formed "Twiggy Frostbite". They had played in a band called Loai before and when it dissolved Anna-Karin joined Elin to London, where she was going to work with a project during four months. The project was to write music and a wish of starting a new band began to grow. They were sharing a room in a minimal apartment in Marylebone, which was owned by a woman who was working as a Mel B look-a-like. The electricity was expensive so the heat was restricted to be on for just an hour a day. Maybe it was the harsh coldness of London that initiated the inspiration for the band. A lot of the time was spent under layers of blankets, which made them think of the band name Twiggy Frostbite, which felt as natural as any. They soon began to write and record songs in a studio in Angel.

Upon arrival back in their hometown Gävle in the northern parts of Sweden, the band was joined by the drummer David Kramer (Grizzly Twister) and Joel Thedéen on guitar. Finding a bass player was harder.

Elin - We tried playing with different bass players from different genres, but it wasn't until we invited Emma Sjöberg (Aiwel) that it all came to place. We found Emma through the high school where we all studied jazz music.

Emma - I got a demo in the mail and the music stuck with me from day one. I felt as if I'd heard the music before, but not in the sense that someone had played it for me, but rather as if it had been within me all along.

In 2008 they released their debut album "Through Fire" (Despotz Records), which was recorded with Magnus Björk and David Lehnberg (The Deer Tracks). Their first single "Heroes" got airplay in Swedish Radio channel "P3". When 2009 hit, both Kramer and Thedéen decided to move south and quit the band. Elin, Emma and Anna-Karin, however did not stop because of that. They started experimenting with ways of playing their music as a trio.

Emma - We were rehearsing and gnawing at the songs, but soon we realized that something was missing, a drummer. We played with some great ones, but none of them seemed to fit what we were looking for. The brilliant idea of me playing some kick drum on the song "Chimera" came to us one day in the studio. It was what the song was missing, and also; how hard could it be?

Elin - We started figuring out who had an arm or a foot available when playing the songs and that's how we split the drum kit between us.

Emma - Elin and Anna-Karin played toms and cymbals, and I took care of the kick. It

was the most fun we'd had and soon all the songs were arranged with this kind of primitive drumming.

In 2010 they got accepted as a band at Boomtown Music Education in Borlänge, Sweden, which is a very creative music university. During the two years they lived there they met Sofia Stolpe (Pole Siblings), who had ended up there after following her heart when leaving her hometown Vasa, Finland. Even though her childhood had been filled with music, she had taken to the camera as a means of expressing her creativity, secretly dreaming of daring to explore her musicality.

Stolpe was hired to do Twiggy Frostbite's press photos in 2011, but it wasn't until later they all discovered what a brilliant musician she is. Through their common friends in the band "Francis", they were all invited to a weekend in the small village of Kättbo. Late one night when only Elin and Sofia were awake, Sofia started singing by the piano and that was the most beautiful voice Elin had ever heard.

The end, an invitation and the beginning of something new...

Elin, Emma and Anna-Karin were all finished with their education in 2011 and moved back to Gävle. For various reasons or none at all, they never got to getting a new rehearsal space. It was as if the air had gone out of them all, and Twiggy Frostbite went into hibernation mode. Elin and Anna-Karin was on tour most of the time with The Deer Tracks and Emma made her childhood dream come true by getting her own horse.

And so in November 2013 and unexpected e-mail arrived. It was a university in Hong Kong, who very much liked to book Twiggy Frostbite as one of two international acts at their summer festival in late May 2014. This took the entire band by surprise, that someone after almost three years of silence still remembered them and to pass such an opportunity was not an option. After some encouragement from their label (Despotz Records) it was decided that Twiggy Frostbite would release a new album in 2015.

Emma - The band stood still for three years, but the fire was still burning deep inside. I missed it. I missed the music, the band and the communion we had. But I didn't realize it.

2014 started with a fierce intensity for the trio, not only were they supposed to write new material to a new record, they also had to find their way back together as a group and to the music. All three of them went head first into the project with a whole new level of energy, never seen before and it was as if Twiggy Frostbite had been growing during the hibernation.

Emma - It was as if we had collected inspiration, creativity and energy unconsciously during those years that was filled with other things.

Two weeks before the recordings was about to start the band fell into a bit of a dip.

Something was not feeling right, something was missing. Elin thought of Sofia and they invited her to come and do a guest appearance on a few songs, adding ukulele, percussion and her voice to the mix. They all realized pretty quickly Sofia was what had been missing all along and the joy was endless when she became the fourth member of Twiggy Frostbite.

Together with Kristofer Jönson (Jenniferever), the band spent all of March recording in an old mill cabin in Korså, where there was no running water and the only toilet was an outhouse. Since the cell reception was nonexistent, all hours awake were spent making music. The album is mixed and mastered by Magnus Lindberg Productions and will be released in the fall of 2014.

Why do you make music?

Elin - Yes, why do we make music? Sometimes it is as automatic for the body to create music, as it is to breathe. Sometimes it is as hard as it is to get up on time in the morning. What we had noticed is that even if the feelings towards creating music vary, the love for it is constant.

Sofia - Music works to me like a chimney to a fireside; if the music isn't let out of me I get poisoned and choke to death.

Anna-Karin - When I haven't been to the studio and played for a while I get restless legs. I start to feel deviant, as if something is missing. To me music is like an adventure, which can take me anywhere, like going on a trip without physically moving.

Emma - Music is like going out into the forest and just exists. It soothes the soul and the creativity begins to flow. If someone likes the result its even more exhilarating.

What music and musicians inspire you?

Anna-Karin - I love lyrics. When I get hooked on a song it's usually because of a phrase that describes exactly how I feel, what I think or my view of the world. I feel like I get a map to path that leads to an unknown place. I also like listening to music that makes me feel like I'm flying, music that spreads itself around me and fills me up right down the every single cell.

Emma - I listen to and get inspired by the same old favorite band I've had since high school. Mew will always be truly close to my heart.

Sofia - Female artists like PJ Harvey, Sharon van Etten, Nellie McKay and Bjork inspires me to go do what I want. Music that makes me react emotionally in one way or the other inspires me. When I feel like someone opens up and I get to see his or her inner souls whether it is ugly, sweaty, desperate or delicate; it doesn't matter as long as it's honest, I am replenished.

How is your music made?

Emma - Usually someone brings an idea for a song to the rehearsal space and then we explore it together to see if it is any good. Most of the ideas are good and are made into songs. Almost always the songs are remolded and rearranged many times before we are happy with it. Everything is done together and everyone approves the lyrics.

Anna-Karin - We all contribute with small fragments that eventually make a whole. Where someone finishes off another begins and together we create something that echoes through the whole body, from every last brain cell down to the toes. We move around all the components and try all possible angles, before every last second has found its own unique place. No detail is too small to notice when our songs emerge.

Elin - It is amazing to write music together, but not always very easy all the time. There are a lot of different strong minds involved, but we all agree on the fact that both art and life is meant to be a bit hard sometimes.

In what state of mind are you usually when you make music?

Elin - It can be anything from in the middle of a walk or in the turns of the ski slopes. Any rhythm has a melody.

Emma - We get together as often as we can, but some days are busy and you can't always wait for the right mood. It doesn't matter if it's early in the morning or in the middle of the night we make sure to take the time to just do it.

Anna-Karin - One of the best things about being in this band is that it doesn't really matter what state of mind I'm in before going to the studio, because I'm always happier, more calm and in a better mood when I leave. Also it can be very beneficial to be a bit angry or sad when playing music. It adds a little extra nerve and it is possible to act out all those feelings through the music instead of in some destructive way in real life.

What's it like playing in an all-female band?

Emma - We like our friends and we try to push forward more female artists, but mostly we collaborate with people because of their great skills.

Sofia - It is incredibly relaxed and liberating! I feel like I have evolved musically and personally in these past few months. I don't think I would express my thoughts and feelings as much if I were in a band with all men. Sad, but true.

Elin - Fantastic, developing and most of all fun!

Anna-Karin - I imagine the difference isn't that big. The reason we play together has got nothing to do with gender, rather than our personalities. I think our biggest strength as a band is how well we collaborate and try to see to the big picture, where ego and prestigiousness take the back seat and what's best for the song or the band comes forth. I get extremely inspired by the endless force that drives us all.

How would you describe your music?

Elin - Like the music for a beautiful, pretty eerie and dark movie, with elements of joy and humor.

Emma - Barren and explosive, heartbreaking and sweet.

Anna-Karin - Like a paradox. Beautiful meets ugly, calm meets stormy, soft meets angular and hard. I see our songs as little stories being told over and over again, shifting through time and being polished like stones by the water until all unnecessary elements are gone and only a diamond remains.

What are your plans for the future?

Elin - Our goal right now is to make the best album possible, and to be the best musicians and people possible.

Anna- Karin - To be in a band is like raising a child together. In the same way I'm as curious about the future for Twiggy Frostbite as someone from the outside would be. I feel like Twiggy has a life of its own which takes us further, higher and towards unknown places.

Sofia - I want to explore what this new collaboration can give me and what I can give my new fantastic band mates and all the new people we will meet through the music.

Why do you choose to work mainly with women?

Elin - Because we have so many awesome and talented women around us that it would be a shame not to work together. And because I've always felt like Twiggy Frostbite is a woman who likes to work with other women.

What do you do when you don't play music?

Emma - I have an Arabian horse at home who needs attention every day. She is my

baby and I do the best I can to make her life as well as I can.

Elin - I go skiing, play tennis, write, and look for vintage bargains.

Anna-Karin - Experimenting with the perfect way of making the most perfect popcorn. Dreaming of the ocean and how cool it would be to go on tour by boat.

Sofia - I photograph as much as I can and hang out with the people closest to me, also I try to get out in the nature. I'm at the end of my collage degree, which means I spend a lot of time writing an essay on democratic issues in pre-school.

What is the most inspiring show you ever done?

Emma - Everything we've done since getting back together had been the most inspiring thing ever done.

Elin - We were the supporting act for the Swedish artist Jenny Wilson recently and her show was most inspiring!

Anna-Karin - One of the many great things about Twiggy Frostbite is that we're not scared of a challenge when it comes to playing at weird and unusual places and contexts. For instance we recently played a show where the whole stage, our selves and the instruments were all draped in white. We had white wigs, white clothes and white make up on our hands and faces. With the snow surrounding the outdoor stage the result was beautifully eerie and the music was the only focus.