

# Stockton Helbing

## *Swimming in Place*



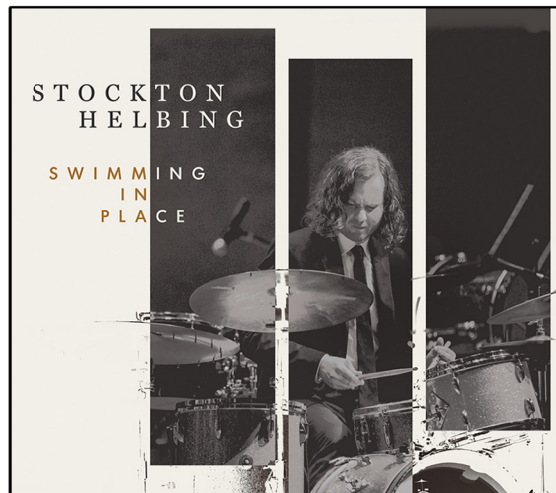
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*Swimming in Place* is the new album from drummer Stockton Helbing. The album features nine original compositions, all by Helbing, performed by his working quintet of the past few years with David Lown on tenor saxophone, Noel Johnston on guitar, Josh Hanlon on piano, and James Driscoll on bass.

“This album represents the music that I have been performing live at concerts and clinics around the greater Dallas/Ft. Worth area that I live in,” Helbing said. “The guys and I have played most of these songs many times together and I think that familiarity allowed us to achieve some exciting musical moments throughout the project.”

“This album is all about my life,” Helbing continues. “The simple, small, funny, odd, and ordinary things that are part of my daily experiences shared with my wife Denise, my son John, my daughter Liliana, my dog Jack, and my turtle Aquarius. Without a doubt, they are the most important parts of my life.”

“As I detail in the album’s liner notes, each song that I wrote has both a musical concept that I was experimenting with, as well as a story or topic that has a direct correlation to my life. I wanted to push myself to grow as a musician and composer while also challenging and inspiring the guys in my quintet to reach for the same goals in themselves. They all overwhelmingly responded with some of the best playing that I have heard them produce to date. I’m very excited to share this album, our labor of love, with everyone.”



### Track Listing:

1. Little Heartbeats (6:45)
2. Shell Games (5:29)
3. The Mean Streets (5:38)
4. Swimming in Place (5:40)
5. Toy Box Tango (6:13)
6. Late Night Scoop (6:05)
7. Following Too Close (3:58)
8. Issues (5:27)
9. Naps Aren't Jive (4:14)

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Available on iTunes, Amazon, CDbaby.com, Google Play, and many more.

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