The Regrettes Boiler 2021

The Regrettes continue to solidify their reputation for unapologetically honest pop songs with the release their new song, “Monday,” their first new music since the release of their sophomore LP, *How Do You Love?*, which *NPR* *Music*proclaimed “a terrific culmination of a band that has been honing and perfecting their sound.” The song was inspired by and written over the last year’s pandemic lockdown, and Lydia Night of the band reveals, “as LA locked down, I felt a huge part of my Identity and ego being stripped away because of no touring, and no connecting with people at our shows. I’ve been touring since about age 12, so I had to come up with a new way to function in the world.  It was really rough, and still is rough, but I found writing this song to be super therapeutic. It’s special that this is the first song we’ve put out in a while because it’s an important moment in time for me to mark. Part of the healing process for me is really learning and trying my best to keep on dancing the pain away so I hope people can relate to that and dance with me, even if it’s not at a show and in the safety of their own kitchen.”

The band, which consists of lead singer and songwriter, Lydia Night, as well as Genessa Gariano (guitar), Brooke Dickson (bass) and Drew Thomsen (drums), earned widespread acclaim with the 2019 release of their sophomore LP *How Do You Love?*, including *NME* who declared them “truly unstoppable,” and *Teen Vogue*who praised their “incredibly self-aware, empowering pop-punk” with additional accolades from *Vogue*, *Rolling Stone*, *Billboard*, and more. The band has headlined sold-out shows throughout North America and Europe, performed at festivals including Coachella and Reading + Leeds, and have appeared on *Good Morning America*, *Conan* and *Jimmy Kimmel Live!*.