

Embargoed Until 9th September

STEADY HABITS



STEADY HABITS PREMIERE ‘EDGE OF CHANGING’ LIVE VIDEO

Steady Habits are a UK-Based alt-country band formed by New-England native Sean Duggan. On 9th September, Steady Habits premiere a live video performance of ‘Edge of Changing’ from their debut EP, *Hold In Your Breath* (2020).

After a standout run of festivals this summer, taking onboard the heart-warming energy from audiences across the UK, Steady Habits have remastered their ‘teen summer’ ballad (*AmericanaUK*, 2020) into a stadium-styled rock number.

“Playing out this song in our live shows this year, it was really driven home by our performance at Truck Festival which had the whole crowd going. ‘Edge of Changing’ was written about transition; shedding a younger skin, learning from mistakes and being able to take responsibility for yourself.” - Sean explains

Released in late-2020, ‘Hold In Your Breath’ EP resonated across the UK Americana scene, picking up airplay on BBC Introducing, The Ralph McLean Show & Baylen Leonard’s the Front Porch on Absolute Radio Country.

‘Edge of Changing’ is the first of a special live series that will be released over the next year. The video was filmed & recorded by Under the Apple Tree’s Miles Myerscough-Harris (WBBC, Wholehog Media) at Hill Farm, the annual site of Truck Festival.

Watch “Edge of Changing” LIVE video [HERE](#)

Listen to ‘Hold In Your Breath’ EP [HERE](#)