

Catharsis

Amy Cann

arr. Peter McLaren

Amy Cann is a North American fiddle player from upstate New York.

Amy tells in her own words how she came to compose the tune and then name it 'Catharsis':

My boyfriend at the time had asked me to save a certain Saturday for us to have some quality together time, and I had loyally turned down a lucrative wedding gig. Come Friday night I find a phone message: "An old friend of mine is in town and we're going hiking — I don't remember if you and I had anything planned, but you can join us if you want."

I knew that if I called him right back I'd probably kill him, so I played the fiddle first. The tune pretty much wrote itself in about two minutes!

