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Sage

Self-Titled

Throw It On The Roof Records 2003

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Based in New Hope, Pennsylvania, the four-piece rock band, Sage, has released their self-titled debut album in April 2003. The double CD set contains eighteen tracks recorded in front of a live audience at SweetCreek studios in Pennsylvania. A double-live disc is an ambitious undertaking for any band, at any stage of its career - let alone as their debut release. However, Sage's self-titled debut shines through admirably and is worth checking out.



Each disc is packed with a diverse arrangement of rock, funk, reggae and free-flowing grooves. The first disc opens with "Bud Jones", not the band's best song, but the following two tracks, "Edna" and "For Trip" quickly show the band's ability to mix it up. "Edna", an eleven-minute free-flowing jam is thick with funk-laden grooves. "For Trip" is a great track with nice harmonies and rolling guitar riffs from Marc Gallo and Tim Nayfield. "Dragonfly" and "Find My Way" sure up the middle of disc 1 with a bit of pop showing up in "Dragonfly" and contagious lyrics and groove that keep you moving in "Find My Way" - one of the best songs on either disc.

Disc 2 is clearly the better disc of the two and more accurately showcases the band's diverse range of styles and influences. The disc opens up strong with a heavy dose of percussion and guitar solos on the Latin-fused instrumental "El Viaje". A staple in the band's live sets, "El Viaje" gets you moving with fast-paces, salsa style rhythms and jams. "Love Your Mother" and "Rocking Chair" are two long tracks with solid jams with funk and jazz influences.

While the band claims to be more of a rock band than a "jam band", a few tracks including "Edna", "Rocking Chair" and "Flow->", display the band's ability to experiment with free flowing jams that bring you to the edge but never quite drop you off the cliff. From rock & roll to salsa, Sage will get you up on your feet shaking to their infectious grooves.

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