

## Follow - Program Note

Follow was written as part of the Gabriela Lena Fran Creative Academy of Music, and originally workshopped by baritone John Johnston and guitarist Andrea Gonzalez Caballero.

The song features text by my frequent collaborator Marco Grosse, and the text very much resonates with me and my interest in disability embodiment. I believe that lines such as "When I tried to follow you I stumbled" and "my incapacity turned into my own living" reflect flawed notions of societal conformity, and the necessity of following one's own deformity and ultimately one of possibility.