

# Six Bar Break

ACOUSTIC ROOTS & BLUES

Contact: Ben 717-602-9964  
[band@sixbarbreak.com](mailto:band@sixbarbreak.com)  
<http://www.sixbarbreak.com>



Check out [www.sixbarbreak.com](http://www.sixbarbreak.com) for songs, videos and our tour schedule

Six Bar Break is a roots & blues trio based in Harrisburg PA. Helmed by the groups primary songwriter; Ben Bollinger; they've been spreading the word about the band throughout the mid-Atlantic and picking up new fans everywhere they go.

The driving sound of Six Bar Break has been described as a modern fusion of roots, rock, and blues, but still uniquely original. They're constantly pushing to create something of their own. Something built on the riffs, beats, solos. Glued together with a vocal begging to be heard and a story ready to be told.

The band independently released their debut album; Echo Seven Nine; in September of 2016. Then in May of 2017 their sophomore effort; "Broken Road". Following up on that success "Cleaner Than I Feel" was released in September of 2018. Since then they've been continuing to release video on Youtube, Facebook, and Instagram; live streaming, staying in the top 10 on the local ReverbNation charts and playing a full schedule in the tri-state area.

To find out more about the band:

**ReverbNation:** <http://www.reverbNation.com/sixbarbreak>

**Facebook:** <https://www.facebook.com/sixbarbreak>

**Twitter:** <https://twitter.com/sixbarbreak>

**Youtube:** <https://www.youtube.com/user/sixbarbreak>

**Website:** <http://www.sixbarbreak.com>

**Instagram:** <http://www.instagram.com/sixbarbreak>

**Email** [band@sixbarbreak.com](mailto:band@sixbarbreak.com)

## Fan Posts:

*"A classic power trio that rocks!"*

- G.Skirboli || Facebook

*"Six Bar Break rules! They are always ready to rock! Highly recommend putting these guys on the must see list"*

- J Noll || Facebook

*"Awesome guys, great sound!"*

- N Meyers || Facebook

*"My face is still melted from the guitar solos, and I will likely never recover from being rocked so hard. I'm still in physical therapy. Thanks Six Bar Break!"*

- C Becker || Facebook

*"Great Band - Saw'em at Gettysburg Rocks, Really Cool."*

- Facebook.com fan

*"You guys rock \m/"*

- Facebook.com fan

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## Current Album:

The band completed their third album; **Cleaner Than I Feel**; in September 2018.

## Millennium Music Conference:

2019 the band has been 1 of 150 national acts selected out of **3500** submissions to be a part of the Millennium Music Conference

## Gettysburg Rocks:

2019 the band has been working with the 4 Diamonds Foundation performing at the bi-annual event to raise awareness and funds for **Childrens cancer research**.

## Launch Music Conference:

In 2017 the band was selected to be a part of the **Launch Music Conference**

## Tellus 3 City Fest:

In 2017 the band was invited to be a part of the first Tellus 3-City-Fest. This festival was 3 days of music, across 3 stage for over 50 acts.

## City II City:

In 2015 the band was 1 of 100 national acts selected in Baltimore out of **1500** submissions to be a part of the City II City 2016 event and compilation

## ReverbNation:

Since 2015 the band made it to **#1** locally & regionally each year in the Harrisburg PA area

## 105.7 the X's Under the Radar night:

Central PA's rock station selected the band to play in a **showcase** of regional talent

## Lizzar Music:

Lizzar Music; The Hub of Independent Music; selected the band as their first **NewComer Pick**.



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## **Ben Bollinger (Vox, Guitar)**

As a musician growing up I was greatly influenced by classic rock and blues guitar hero's. Clapton, King, Vaughn, and on and on. All of them made me find the guitar and start on a journey to craft my own sound. Once I was in my late teens I started writing and recording and honed my sound from there till now.

Current Rig: Taylor and Alvarez acoustic guitars

## **David Long (Percussion)**

Music has been a part of my life since I was a little kid. It's something that people can relate to in any situation. I've played with many great musicians over the years, in all different genres of music. Six Bar Break brings out something new in us all, and I'm ready to see where it leads.

Current Rig: Tone Custom, Saluda & Scorpion sticks



## **Robert "RT" Trowbridge (Bass)**

Music has always been a way for me to communicate with life and how everything effects my soul. In 9th grade with paper route money I made monthly payments for a bass guitar. Twenty plus years later with influences from Black Sabbath, Led Zeppelin, Iron Maiden, Judas Priest and every other band between now and then. I've created a darker side of life style that mesmerizes the soul. We all have something different to offer. I give everything; heart and soul

Current Rig: Rickenbacker & Ibanez basses

