

The Sun Or The Moon

Into The Light

01. Mutant Discotheque
02. Into The Light
03. Living Room Disaster
04. Mental Eclipse
05. Bridal Day
06. Alienation Hop (CD Bonus Track)

Label: Tonzonen Records
Distributed by: Cargo Records
Catalogue number: TON178

LP: Edition of 400 (Bespoke Vinyl orange/white/black),
Gatefold, Download Code, EAN 4260589412236

CD: Edition of 300, Digipack, EAN 4260589412229

Release: 21.03.2025

Genre: Psychedelic, Neo Kraut, Progressive

About the band

The Sun Or The Moon is an up-and-coming band that has been inspiring audiences with its unique sound since it was founded in 2019. The band moves stylistically between the coordinates of Kraut Rock, Psychedelic Rock and Progressive or Art Rock. In 2024, a new drummer and a lead singer joined the band and have been setting new exciting accents ever since. In March 2025, The Sun Or The Moon will release their third album entitled *Into The Light*. This album marks an compelling evolution of their sound, focusing in particular on the Progressive and Art Rock dimension of their music.

The band's albums as a whole are remarkable: their debut album *Cosmic* (2021) is strongly anchored in Kraut Rock, while their second album *Andromeda* (2023) delves into the realms of Psychedelic Rock. With *Into The Light*, the five musicians are now adding new musical nuances and underlining their versatility and creativity in the progressive music scene.

Line-up

Frank Incense: Bass, Modular Synthesizers,
Keyboards, Baritone Guitar, Vocals
Susanne Schneider: Keyboards, Piano
Markus Weber: Guitar
Marcus Pukropski: Drums
Thom Gue: Vocals



About the album

The Sun Or The Moon invites you to an exciting journey that fascinates with hypnotic sounds and profound lyrics. The band's third album focuses on the challenges and tensions of our time and stages them musically. It combines Progressive and Art Rock with pointed commentaries on the turbulent developments and sometimes depressing mood of our modern world.

01. Mutant Discotheque

A monumental 16-minute opener that is divided into three independent parts: Fear Porn (Part 1), Alienation Hop (Part 2) and The Circle (Part 3). Atmospheric transitions seamlessly connect the sections like acoustic hinges. Fans of Pink Floyd and Archive will appreciate the epic structure and complex soundscapes. "Alienation Hop" (Part 2) stands out as a single and also provides bonus material for the CD version of the album.

02. Into The Light

The eponymous song, carried by a motoric beat, draws on Kraut roots and combines them with the band's love of experimentation. Repetitive patterns and sudden, fuzzy power passages make for an exciting listening experience.

03. Living Room Disaster

A homage to Prog Rock with clear influences from Porcupine Tree and Genesis. Sophisticated instrumental passages and dynamic song structures make this track a highlight for genre fans.

04. Mental Eclipse

A purely instrumental track that takes up the tradition of the Berlin School and Kosmische Musik. Melancholic saxophone sounds, sensitively performed by Daniel "The Wizard" Reck, lend the track an introspective, almost trance-like depth.

05. Bridal Day

An artistic setting of a poem by Edgar Allan Poe. Art-pop meets emotional intensity and is rounded off by a final, epic piano solo.

06. Alienation Hop (CD Bonus Track)

A danceable remix of the second part of the monumental opening track of the album. Produced as a psychedelic mid-tempo funk, in which the captivating voice of guest singer Magdalena Wine comes into its own. The song rounds off the CD version of the album as a bonus track and will also be released as a digital single.



Links

Website:

<https://thesunorthemoon.com>

Label:

<https://www.tonzonen.de/the-sun-or-the-moon>

Email:

contact@thesunorthemoon.com

Bandcamp:

<https://thesunorthemoon.bandcamp.com/releases>

Facebook:

<https://www.facebook.com/thesunorthemoonband>

YouTube:

<https://www.youtube.com/channel/UCCtNTTONALvE4USKmmkz34w>

Instagram:

https://www.instagram.com/the_sun_or_the_moon_music/

Spotify:

<https://open.spotify.com/intl-de/artist/1UN9mzPNZAYANes97HPtk7>