

---

## IT TAKES A LOT NOT TO END UP DEAD

*A redemptive musical journey with original songs by Lizzie Flynn performed by Lizzie Flynn and Ella Macrokanis.*

---



Driving down the highway gives you a lot of time to think. The reflection in the rear view mirror isn't always as picturesque as you'd hoped... So hop in and hitch a ride on this road to redemption, where you can either drive down a highway of regret or try to find a brand new view.

***It Takes a Lot Not to End Up Dead*** is a collection of original songs and stories that weave through a conversation with Lizzie and her younger self, played by Ella Macrokanis. What could I have done differently? Where did I go wrong? If only I knew then what I know now.

**Lizzie Flynn** writes songs that alternate between satirical toe-tapping tunes to tender ballads of lessons learnt and love lost. 'Prisoner in my own Town', from her latest album, was shortlisted in the 2016 Vanda and Young Songwriter Awards, alongside songwriters such as Josh Pyke and Tash Sultana. Her album was featured on ABC Brisbane's Album of the Week (Steve Austin) in 2017, and on Christine Anu's National Radio Show.

*"The bright and breezy vocals of Brisbane-based musician Lizzie Flynn convey a welcoming and open conversation. Soundly crafted alt-country ballads and fun folk-tinged melodies float pleasingly across nine tracks. Flynn's tone and phrasing are reminiscent of Suzanne Vega with a clarity to match our wide southern skies."* Rhythms Magazine, Nov 2017.

While still attending Brisbane State High, **Ella Macrokanis** has already won professional supporting screen acting roles, most recently in the SBS mini drama series, Safe Harbour, alongside Phoebe Tonkin and Ewen Leslie.

For Ella, who was taught music by Lizzie as a twelve-year-old student at West End State Primary school, 'Ms Flynn' provided the inspiration and encouragement to take an artistic career seriously, so there is a truthful connection between the two in this production.

Five years on, with Ella now having performing experience in both musical theatre and acting, and Lizzie having written a new album of original songs, they have come together to take you on a journey of the 'sliding door' moments that we face in the road trip of our lives.

Lizzie Flynn 0410 159 798 | [lizzie@lizzieflynn.com](mailto:lizzie@lizzieflynn.com) | [www.facebook.com/lizzieflynnmusic](https://www.facebook.com/lizzieflynnmusic) | [www.lizzieflynn.com](http://www.lizzieflynn.com)

IMAGES FROM DEBUT OF THE SHOW AT THE QUEENSLAND CABARET FESTIVAL, OLD MUSUEM (JUNE 2018)

