

Blues Duo
featuring
Tracy K & Jamie Steinhoff

"I truly hope that Tracy K and Jamie Steinhoff continue as Blues Duo and in doing so, offer us much more of the same in the future, from these immensely talented artists." John Vermilyea (Blues Underground Network)

When former chef Jamie "Snakeman" Steinhoff isn't cookin' in the kitchen, he's cookin' on guitar. The 2011 album "Canned Heat" introduces this bluesman guilty of preserving authenticity paired with award winning Manitoba performer Tracy K. Known for wailing on harmonica, beltin' out blues and crooning jazz, Tracy K's desire to form a specific kind of acoustic duo was fulfilled after moving to Thunder Bay, Ontario where she met Jamie Steinhoff. Drawing from the dawn of modern music in the Deep South, Tracy K and Jamie Steinhoff present pre war and rare vintage gems by the great Blues statesmen and women of Delta, Piedmont, Hill Country persuasions. Steamy blues, lively rags, hokum jazz sounds create back porch vibes from an era long since passed. As songwriters, their music reflects experience on the road and tales of love, both lost and found. Together Tracy and Jamie have been recorded by CBC Radio's "Bandwidth", "Canada Live" and co-wrote an epigrammatic tribute for Jowi Taylor's Six String Nation Guitar tour. They've shared stages with artists like Bill Bourne, Rita Chiarelli, Joey Landreth, Terra Lightfoot, Fred Eaglesmith, Ramblin' Jack Elliot and John Sebastian. The duo was a quarter finalist at the 2014 International Blues Challenge in Memphis, Tennessee, where they were featured at the Fed Ex International Showcase. Since moving back to Manitoba in 2014, the duo has done a Home Routes Tour and several house concerts in Ontario, Manitoba, and BC which saw the duo packing Tracy K's infamous Stolen Apple Jelly (song on their cd). Tracy K has three other albums and appears on several international recordings and in two Hollywood films. She is the only Canadian on Ruf Records 'Blues Harp Women' album from 2016. Over the years, the Toronto Blues Society has selected Ms.K for performances at their annual Harmonica Workshop, Women's Blues Revue, Talent Search, and their Internationally acclaimed Blues Summit. Tracy K was commissioned by CBC Radio to write a song for "Canada Reads, Ontario Rocks" and her band was recorded live in Ottawa for CBC's "Canada Live". Tracy and Jamie are based in humble little Beausejour, Manitoba, where they garden, enjoy nature, kayak, cross country ski, and play music with friends.

TRACY K AWARDS

Western Canadian Music Awards, Blues Artist of the Year Nominee 2018

International Blues Challenge - Quarter Finalist, Band 2014, Duo 2013

International Songwriting Competition Awards 2007 - Blues Award for "Broken and Blue", and Performance Award for "Rollin' with the Changes"

Ontario Independent Music Award - Best Blues Song 2007

Toronto Blues Society Talent Search - First Runner-Up 2007

Winnipeg Blues.com - Harmonica Player, Female Vocalist of the Year 2006

Winnipeg Blues.com - Electric Act of the Year Nominee 2006

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