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Girl Power to the Max! Lisa St. Lou Delivers a Sassy and Strong 'Girl Get On'

JUNE 21, 2021 – 8:48 PM

BY

LAURA B. WHITMORE



Ready for some retro sass? Broadway veteran [Lisa St. Lou](#) delivers in spades with her track “Girl Get On.” A fun R&B romp, St. Lou channels her inner funk with spot-on lyrics and powerhouse vocals that burst open a dam of you-done-me-wrong indignation. The track appears on her New Orleans-based album *Ain't No Good Man*.

St. Lou shares, “‘Girl Get On’ is about loyalty, or really the lack of it. It’s easy to feel angry when you’ve been lied to by the most important people in your [life](#), but it’s a lot more fun to channel that anger into an

upbeat, old school R&B song. Besides, the best revenge is getting it all out through music for the world to hear. I hope people who hear this song will feel inspired to tear down the obstacles that are holding them back. Sometimes the truth hurts, but ultimately it will set you free. It certainly worked for me.”



Lisa St. Lou is living proof that it's never too late to live your dream. Post-40, post-divorce and post-theater career, she decided it was high time she recorded her debut album, *Ain't No Good Man*, a collection of blues-drenched songs that are every bit like St. Lou herself: vibrant, fun, empowering and a lil' bit sassy.

The album was created in New Orleans with hometown favorites Irma Thomas, Ivan and Ian Neville and Walter "Wolfman" Washington along with award-winning vocalists Celisse Henderson (Lizzo, Broadway's "Wicked) and Crystal Monee Hall (Rent, The Mickey Hart Band). St. Lou shares, "It is truly remarkable when a group of the funkier New Orleans male musicians can come together to throw their power behind a predominantly female message of calling a bad man out. It's a testament to these gentlemen, who wanted to put that power into their instruments."

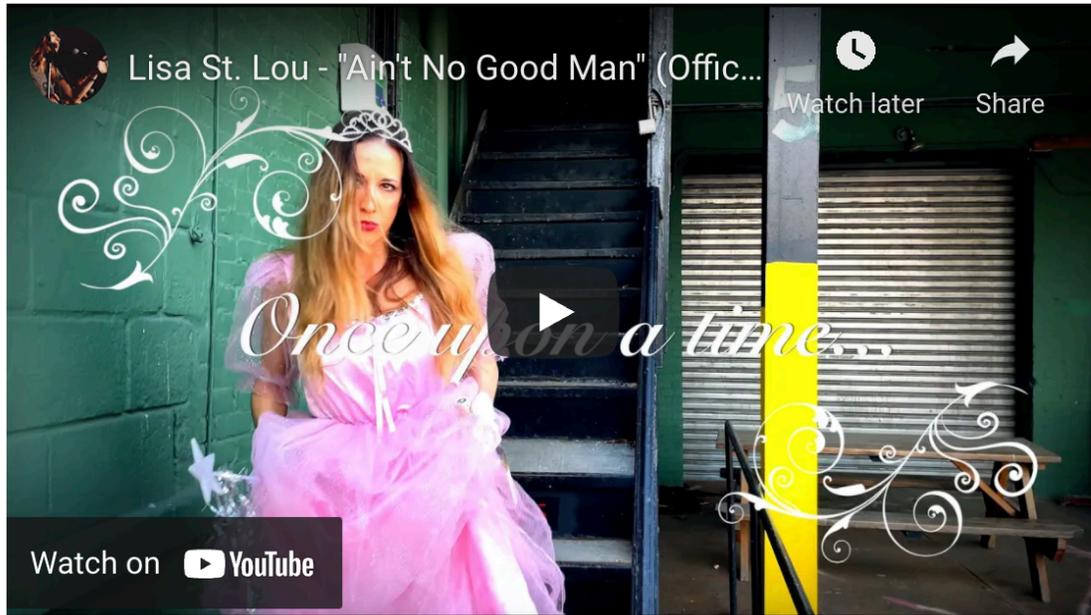


Lisa St. Lou Channels A New Orleans Sound On “Ain’t No Good Man,” The Title Track Off Her Debut Full-Length Album

MAY 12, 2021 by: OFFBEAT STAFF

0 COMMENTS





Singer/songwriter Lisa St. Lou has just released a scathing new video for "[Ain't No Good Man](#)," the title track off her debut full-length album, [out now](#). Steeped in the music of New Orleans, with appearances by Cyril, Ian, and Ivan Neville, "the soul Queen of New Orleans" Irma Thomas, Tony Hall, and a host of other Crescent City scions, 'Ain't No Good Man' spent seven weeks on the *Billboard* charts upon its release, with lead single "I've Seen The Light" becoming one of *Billboard's* most-added songs at Adult Contemporary radio, alongside Taylor Swift and Lewis Capaldi.

"Ain't No Good Man" tells the story of St. Lou's self-rediscovery after surviving a soulless, emotionally abusive marriage. "I grew up reading the same fairytales that most girls did: 'prince saves princess and they live happily ever after,'" she explains. "The fairytale was shattered when someone I thought could do no wrong did wrong, and it made me question whether there were any good men out there at all. Once I accepted that it was my responsibility for putting so much reliance on a man, the song became the album's anthem, a battle cry for other women to write the fairytale for themselves. Well, that—and it's a lot more fun to channel your anger into an upbeat, old school R&B song with the funkier, most soulful musicians on the planet!"

A seeker of the soul who found a way to drown-out the demons of the past with her sensational voice, Lisa's passion for music began as a young girl, performing for a small congregation at her grandmother's Baptist Church in St. Louis. Pressured to pursue a formal education rather than a career as a recording artist, she moved to New York to study music, received a master's degree in opera, and ultimately landed a role in *The Producers* on Broadway. But her personal ambitions clashed with the desires of her husband, and when the marriage became untenable, Lisa made the toughest decision of her life, leaving the life she knew and refocusing her energies on her love of music. "Ain't No Good Man" marks Lisa's return to the spirit that moved her to sing in church. It's the story of a woman who went through it, came out the other side, and lived to tell the tale.

Summoning the legends that inspired her like Nina Simone, Aretha Franklin, and Janis Joplin, Lisa began a collaboration with Grammy-nominated producer/songwriter Tor Hyams, which ultimately lead to a complete exorcism of the relationship demons that had plagued her whole life. And "Ain't No Good Man" was born.

Twelve original songs that pay homage to '60s soul started as simple piano/vocal demo's, but quickly morphed into much more when the musical royalty of New Orleans got involved. Meters founder Cyril Neville was drawn to the project when he heard "Whatcha' Gonna Do." Even the soul queen of New Orleans, Irma Thomas, threw down her signature stanky blues vocals on "Nothing Is Ever Enough (for a man)." If there was any question that a woman could start over in her forties, Cyril responded, "sh*t, I ain't listening to her age."

But the album isn't about bad men. Or age. It's about the resilient "spirit of St. Lou"; facing the ugly truth with a smile and a song. This is Lisa St. Lou, the same girl who found her voice at her grandmother's church in south St. Louis. Full circle.



ALBUM REVIEWS BROOKLYN FUNK/SOUL/R&B

Infidelity Makes Sweet Sounds On Debut From Lisa St. Lou, "Ain't No Good Man"
By Sal Cataldi On Mar 10, 2021

Marvin Gaye's "I Heard It Through the Grapevine," TLC's "Creep" and Alanis Morissette's "You Oughta Know." The Eagles' "Lyin' Eyes," Dolly Parton's "Jolene" and, of course, Hank Williams' "Your Cheatin' Heart."

Infidelity is torture on the soul of the victim. But it is also a potent catalyst for great artistic output, especially for musicians. It's the brand of misfortune that inspired classic songs like the above. It also birthed a bevy of legendary albums, from Fleetwood Mac's *Rumours* to Dylan's *Blood on the Tracks* to Beyoncé's *Lemonade* – works which pushed these artists to creative apices they may never match.

Singer/songwriter Lisa St. Lou with debut album, *Ain't No Good Man*, is another powerful product of a 'done me wrong.' It's a blues-powered blast of 13 soulful originals, tunes that travel the road from betrayal and broken heart to redemption and, seemingly, a new love. They are expertly performed by Lisa St. Lou and an all-star crew including New Orleans greats Irma Thomas, Cyril, Ivan and Ian Neville, axe man Walter "Wolfman" Washington and many more.

Brooklynite St. Lou's style is anchored in the gospel she absorbed as a child at a Baptist church in her native south St. Louis. Her childhood love of singing led her to serious musical study. Lisa earned a Masters in Opera (!) before heading to New York City and rapid success with a role in the Broadway production of *The Producers*. But an entertainer's lifestyle didn't jibe with her new husband's vision of their future, so she quit showbiz and had two kids. Her partner's repeated infidelities over the following decade led her to the most important decision of her life – leaving him in an effort to reclaim her voice, metaphorically and now literally.

St. Lou has had the good fortune of partnering with Grammy-nominated producer and songwriter Tor Hyams (Joan Osborne, Lou Rawls) for her debut. And while she cites Aretha Franklin, Janis Joplin and Nina Simone as inspirations, I hear another soulful St. Louis white girl wailer evident in her style – Bonnie Bramlett of Delaney and Bonnie fame.

St. Lou and Hyams have co-written 12 top-flight tunes. They are all in a bluesy vein but with an original bend, not a very easy thing to do with such a well tread genre. Recorded at Parlor Studios in New Orleans, the tunes all naturally have a swampy, steamy, Big Easy groove. There's also plenty of Memphis in the horns and Stax-like guitar licks and Chicago-flavored gospel in the ever-present Hammond organ swirl and churchy background vocals.

The album kicks off with the title track. Here Lisa puts her operatic pipes and gospel grit to good use. She sings high and hard to romantically nihilistic lyrics like:

”

*I'm hip to the game
They're always the same
I can smell a rat from a mile away
Ain't no good man
Who gon' be lovin' me, anytime soon
Ain't no good man,
Who can fool me twice, by giving me the moon*

“Girl Get On” warns the “other” woman to stay away from her man, set to an up tempo groove with plenty of lyrical double entendre. “Love Me Baby” is a plea that starts with fingers snaps, a four note bass riff and solo voice, before breaking into a shuffling blues with some great call-and-response with the chorus.



On one of the album's showstoppers, "Nothing Is Never Enough (For A Man)," St. Lou is joined by the immortal Carla Thomas. The NOLA soul queen who throws down her signature stanky vocals on a slow blues with some sweet guitar licks and punchy lines like:

”

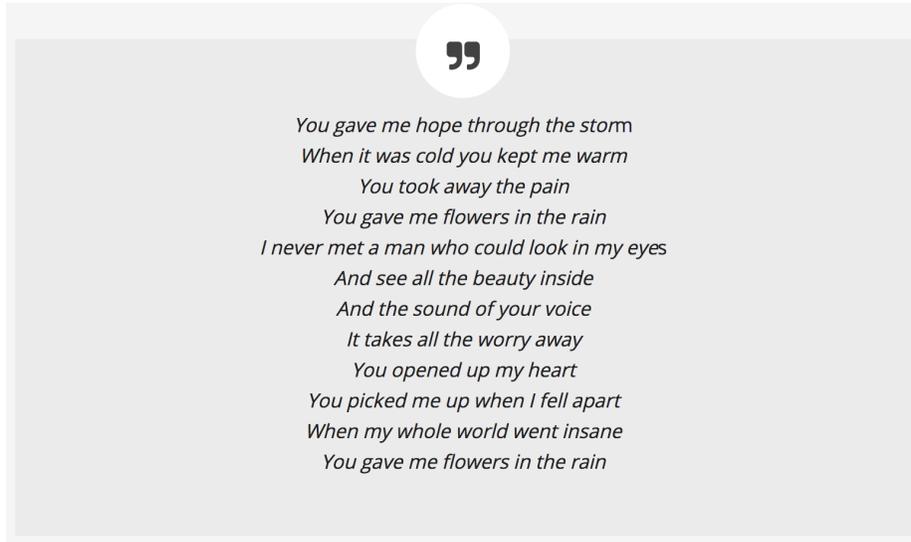
*You give your body, you give your soul
You give up on every fight
Don't wanna get out of bed in the morning
Cause nothing, nothing, nothing is ever right
Nothing is ever enough, for a man
Nothing is ever enough, for a man
Don't matter how hard you tried or if you're doing the best that you can
Nothing is ever enough, for a man*

The Meters' founder Cyril Neville shares the vocals on "Whatcha Gonna Do." This is true New Orleans funky with all the trimmings, wah wah guitar (or clavinet), more call-and-response vox and a jerky stop-time beat.

While St. Lou's go-to style is up tempo, my favorite tunes here are the ballads. "Miracle in Motion" is an achingly slow love song, a gospel-flavored offering with no lyrical axe to grind. There's some nice rhythmic changes and modulations, luscious horn and keyboard support, which make this seemingly straight forward ballad something more.



My favorite on the album, “Flowers In the Rain,” closes the collection on the kind of hopeful note we wish for all wronged in love. The arrangement is pure gospel, largely just piano and voice at first, like a sketch or a demo. Lisa and her throaty angelic background singers build the song, along with a churchy, bluesy organ that surges and dances around the melody. This is a real could-be classic.



St. Lou’s Ain’t No Good Man is a musical journey through Kubler-Ross’s famous five stages of loss, with plenty of anger at first, ending with acceptance. It boasts some wonderful songs and topflight performances from all involved. It’s good musical medicine – a shot of gospel goodness that can help the brokenhearted exorcise their rightful anger and move on down the road.

It’s also refreshing to see a debut disc come our way from a 40-something with something to say, rather than a pre-fab teen product spit out by the pop machine. In music, as in life, Lisa shows that it’s better late than never.

Lisa’s website provides some cool video clips of the recording of the album and discussions of the development of the songs and the arrangements. Check it out here and find all links to all platforms here.

Key Tracks: Whatcha Gonna Do, Nothing Is Never Enough (For A Man), Flowers In the Rain

LISA ST. LOU AIN'T NO GOOD MAN

Ain't No Good Man

Lisa St. Lou



⏪ ————— ⏩ 🔗

1	Ain't No Good Man	2:44
2	Girl, Get On	3:17
3	Hey, Hey, Hey	3:03
4	Still Hanging On	4:14
5	You Better Don't	2:18
6	Love Me Baby	2:41
7	Nothing Is Ever Enough (For ...	4:45
8	Whatcha' Gonna Do	2:55
9	Miracle In Motion	4:35
10	I've Seen The Light	2:51

BUZZ MUSIC

Delivering a Significant Message Through a New Orleans' Feel, Lisa St. Lou Embodies Power

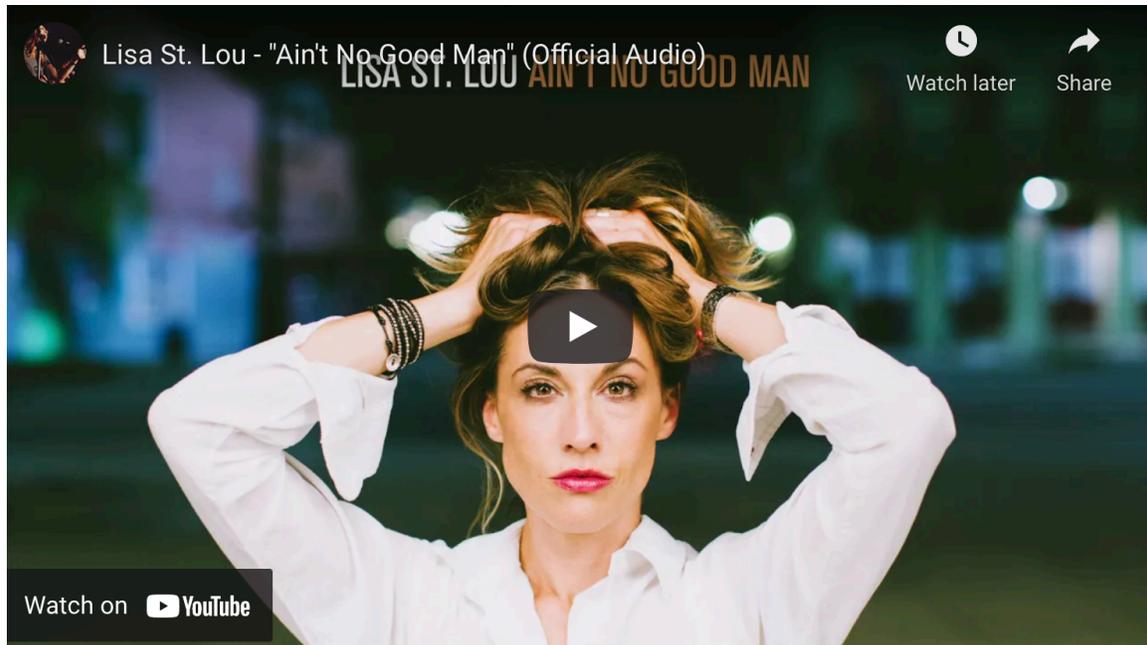


Emerging soul singer Lisa St. Lou, brings forth sounds that are steeped in the music of New Orleans. Freshly on her album, "Ain't No Good Man," Lisa St. Lou recorded the works with Cyril Neville, Aaron Neville, and 'The soul Queen of New Orleans,' Irma Thomas. Spending 7 weeks on the Billboard Charts with this body of work, "Ain't No Good Man," tells the story of Lisa's self-rediscovery after surviving a soulless and emotionally abusive marriage, as she returns to the spirit that moved her to sing in church. As we bring ourselves to the title track of Lisa St. Lou's empowering sequence of vitality, "Ain't No Good Man," we find ourselves thriving in a world of timeless soundscapes that only a Lisa St. Lou melody can deliver.

Bringing big band elements to the musical foundation weaved into this composition, each instrument introduces itself with an impactful showcase of purpose. The rhythmic bass line coincides with the opulent

guitar riffs performed, as the tight percussion sets the tempo for the golden horn notes to brilliantly peak into each pocket in an astounding conveyance of life sprinkled into the mix.

Creating that fortified foundation for Lisa St. Lou to embark on a striking voyage of powerhouse timbres, the amalgamation of her compelling harmonies fuse together with these components in a way that pulls us deeper into the sensational creation in its entirety as she speaks words of authenticity. As a seeker of the soul who found a way to drown out the demons of the past, Lisa St. Lou irrefutably exposes her passion as she channels her delicate ambitions through a narrative of a woman who went through these abusive hardships, and came out the other side and lived to tell the tale.



Welcome to BuzzMusic, Lisa, and congratulations on the release of 'Ain't No Good Man.' We know the album delves into really deep and personal topics for you. What did it take for you to channel those emotions when bringing this album to life? The first thing I had to do was admit there was a problem. I used to think that everything that happened in my marriage was his fault and I suppose, in a traditional sense, it was. But where was I in all of that? Thinking about my role in that relationship was really the hard part. Ultimately, I had to take responsibility for allowing myself to ignore what was right in front of my eyes; the fact that I let myself get lost in a man. So Ain't No Good Man became about the journey to find me again, making my way through the muck and coming out the other side even stronger because of all the hardship. Strength lasts. Sadness fades. And it has now become a bugle call to move forward out of weakness and into power. Thinking about all the other women my age, or any age really, who have gone or were currently going through the same sobering truths are what pushed me to finish the album and get it out into the world as a healing tool for others. That and maybe a bottle of wine or two.

We love the timeless feel of songs like "Ain't No Good Man." Can you please share your creative process for that song in particular? Did you always know that it would be the title track? That song came to me when I was disappointed by someone I put on a pedestal, a man I thought could do no wrong. If he could screw up, then what hope was there for any man at all? Once I accepted that it was really me being disappointed that I once again put so much reliance on a man, the song became the album's anthem, the point from which all other songs were sired. Originally I heard a soaring line, much like that of Otis Redding's "I Was Born By The River" and felt like a "wail" was the only way to express my pain. That "wail" ultimately found its way to the final chorus to allow for a build throughout the tune.

What was it like working with Cyril Neville, Ivan Neville, and Irma Thomas on the new album? Well, first of all, this collaboration would have never happened if Tor and I hadn't had a drink one night at Sunny's Bar in Red Hook, Brooklyn. "It's Raining" came on and I was like, "who on earth IS that?!" Of course, it was the legendary soul queen of New Orleans, Ms. Irma Thomas. So to say it was a dream come true having my original muse duet with me on "Nothing Is Ever Enough (for a man)" would be an understatement. Hearing the funkier music ooze out of Ivan Neville's fingers and throat on every track was like getting a doctorate in soul music throughout the course of the week. Cyril Neville and "Whatcha' Gonna' Do?" were a match made in heaven and basically defined the message of this album in one sentence when asked what he thought of the woman in her forties trying to break into the record business. He replied, "Well shit, I ain't listening to her age." When all was said and done, the experience was truly a once-in-a-lifetime life lesson, which proved to me that soul is a shared phenomenon expressed in collaboration with like minds. I guess I just didn't realize how alike the Neville's and I were. Pain is pain no matter your gender.

Is there a specific message that you hope your audience will take away from this album?

I hope people who hear these songs will feel inspired to tear down the obstacles that are holding them back. Sometimes the truth hurts, but ultimately it will set you free. It certainly worked for me.

What's next for Lisa St. Lou? Covid kicked up a lot of things for a lot of folks, but for me, it was writing the next chapter of songs to continue the soul journey. I wanted to explore the scenes afterlife with a "no good man"...where the light is bright and the heart is full. And with that, comes a new and exciting perspective on the framework in which the music lives. When the artists evolve, the music evolves and I can't wait to share what's in the pipeline.

MUSIC NEWS

PREMIERE: Hey, Hey, Hey! **Lisa St. Lou!** **It's never too late**



Photo: Jacob Blickenstaff

As a kid, Lisa St. Lou sacrificed her own needs for the wants and needs of her mom and dad, and later her husband and kids. Only when she sang was Lisa Number One to herself, even from the time she sang at her church in St. Louis, with her grandmother proudly beaming from the pews.

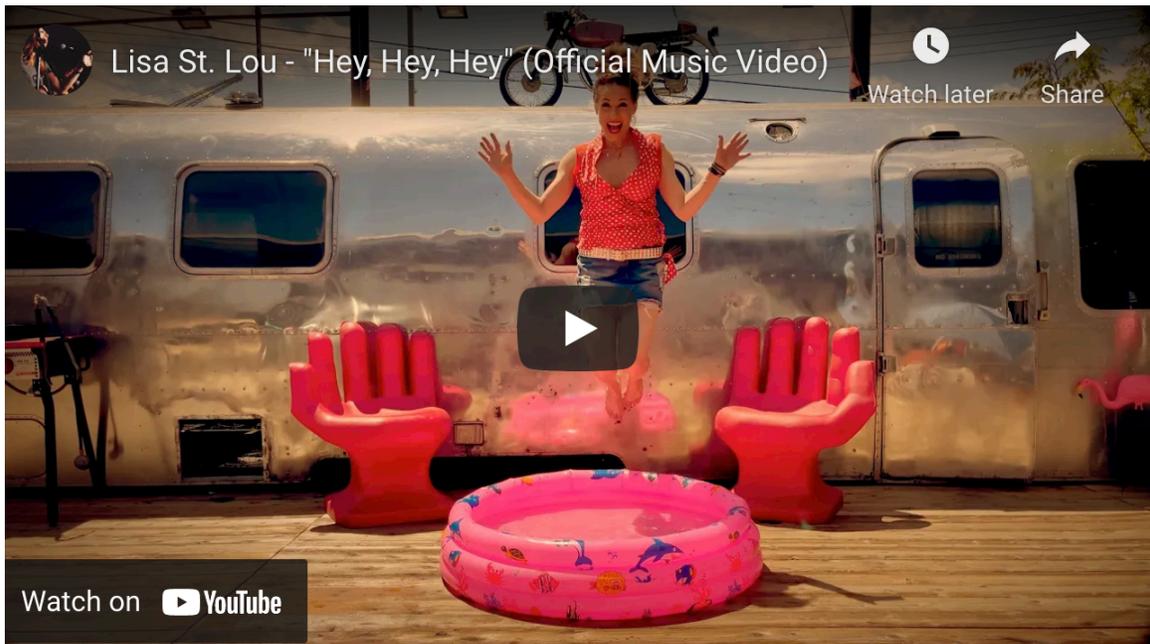
St. Lou studied music, got a Masters degree in opera, got to New York, got married, got a role the Broadway production of *The Producers*. But her husband's schedule conflicted, so she had kids. Ten years later, St. Lou realized she no longer had a voice as a person and no voice as a performer, either.

In her 40s and inspired by legends like Nina Simone, Aretha Franklin and Janis Joplin, Lisa St. Lou went back to the spirit that moved her to sing in church, and loosed the soaring vocals that now tell her story. As Cyril Neville said after hearing St. Lou, "Shit, I ain't listening to her age."

St. Lou began a collaboration with Grammy-nominated producer/songwriter Tor Hyams, and the 12 original songs that started as simple piano/vocal demos quickly morphed into an album. Meters founder Cyril Neville was drawn to the project when he heard "Whatcha' Gonna Do." The soul queen of New Orleans, Irma Thomas, threw down her

signature stanky blues vocals on “Nothing Is Ever Enough (for a man).” *Ain’t No Good Man* was born.

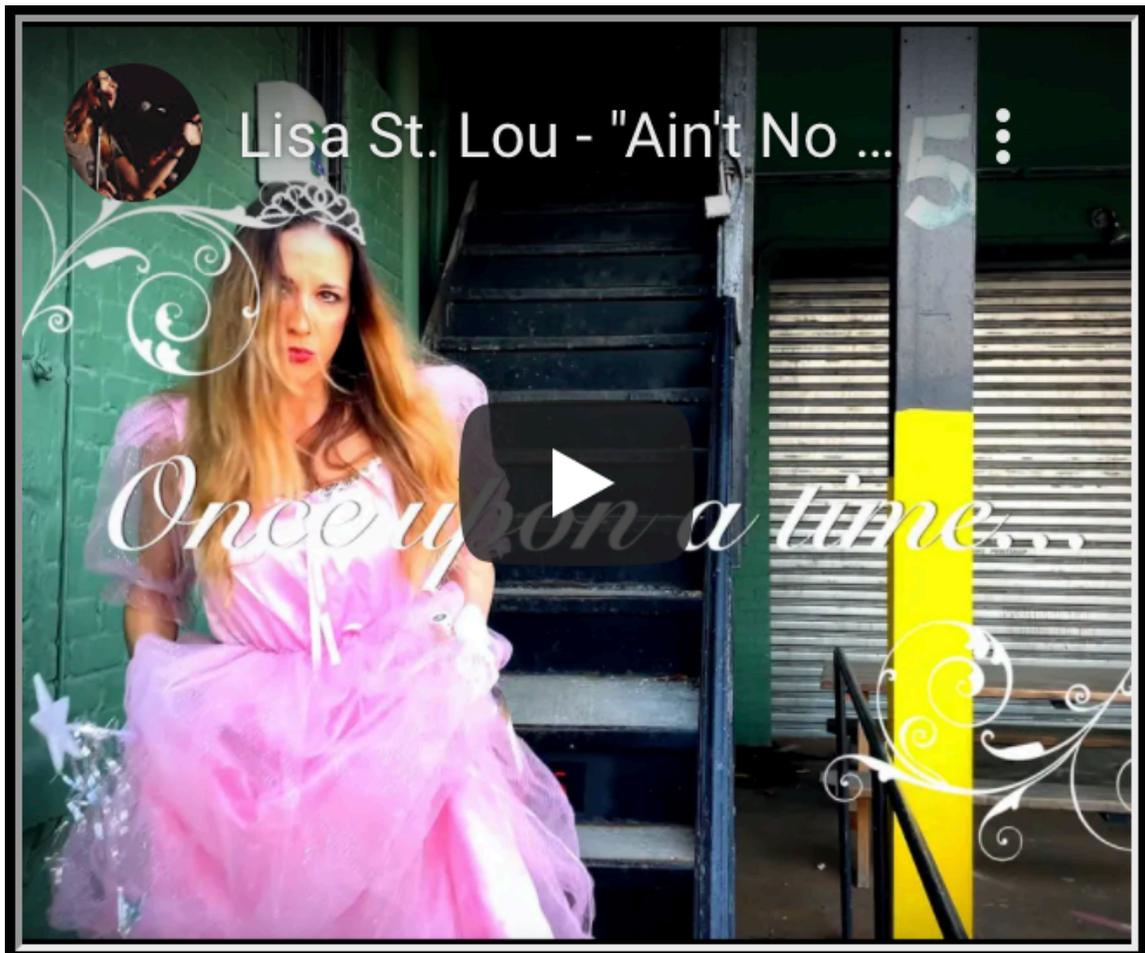
St. Lou explained our Premiere to *Elmore*: “I saw so many women in my family give and give to men who only knew how to take. Ironically, it was never the big arguments or unforgivable acts in a relationship that seemed to cause its demise, but the little things that tipped the scale towards ending it all. Those small, seemingly benign actions that the other person does on a daily basis are what seem to push a person past their tolerance level and into absolute intolerance. In the case of this tune...well...I won’t give it away.”



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FRIDAY, MAY 14, 2021

Music Review //
Lisa St. Lou
"Ain't No Good Man"



Lisa St. Lou comes out swinging with the song "Ain't No Good Man". Right from the start, it just hits you. I'm sure there are actual musicians of sorts who exist out there that sound like this—maybe not— but I think about different movies when I hear this. Jessica Rabbit, for example, and then the song "It's Man's Man's Man's World" by Jurnee Smollett-Bell from the "Birds of Prey" movie. It just feels like this one should be performed live somewhere in a fancy club where people sit down and servers bring them drinks and food. Lisa St. Lou on stage in a full, glamorous dress with a backing band dressed to the nines.

There are two sides to this music video. In one of them, Lisa St. Lou can be seen sitting near barrels drinking alcohol. I feel like as much as I want to think of this song as just full of soul it has some underlying country elements and this just plays on that. In a large way, this is a song about being upset with your partner and so in that sense it does feel like it's country in the way that everyone should be able to relate to it because no matter your background or upbringing you likely have had relationships with other people. And even if you don't want to be romantic about it, just think about a former boss or the government.

The other side of this video shows Lisa St. Lou wandering around, looking like a fairy princess, in a pretty pink dress but with alcohol bottle in hand and lipstick smeared. This is an important aspect of the video and the song because while you can feel like there is no good man because of something which happened to you, it is very important to not let it define you. Heartbreak is a part of life but you should never let anyone else determine who you are. That's the strongest message I get from this song.

This song really just takes this genre of music which is somewhere between big band and soul, like certain songs you'd hear Whitney Houston sing but also Dolly Parton could belt it out just as well. You add in the lyrical value with a video which is just fun to watch but also should help you in your struggles (work struggles count) then you've got a song you won't want to miss. I just hope to see it live one day, on a giant stage with full orchestra and an overall rather fancy party.



Vocalist Lisa St. Lou Channels The Best of New Orleans On New Video “Ain’t No Good Man”

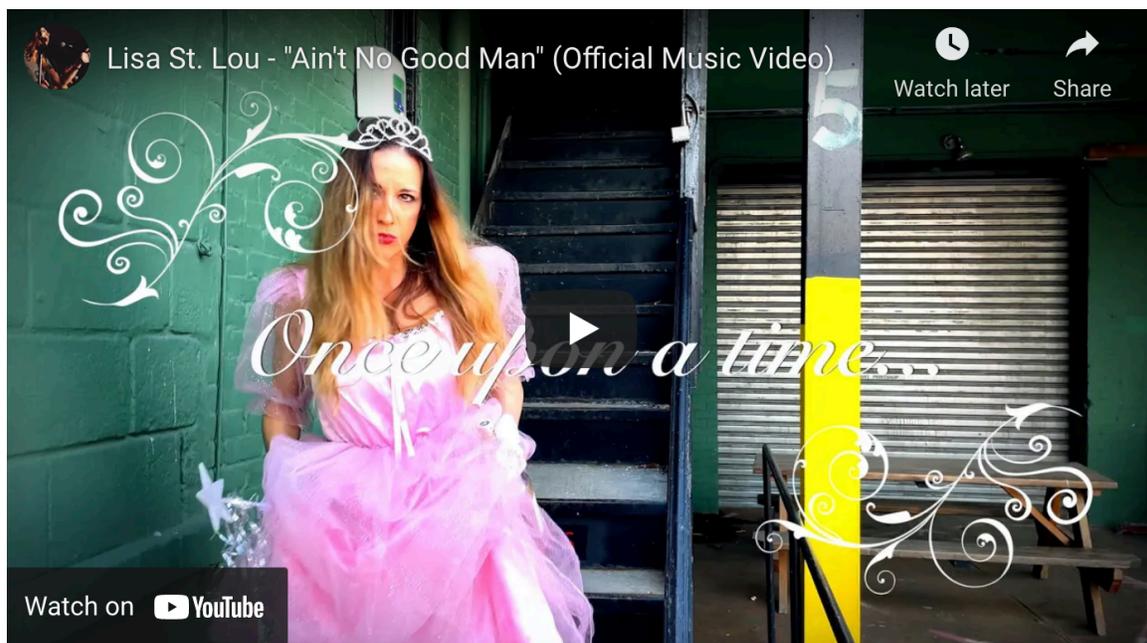


Lisa St. Lou Channels the best of New Orleans on “Ain’t No Good Man,” the title track from her new album, with appearances by Cyril, Ian and Ivan Neville, Irma Thomas, Tony Hall and a host of other Crescent City scions.

What a sensational voice! And spunk and sass. Lisa St. Lou’s powerful, soulful voice with a range to die for, elicits chills. What a dynamic song too, co-written by St. Lou and Grammy-nominated songwriter Tor Hyams (Lou Rawls, Joan Osborne.) *Ain’t No Good Man* was produced by Hyams and engineered by 24-time Grammy winner Al Schmitt (Sam Cooke, Ray Charles, Neil Young.)

‘Ain’t No Good Man’ tells the story of St. Lou’s self-rediscovery after surviving a soulless, emotionally abusive marriage. “I grew up reading the same fairytales that most girls did: ‘prince saves princess and they live happily ever after,’” St. Lou explains. “The fairytale was shattered when someone I thought could do no wrong did wrong, and it made me question whether there were any good men out there at all. Once I accepted that it was my responsibility for putting so much reliance on a man, the song became the album’s anthem, a battle cry for other women to write the fairytale for themselves. Well, that – and it’s a lot more fun to channel your anger into an upbeat, old school R&B song with the funkiest, most soulful musicians on the planet!” [Cyril Neville](#), Ian and Ivan Neville, Irma Thomas, Tony Hall.

Watch “Ain’t No Good Man”



A seeker of the soul who found a way to drown-out the demons of the past with her powerful voice, Lisa St. Lou’s passion for music began as a young girl, performing for a small congregation at her grandmother’s Baptist Church in St. Louis. Pressured to pursue a formal education rather than a career as a recording artist, she moved to NY to study music, received a master’s degree in opera, and ultimately landed a role in *The Producers* on Broadway. But her personal ambitions clashed with the desires of her husband, and when the marriage became untenable, Lisa made the toughest decision of her life, leaving the life she knew and refocusing her energies on her love of music. ‘Ain’t No Good Man’ marks Lisa’s return to the spirit that moved her to sing in church. It’s the story of a woman who went through it, came out the other side, and lived to tell the tale.

'Ain't No Good Man' by Lisa St. Lou

1. Ain't No Good Man
2. Girl, Get On
3. Hey, Hey, Hey
4. Still Hanging On
5. You Better Don't
6. Love Me Baby
7. Nothing Is Ever Enough (For A Man)
8. Whatcha' Gonna Do
9. Miracle In Motion
10. I've Seen The Light
11. Are You Ready
12. Flowers In The Rain

[Order link for](#) Ain't No Good Man

Lisa St. Lou Online

Website

Facebook

Instagram



Title - '**Ain't No Good Man**'
Artist - **Lisa St. Lou**

For those unaware, the new album from emerging soul singer **Lisa St. Lou** spent 7 weeks on the Billboard Charts and is steeped in the music of New Orleans, featuring guest appearances by Cyril Neville, Aaron Neville, Irma Thomas, and number of other NOLA based artists.

The album tells the story of Lisa's self-discovery after surviving a soulless, emotionally abusive marriage. A seeker of the soul who found a way to drown-out the demons of the past with her sensational voice, Lisa's passion for music began as a young girl performing for a small congregation at her grandmother's Baptist

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1. 'Ain't No Good Man'
2. 'Girl, Get On'
3. 'Hey, Hey, Hey'
4. 'Still Hanging On'
5. 'You Better Don't'
6. 'Love Me Baby'
7. 'Nothing Is Ever Enough (for a man)'
8. 'Watcha' Gonna Do'
9. 'Miracle In Motion'
10. 'I've Seen The light'
11. 'Are You Ready'
12. 'Flowers In The Rain'

This melodically compelling new album opens on the rambunctious title track jam 'Ain't No Good Man' and backs that up with the hi-energy of 'Girl, Get On,' the mid-tempo, horn-imbued foot-tapper 'Hey, Hey, Hey,' the countrified ballad 'Still Hanging On,' and both the Gospel-infused 'You Better Don't' and the finger-snappin' jive of 'Love Me Baby.'

Next up is the uproarious 'Nothing Is Ever Enough (for a man)' and the melodiously magnificent ambiance of 'Watcha' Gonna Do,' the sweepingly soaring harmonies of 'Miracle In Motion,' the funky blues flow of 'I've Seen The light,' with the album rounding out on more finger-snappin', mid-tempo funk within 'Are You Ready,' closing on the aesthetically pleasurable piano ballad 'Flowers In The Rain.'

[Official Purchase Links](#)

[Lisa St. Lou - 'Ain't No Good Man' \(Official Music Video\)](#)

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www.lisastlou.com

Article online: https://www.annecarlini.com/ex_cd.php?id=3630



GRATEFUL WEB INTERVIEW WITH LISA ST. LOU

ARTICLE CONTRIBUTED BY [GRATEFULWEB](#) | PUBLISHED ON
THURSDAY, JUNE 10, 2021



Singer/songwriter [Lisa St. Lou](#) has just released a scathing new video for "[Ain't No Good Man](#)," the title track off her debut full-length album, [out now](#). "Channeling a New Orleans sound," according to [OffBeat Magazine](#), with appearances by Cyril, Ian, and Ivan Neville, "the soul Queen of New Orleans" Irma Thomas, Tony Hall, and a host of other Crescent City scions, 'Ain't No Good Man' spent seven weeks on the Billboard Charts upon its release, with lead single "I've Seen The Light" becoming one of Billboard's most-added songs at Adult Contemporary radio, alongside Taylor Swift and Lewis Capaldi.

'Ain't No Good Man' tells the story of St. Lou's self-discovery after surviving a soulless, emotionally abusive marriage. "I grew up reading the same fairytales that most girls did: 'prince saves princess and they live happily ever after,'" she explains. "The fairytale was shattered when someone I thought could do no wrong did wrong, and it made me question whether there were any good men out there at all. Once I accepted that it was my responsibility for putting so much reliance on a man, the song became the album's anthem, a battle cry for other women to write the fairytale for themselves. Well, that - and it's a lot more fun to channel your anger into an upbeat, old school R&B song with the funkiest, most soulful musicians on the planet!"

We spoke with Lisa about working with the Nevilles, the story behind "Ain't No Good Man," and her plans for the year to come. Read on below!

GW: We're so impressed with the line-up on the album. What was it like working with the Nevilles?

Lisa: It is truly remarkable when a group of the funkiest New Orleans male musicians can come together to throw their power behind a predominantly female message of calling a bad man out. It's a testament to these gentlemen, who wanted to put that power into their instruments. That entire family has soul coursing through their veins but if I had to call out my favorite moment, it was when Cyril Neville said, "It's about time we see women running things. Men have been f*cking it up for a long time."

GW: We know 'Ain't No Good Man' was inspired by your own personal history. Can you tell us a little about your journey over the past few years and what it meant to get into the studio to record your debut album?

Lisa: The first thing I had to do was admit there was a problem. I used to think that everything that happened in my marriage was his fault and I suppose, in a traditional sense, it was. But where was I in all of that? Thinking about my role in that relationship was really the hard part. Ultimately, I had to take responsibility for allowing myself to ignore what was right in front of my eyes; the fact that I let myself get lost in a man. So Ain't No Good Man became about the journey to find myself again, making my way through the muck and coming out the other side even stronger because of all the hardship. Strength lasts. Sadness fades. After going through the things that "didn't kill me but made me stronger," I realized that I had a choice; to allow the pain to hold me back or use it to move forward. The choice was obvious: pull the treasure from the trash. From the support of angels through our Kickstarter campaign to the

Parlor Studio with half the Neville family and Ms. Irma Thomas, to the mixing room at Capitol Records with the legendary Al Schmitt, every step of the way was a humbling realization that this album was being validated by the musical gods. I found my true voice while recording that album and intend to keep it.

GW: Tell us about “Ain’t No Good Man.” What was the inspiration behind this particular track?

Lisa: That song came to me when I was disappointed by someone I put on a pedestal, a man I thought could do no wrong. If he could screw up, then what hope was there for any man at all? Once I accepted that it was really me being disappointed that I once again put so much reliance on a man, the song became the album’s anthem, the point from which all other songs were sired. Originally, I heard a soaring line, much like that of Otis Redding’s “I Was Born By The River” and felt like a “wail” was the only way to express my pain. Ultimately, though, the song is about loyalty, or really the lack of it. It’s easy to feel angry when you’ve been lied to by the most important people in your life, but it’s a lot more fun to channel that anger into an upbeat, old school R&B song. Besides, the best revenge is getting it all out through music for the world to hear.

GW: What is your songwriting process like? How do you feed your imagination?

Lisa: I love exploring other genres of music and listening to other artists’ takes on life. Often times you hear something that creates a spark of something new and different for your own creative expression. Then I share what I’m listening to with Tor, who is

quick to chameleonize himself into whatever the genre is at hand and, through his hands, comes a riff or a bass line and we're off to the races. Right now I am obsessed with some of the old, great French artists like Joe Dassin and Edith Piaf. There is something so poetic and pure in their writing and singing. It makes my heart happy and right now, I'm all about finding joy and happiness.

GW: Have any of the other performers and artists you've met given you any words of advice that you've particularly taken to heart?

Lisa: Absolutely. The thing that stood out the most during this particular project was when Cyril Neville was asked what he thought of a woman in her forties trying to break into the record business. He said, "Well shit. I ain't listening to her age." It has been my mantra ever since.

GW: What is the significance of the album title?

Lisa: Well, it's a double negative for starters so I suppose it begs the question of discovering whether there is or not. It's also, in part, is a challenge to find the right person, which only happens at the right time when you've cleaned your own house up...and I do love to clean!

GW: What's next for you this year?

Lisa: Covid kicked up a lot of things for a lot of folks but for me, it was writing the next chapter of songs to continue the soul journey. I wanted to explore the scenes after life with a "no good man"...where the light is bright and the heart is full. And with that, comes a new and exciting perspective on the framework in which the music lives. When the artists evolves, the music evolves and I can't wait to share what's cookin' for our next album.



FEATURE [INTERVIEW](#) [NEW MUSIC](#)

Lisa St Lou Turns Life Events into Relatable Lyrics with “Still Hanging On” (Premiere)



With a little bluesy vibe, **Lisa St Lou**'s new video for "**Still Hanging On**," showcases the overall talent that this singer-songwriter has to offer.

"Still Hanging On" was recorded in New Orleans with the Crescent City's beloved musicians Ivan and Ian Neville (of the legendary Neville family) and Crystal Monee Hall (who has performed with Thomas Rhett).

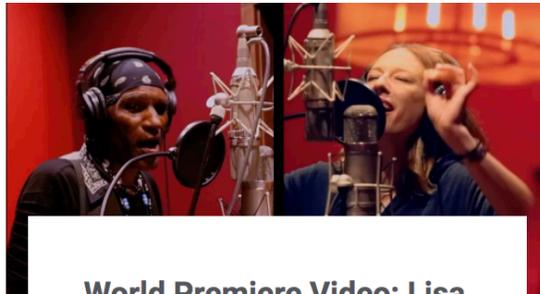
You can have a first-look at the official music video below.



"I'm still hanging on / To the way you would hold me / I'm still hanging on To the sound of your voice / And when you whispered I love you I thought that you meant it forever / Well forever has come and gone / But I'm still hanging on"

The video's track is featured on her recent album release "Ain't No Good Man,". The debut album featured Soul Queen of New Orleans, Irma Thomas, Meters founder Cyril Neville and Dumpstafunk's Ivan Neville.

You can learn more about Lisa St. Lou by visiting her website www.lisastlou.com.



World Premiere Video: Lisa St. Lou feat. Cyril Neville 'Whatcha' Gonna Do'

📅 March 11, 2021 💬 No Comments

" 'Whatcha' Gonna Do' is about the cycles we go through with our life partners. Sometimes, you're up. Other times you're down. But they're all just phases on the way to something better...or worse." – Lisa St. Lou

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<https://www.americanbluesscene.com/world-premiere-video-lisa-st-lou-feat-cyril-neville-whatcha-gonna-do/>

BLUES ROCK REVIEW



Lisa St. Lou: Ain't No Good Man Review

The first thing that comes to mind when I hear Lisa St. Lou's voice is "Powerful Vocals." Lisa is an accomplished singer that seems to sing effortlessly on her debut release **Ain't No Good Man**. With a master's degree in Opera and a resume that includes performing in the Broadway musical **The Producers**, Lisa proves she has the ability to soar vocally. **Ain't No Good Man** pays homage to 60's soul with a little bit of attitude thrown in for good measure.

By her own admission, Lisa is co-dependent, and spent most of her life trying to please others. Whether it was her education choices, career choices, or personal choices she often made decisions based on what everyone else wanted her to do. As in many scenarios like this,

she put her musical career on-hold to pursue other life choices such as marriage and raising a family. Unfortunately, her marriage ended in divorce, and Lisa had to pick up the pieces of her life and set a new path. Using her life circumstances as motivation, she decided to get her career back on track, and start singing again.

With life experiences to sing about, Lisa began working on music with producer Tor Hyams (Lou Rawls, Joan Osborne, Vivian Campbell) for what would eventually become **Ain't No Good Man**. Tor and Lisa have put together a great ensemble of musicians including Ivan Neville (Neville Brothers) and his Dumpstaphunk band members Ian Neville, and Tony Hall just to name a few.

Special guest appearances by The Meters founder, solo artist, and New Orleans royalty Cryil Neville (Dr. John, Mike Zito, Albert Castiglia) and Soul Legend Irma Thomas help round out the cast of musicians on the project.

The lead single “I’ve Seen the Light” captures the sentiment and attitude of Lisa as an artist, while giving you a glimpse of her vocal power and range. The title track “Ain’t No Good Man” and “Miracle in Motion” are also great examples of the diversity of Lisa’s voice and a glimpse of where she can go as an artist. The standout track is “Nothing Is Never Enough (for a man)” and features Irma Thomas on guest vocals. This song captures the emotion of Lisa’s story and makes the listener feel it with her.

Ain't No Good Man is a story of life – getting knocked down, shaking yourself off, moving forward, and being stronger for it. Lisa has a powerful voice and she demonstrates she can easily navigate belting out vocals and the nuance of a soul ballad. The challenge of being such a strong singer is maintaining the ability to connect with the listener and not losing the emotion in the song. **Ain't No Good Man** is a solid debut release and shows the potential she has as an artist and singer.

The Review: 7/10

Can't Miss Tracks

- I’ve Seen the Light
- Ain’t No Good Man
- Miracle in Motion
- Nothing Is Ever Enough (for a man) – featuring Irma Thomas

The Big Hit

- Nothing Is Ever Enough (for a man) – featuring Irma Thomas



World Premiere Video: Lisa St. Lou feat. Cyril Neville 'Whatcha' Gonna Do'



On February 12th, singer/songwriter **Lisa St. Lou** released her debut album, ***Ain't No Good Man***, a collection of blues-powered soul that features New Orleans greats Irma Thomas, Cyril Neville, Ivan Neville, Ian Neville, Walter "Wolfman" Washington, Tony Hall, Raymond Weber, Mark Mullins, Alonzo Bowens Jr, Robert Campo and award-winning vocalists Crystal Monee Hall (Rent, The Mickey Hart Band) and Celisse Henderson (Godspell, Wicked, SNL, Lizzo).

Co-written by St. Lou and Grammy-nominated songwriter **Tor Hyams** (Lou Rawls, Joan Osborne), *Ain't No Good Man* was produced by Hyams and engineered by 24-time Grammy winner Al Schmitt (Sam Cooke, Ray Charles, Neil Young). The album is available on all major digital platforms via Saguario Road Records, a division of Time Life Retail.

St. Lou drew inspiration from her St. Louis Baptist church roots and the spirit of New Orleans, where she recorded the album. She also turned inward to find the power that drives *Ain't No Good Man*, a process that was often painful but ultimately freeing for the songwriter. The resulting array of songs showcases St. Lou's emotional and vocal range, sometimes heart-wrenching, other times exuberant as they take listeners through her journey of healing and rebirth.

"**Whatcha' Gonna Do**" is the 8th track from *Ain't No Good Man* and features the vocals of Cyril Neville (The Meters, The Neville Brothers, Royal Southern Brotherhood). This wonderfully soulful duet touches on phases of our lives with which we're all familiar.

Of the video, Lisa tells ABS:

'Whatcha' Gonna Do' is about the cycles we go through with our life partners. Sometimes, you're up. Other times you're down. But they're all just phases on the way to something better...or worse. Every day we make the choice to either go 'through it to get to it' or not. Cyril and I have both been through it, albeit in very different ways, but the soul is the same. It's moving through the muck to get to the big love.





LISA ST. LOU

Jan 29, 2021 | [Artist Spotlight](#), [Radio Show](#) | [0 comments](#)



Watch "I've Seen The Light" >

MORE ABOUT LISA ST. LOU

Lisa was a pleaser. Codependent even. She always sacrificed herself for the wants and needs of everyone else. Her mom and dad. Her kids. Her ex-husband. Everyone. Except when she sang. Then it was just her

and her voice. That was obvious every Sunday morning in the mid 1980's when she would perform for a small congregation at the Compton Heights Baptist Church in south St. Louis. Her grandmother proudly beamed at the little girl with the big soulful voice.

Lisa wanted to go to New York and sing right after high school, but someone told her to study music. So she did. Then someone told her she should study opera. So she got a masters in opera. Then, finally, New York City. And she got somewhere fast; a role in the Broadway production of *The Producers*. But doing that show didn't jive with her husband's schedule. So she quit the show and had two kids. The kids were worth it, but being married ten years to a sex addict wasn't. Not to mention the excruciating feeling of not using her voice, literally and metaphorically.

Ultimately, Lisa was forced to make the hardest decision of her life, not because it didn't make sense to leave her husband, but because everyone was telling her to stay. "All men cheat. Just give it another ten years," her mother said. But this time the voice inside of her was too strong to give in to everyone else, even her own mother. This was Lisa's moment to rise from the proverbial ashes into the woman she was always meant to be. Enter Lisa St. Lou.

St. Lou. was a reckoning. A reclamation even. Back to the spirit that moved her to sing in church. Back to what was her freakish talent; the soaring vocals that had now morphed into unabashed soul; the movement of a woman who went through it, came out the other side, and lived to tell the tale. And so she had to tell her story the only way she knew how; to sing it.

Summoning the legends that inspired her like Nina Simone, Aretha Franklin, and Janis Joplin, Lisa began a collaboration with Grammy-nominated producer/songwriter Tor Hyams, which ultimately led to a complete exorcism of the relationship demons that had plagued her whole life. And *Ain't No Good Man* was born.

Twelve original songs that pay homage to 60's soul started as simple piano/vocal demo's, but quickly morphed into much more when the musical royalty of New Orleans got involved. Meters founder Cyril

Neville was drawn to the project when he heard “Whatcha’ Gonna Do.” Even the soul queen of New Orleans, Irma Thomas, threw down her signature stanky blues vocals on “Nothing Is Ever Enough (for a man).” And we wondered if a woman could start over in her 40’s, Cyril said “sh*t, I ain’t listening to her age.”

But the album isn’t about bad men. Or Age. It’s about the resilient ‘spirit of St. Lou’; facing the ugly truth with a smile and a song. This is Lisa St. Lou, the same girl who found her voice at her grandmother’s church in south St. Louis. Full circle. Are you ready?



Lisa St Lou Releases 'I've Seen The Light'



New York, NY (Top40 Charts) Singer/songwriter Lisa St. Lou releases "I've Seen The Light" today, a powerful anthem steeped in New Orleans soul and Lisa's own gospel roots.

Crescent City scions Ivan Neville, Ian Neville, Tony Hall, Raymond Weber, Mark Mullins, [Alonzo](#) Bowens Jr and Robert Campo fuel St. Lou's impassioned vocals on the track, backed by award-winning singers Crystal Monee Hall (Rent, The Mickey Hart Band) and Celisse Henderson (Godspell, Wicked, SNL, Lizzo). Theatre buffs may also recognize St. Lou from her role as Ivanka Trump in 2018's Off-Broadway show "Trump Family Special," which starred Gina Gershon.

"I've Seen The Light" was selected by the RIAA for their New [Music Friday](#) soundtrack today and is one of Billboard magazine's

most-added songs at Adult Contemporary radio, alongside [Taylor Swift](#) and [Lewis](#)

Capaldi. Co-written by St. Lou and Grammy-nominated songwriter Tor Hyams (Joan Osborne, Lisa Loeb), it is the first single off her forthcoming soul album "Ain't No Good Man," to be released on February 12 via Saguaro Road Records. The track was produced by Hyams and engineered by 24-time Grammy winner Al Schmitt (Sam Cooke, Ray Charles, Neil Young).

"Growing up in St. Louis, I would always sing in my grandma's Southern Baptist church on Sundays, and that's where my love of music began." Lisa says. "It started there and grew until music became the very fiber of my being. For a while I lost myself in a relationship, but it's that journey that inspired this song and the new album." Some of St. Lou's darkest moments are revealed in "I've Seen The Light," but delivered with a vitality and sense of empowerment that fills the listener with unbridled hope and faith.

To reimagine the intensity of those Sunday gospel sessions for her new songs, St. Lou traveled to New Orleans to work with some of the city's most talented artists. "In the studio, everyone had tremendous musical talent and gave from such a place of authenticity. I want people to hear the music that came out of that room, where we took these songs that were born out of despair and turned them into hope, that there is light at the end of the tunnel. I want it to empower everyone that hears it. And given the circumstances we've all been in for the past year, I think a lot of people will be able to relate to it. It ended up being unintentionally timely - yet somehow timeless - all at the same time."

"I've Seen The Light" is currently available on all major streaming platforms. Her new album, "Ain't No Good Man," will be released on February 12, a collection of songs "meant to inspire and empower women...and the men who love them. It's for anyone who has been in a relationship and has come out the other side, forever changed and better for it."



IVAN AND IAN NEVILLE, MARK
MULLINS APPEAR ON NEW
LISA ST LOU SINGLE



Lisa St. Lou: I've Seen The Light

Singer/songwriter [Lisa St. Lou](#) releases “*I’ve Seen The Light*” today, a powerful anthem steeped in New Orleans soul and Lisa’s own gospel roots. Crescent City scions Ivan Neville, Ian Neville, Tony Hall, Raymond Weber, Mark Mullins, Alonzo Bowens Jr and Robert Campo fuel St. Lou’s impassioned vocals on the track, backed by award-winning singers Crystal Monee Hall (*Rent*, *The Mickey Hart Band*) and Celisse Henderson (*Godspell*, *Wicked*,

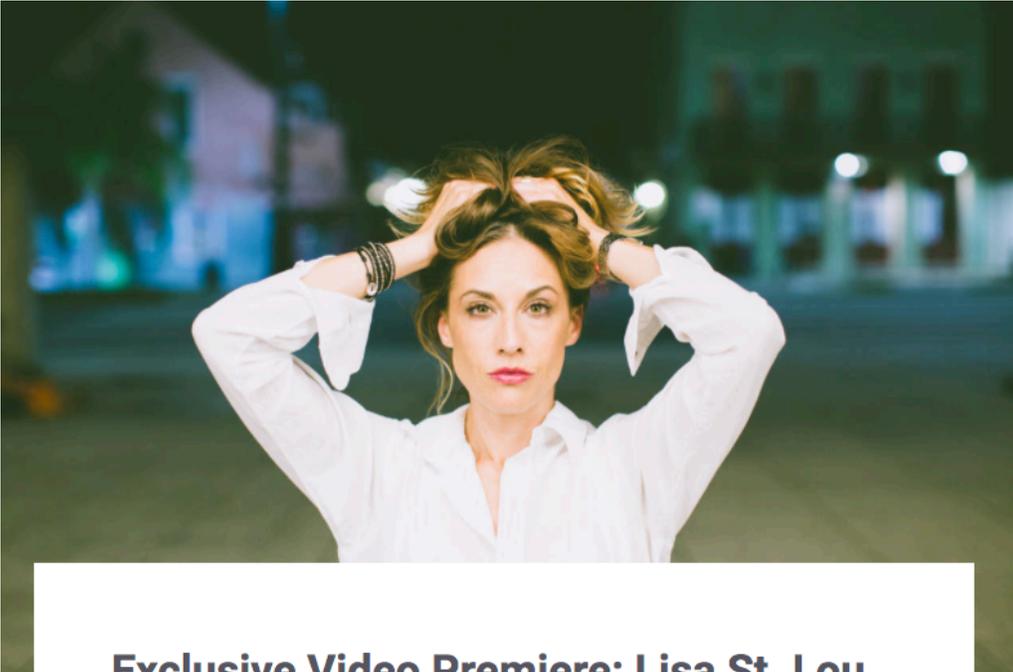
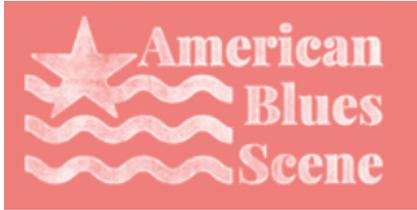
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**Exclusive Video Premiere: Lisa St. Lou
'I've Seen The Light' ft. Ian Neville &
Ivan Neville**

📅 January 22, 2021 💬 No Comments

Debut soul album drops on February 12

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READ THE FULL FEATURE HERE:

<https://www.americanbluesscene.com/exclusive-video-premiere-lisa-st-lou-ive-seen-the-light-ft-ian-neville-ivan-neville/amp/>

**LISA ST. LOU PICKED FOR RIAA's NEW MUSIC FRIDAY LIST FOR WEEK OF
1/22/21
ALONGSIDE BILLIE EILISH & ADAM LEVINE**



riaa_awards



NEW MUSIC FRIDAY

ANUEL AA & OZUNA
 BILLIE EILISH & ROSALÍA
 JASON DERULO (ADAM LEVINE)
 LIL SKIES
 SABRINA CARPENTER
 WALE
 MAGGIE LINDEMANN
 WILLIE JONES
 LISA ST. LOU

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