

# HOUSE OF SOLO



Pushing Boundaries

**CHRISSY COSTANZA**

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## Chrissy Costanza on Her Own Path and in Her Own Words

Chrissy Costanza is only 29 years old, but it seems like she has always been around. For more than ten years, she was the lead singer of the 2010s pop-rock sensation Against the Current. The endurance of the band and its tenure over the years are a testament to the strong cultural influence of early 2010s music. After being discovered through YouTube, the band formed a faithful fan base that followed their every move. Their musical style is reminiscent of an era when algorithms and followers did not exist, and the only thing that mattered was creative drive. This same drive followed the singer in her solo career, a journey marked by her understanding of pop references, lyrical depth, and the mythological world.

As a member of Against the Current, the lead singer was able to explore music and the songwriting process from a collective point of view. “[We] had developed a very asynchronous way of writing because we had lived far apart for a while,” she adds, “Will would start some kind of track or music idea, send it to me, and I would write the vocal part. Then we would come together to finish it or go back and forth.” ATC’s lyrics resonated with a young audience who grew up alongside the band, and together they explored the turmoil of youth. “In Against the Current, I always cared about Dan and Will being represented in the songs as well,” the singer says.

As Chrissy embarks on a solo journey, her music becomes a mirror of herself, and the lyrics reflect life on her own terms. The singer’s new music intertwines with her stage charisma, passion for gaming, and interest in mythology—three realms deeply explored during the conception of her debut solo EP, VII. With over 4.5 million monthly listeners on Spotify and around 3 billion streams, she is exploring this solo path for the very first time, allowing her to imprint this EP with her personal thoughts on life, love, and growth. “The fun, satisfying, and cathartic part of this process was that I got to write entirely from my own perspective without worrying about what others in the band might need to say,” she says. The lyrics are an essential part of Constanza’s discography; the depth of her words and clever combinations turn her songs into more than just anthems to sing—they are a collection of human experiences and personal stories. “I’m such a lyrics nerd—I love poetry and books. For me, being able to convey emotions in a beautiful and

unique way is something I’ve always coveted and admired.” For VII, she joined forces with VOILÀ, known for their lyrical acuity and unapologetic musical style. “I needed to find someone who would challenge me and push me to the next level of lyric writing,” she said about Luke and Gus, with whom she wrote two songs for the EP and is preparing a tour together. “Their lyrics were so creative, with a twist of a phrase in every song. I wanted to be able to do that,” she added. The challenges as a solo artist differ from those of being in a band; however, Chrissy was able to look back at this process with a positive and confident outlook. “I think I felt less pressure during this process. When you’re in a band, especially as the singer, you become the representative of the group. So, if I was having a bad day, it felt like the entire group was having a bad day.” Creating this EP was an introspective journey where she was able to explore her feelings and create her own references and symbolism.

The seven tracks in the album VII delve into subjects of personal experiences and deep feelings; however, it is the mythological world that builds a common thread throughout the whole EP, creating a fantastic, poetic, and creative approach to music. “I enjoy reading poems, and one of the biggest inspirations for this EP was the story of Icarus.” This tale of dreams, ambition, and freedom, but also tragedy, inspired the track But, What If I Fly?, an anthem of redemption and hope. “I started finding these poems discussing Icarus’s story, asking why we always remember him for his fall and not for his flight (...) he did fly,” she says.

The story of Persephone is also revisited in the track 7 Minutes in Hell, in which Chrissy, alongside VOILÀ, created a song that represents her heavy sound and lyrical depth. For Constanza, “she [Persephone] embodies duality, which plays into the feeling of 7 Minutes in Hell. It’s okay to have that duality; you can be both dark and light.” The music video for the song is proof of her artistic vision and the result of exploring her own aesthetic. “I made a Pinterest board to capture the feeling I wanted for the first song and showed it to Gus. This song came from a lot of visual inspiration.” When it comes to tracks about her personal development in the music industry, I Tried to Act Your Age acts as a catalyst for the feelings experienced when one is the youngest person in the room but needs to be taken seriously in an industry of grown-ups. This track takes us through

her journey as a teenage girl trying to leave her mark in the music industry. “I think it’s the first time I’ve ever written a song like that, so this one is especially meaningful to me,” Chrissy says, adding, “We were always the youngest ones in the room. I had a significant issue with feeling like the ‘little kid band’ and desperately wanted to be taken seriously and seen as an equal to those around me.”

This creative and musical development led her to explore a different side of her songwriting process with playful lyrics that resonate with a whole new audience. The song Some Like it Hot showcases her ability to blend the pop genre with her signature style. For Chrissy, “[this song] is fun and quirky and not that deep. It’s literally just about finding someone really attractive. It was refreshing to do a song that’s a bit girlier. It was fun getting to express that for the first time.”

As she moves into her solo career, she is able to push boundaries that were hard to explore before. “For me, pushing my creative boundaries on this project meant writing songs that are lyrically completely different from anything I’ve written before. Musically, it’s also entirely distinct from anything I’ve been a part of.” Pushing boundaries is also about breaking the traditional recipes for success that usually follow musicians—something VOILÀ knows how to do, as they have been known for establishing their path in their own independent way. “Having been in the industry since I was 15, I’ve obviously been indoctrinated into it. Now, being around them, I’m thinking about my album and realizing that I don’t have to do things the traditional way.”

VII is evidence of Chrissy’s longstanding bond with music and her ongoing passion for songwriting. As she indulged in the pleasure of writing for herself, she created an EP that portrays the most personal and intimate side of her. “While writing this EP, I just wrote it for myself genuinely. I know that sounds selfish in a weird way.” This same approach gives her EP the ability to connect on a deeper level with a whole new audience and allows ATC fans to get to know her differently. “Hopefully, in writing for myself, I’ve also written for other people who have gone through similar emotions, feelings, and experiences, and they will find those songs relatable,” she added. ☒

