

LYDIA NIGHT LAUNCHES SOLO CAREER WITH NEW SINGLE AND MUSIC VIDEO “[PITY PARTY](#)”

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April 4, 2025 (Los Angeles, CA) – Today, **Lydia Night** shares her new song “[Pity Party](#),” her debut solo work via **Warner Records**. The song, from the former frontwoman of Los Angeles band The Regrettes, embraces an unabashed pop sound, examining the genre and retaining the confessional and cathartic songwriting. “**Pity Party**” offers a whirlwind glimpse at all the drama and havoc unfolding in her mind (imposter syndrome, existential dread, anticipatory grief, etc.), brilliantly twisting that outpouring into an electrifying anthem.

Listen to “**Pity Party**” [HERE](#).

Lydia Night today also shares the music video for “**Pity Party**,” which she co-directed with **Ramisha Sattar**. Watch the music video for “**Pity Party**” [HERE](#).

Night shares about the song, “Stepping outside of the band on my own was spooky and felt like a huge risk but one that I was ready to make. I am so excited to share this world I’ve built with you all and “**Pity Party**” feels like the perfect entry point. For this song, I’m reflecting on my occasional need for attention and validation, rather than trusting my own perspective, which can leave me feeling all over the place emotionally. I wanted to almost poke fun at myself by turning my emotional chaos into an exaggerated pity party, where everyone is invited to feel sorry for me. I think there is a lot of humor and absurdity in the way we deal with dark feelings and for me, part of self-acceptance involves embracing the mess and laughing at it. Life often feels like a performance, so why not make a show of it and own the spectacle?”

“Pity Party,” was produced by **Alexis Kesselman** (a New York City-based producer/songwriter whose credits include Suki Waterhouse and Joji) and came to life at Kesselman’s studio in her Hell’s Kitchen apartment. “I’d never worked with a female producer before, and it was game-changing for me,” Night says, “I felt a level of safety and comfort that allowed me to be my most authentic self.”



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For more information, please contact:

Ceri Roberts // Warner Records // ceri.roberts@warnerrecords.com

Patrice Compere // Warner Records // patrice.compere@warnerrecords.com

Emilio Herce // Q Prime // emilio@qprime.com

Mary Moyer // Q Prime // mary@qprime.com



Warner Records | 1633 Broadway | New York, NY 10019 US

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