

NASHVILLE, Tenn. — Since releasing their recording of “Amazing Grace” in 2021, The McCrary Sisters — dubbed “Nashville music royalty” by NPR — have lost two members of their legendary family: sister Deborah, and brother Sam, Jr. In the spirit of healing, the iconic group will release two new tracks featuring some of Deborah’s last recordings: “Shake It Off,” out Friday (7.29), and “Run On,” bowing September 2.

Written by Regina McCrary and Ann McCrary, “Shake It Off” aims to encourage — to see beyond the immediate challenge to the big picture, to rest assured there is always a way out and a way through.

“I’d just left church and was on the interstate driving home feeling good,” says Regina. “Someone cut me off and flipped me the bird. And I thought, ‘I have to shake it off.’ Sometimes we get off balance. I realize one of my weaknesses is road rage. I have to catch myself. I have to shake that off. It can happen anytime. You try to be nice to somebody and they get all arrogant and rude, you have to take the upper road.”

Listen to “Shake It Off” [here](#).

On September 2, The McCrary Sisters will release “Run On,” a traditional song with a karmic theme. Ann shares, “When I was a child, my Daddy would always say ‘Don’t worry about it — God’s gonna get ‘em.’ I get scared with things going on in the world. There’s nothing I can do personally sometimes, but I know God will take care of it. I might not see it or hear about it, and that’s okay.”

In addition to the renowned voices of Regina, Ann, Alfreda, and Deborah, “Run On” features vocals from Allen McCrary (one of the Sisters’ beloved brothers).

Listen to “Run On” [here](#).

“We are particularly moved to release this expanded family recording this year as we grieve — there were 8 of us, and everybody sang,” the group says. “There were 8 of us, and now we’re 5. It feels especially meaningful to release a song with our brother’s voice this year.”

The McCrary Sisters (who’ve recorded or performed with the likes of Delbert McClinton, Black Keys, Sheryl Crow, Maren Morris, Eric Church, Carrie Underwood, Buddy Miller, Rosanne Cash, Margo Price, Widespread Panic and many more) continue to mourn the June 1st passing of their sister, while honoring her cherished memory.

“Her voice and presence shall be greatly missed,” Alfreda shares. “Deborah was so funny — I’m so honored and blessed that God let me have her for my sister. It’s an

awesome feeling when you know someone loves you! Deborah would always say that it was a blessing to be able to sing with her sisters, and we feel the same.”

About The McCrary Sisters

The McCrary Sisters sing gospel that melds traditional with contemporary and incorporates their influences of classic soul, Americana, blues, rock, and R&B music. Central to their work and any show is their boundless joy in singing, and a desire to spread hope, love, healing (and dancing).

Daughters of the late Rev. Samuel McCrary — a founding member of the legendary gospel quartet **The Fairfield Four** — Ann, Regina, Alfreda and Deborah grew up in Nashville surrounded by music, artists, community, and faith. The daughters were raised in harmony, singing at home and at their father’s church. In their formative years, the sisters had many accomplishments — individually and together — sharing in their family legacy performing with artists including **Bob Dylan, Elvis, Isaac Hayes** and **Stevie Wonder**.

In 2011, the Sisters officially formed their own group, The McCrary Sisters, and have since recorded or performed with notable artists **Delbert McClinton, Black Keys, Martina McBride, Eric Church, Patty Griffin, Buddy Miller, Jonny Lang, Robert Randolph, The Winans, Donnie McClurkin, Rosanne Cash, Carrie Underwood, Hank Williams Jr., Dr. John, Widespread Panic, Sheryl Crow, Maren Morris, Gregg Allman** and many more.

Their own recordings previous to these include a single "Amazing Grace" (2021), and albums *A Very McCrary Christmas* (2019), *Live* (2017), *Let’s Go* (2015), *All The Way* (2013), *Our Journey* (2011).