

**Victòria Vilalta** returns with “**Mumbling**”:  
her first **release** in **two years** following her debut EP “Regalar”



Song **out** on  
Friday **7th** of **February**!

Presentation **concert**  
on the same date  
at **Piano Smithfield**  
in London

**First single** from her  
upcoming **debut**  
**studio album**  
“**Out Loud Thoughts**”

**More releases** across  
**2025**

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*Victòria Vilalta*



“Mumbling” is an introspective track that delves into the overwhelming noise of overthinking and self-criticism. It talks about the feeling of being unable to stop thinking and worrying about something, trying to do your best even when the solution is out of your control. With raw honesty, it captures the relentless hum of thoughts that can haunt us, expressed through immersive lyrics and ethereal vocal soundscapes.

This track still captures the sonic identity of Victòria Vilalta, as presented in her previous release “Regalar”, but also expands it by having all the instruments recorded in state-of-the-art studios and collaborating with other musicians. She developed her new songs during her master’s degree in Creative Music Production at the Institute of Contemporary Music Performance in London.

“Mumbling was inspired by a moment of feeling completely overwhelmed by my thoughts. It’s about the constant mental chatter and the weight of overanalyzing everything. After writing this song, I felt relieved. I hope that listeners who relate to this experience can feel comforted as well.”

