

Sonny Hess: A Force in R&B, Blues, and Rock

With a powerful blend of R&B, blues, and rock, Sonny Hess, a dynamic passionate musician, creates a rich tapestry of musical expression. Drawing inspiration from legends like Buddy Guy, Jeff Golub, B.B. King, and Melissa Etheridge, Hess's music resonates with a deep emotional authenticity, captivating audiences with her evocative songwriting and dynamic performances.

Throughout her illustrious career, Sonny Hess has garnered significant recognition, including the prestigious 2023 Muddy Award for Lifetime Achievement and the accolade for Best NW Event at the same ceremony, celebrating the impact of her contributions to the Northwest music community. She has also been nominated for Best Lead Guitar, in a male dominated category, multiple times across several years (2019, 2020, and 2013) and received the honor of Best Blues Act in 1998 as well as Performance of the Year. In addition, she carries numerous top-three placements in songwriting competitions, further showcasing her talent as a prolific songwriter.

In addition, Sonny has been producing The Northwest Women Rhythm & Blues specialty show since the early 80's. These unique shows are comprised of the top female performers in the region and expose newly found talent to the Blues scene. Names you might recognize-Lisa Mann, Rea Gordon, Ellen Whyte, Lady True Blue got their start with Sonny.

Currently, Sonny is in the studio, recording a collection of original tunes in collaboration with a host of talented artists, promising to deliver fresh and innovative sounds to her audience. As she prepares for a summer tour, she is set to promote her exciting Northwest Women R&B Tribute show, honoring the legacies of Janis Joplin and Carole King.

In addition to her studio work, Hess is busy rehearsing for a series of high-profile festivals and events, including the renowned Waterfront Blues Festival, the Ilani Casino Showcase, and the Cathedral Park Jazz Festival. Her dedication to her craft and her vibrant stage presence continue to inspire and entertain fans across the region. She has shared the stage with JR Walker, Sonny Landreth, Buddy Guy, Average White band, Etta James, Koko Taylor, Charlie Musselwhite, Claudette King, Bobbie Womack and more.

Sonny Hess is not just a performer; she is a powerhouse of creativity and passion, dedicated to pushing the boundaries of her genre while inspiring audiences with every note she plays. As she embarks on this next chapter of her musical journey, fans can expect even more innovation and unforgettable performance from this talented artist.