Sally Rose Stempler is a Massachusetts native with a penchant for musical adventures. According to her mother she's been singing ever since she could articulate her desire to listen to "Spanish rock & roll" (Santana) at the age of 2. Her singing and songwriting pull from funk, R&B, soul, jazz and all the nooks and crannies in between, although she truly enjoys performing and adapting to any genre.

After years of classical study and 2 years directing and arranging for collegiate a cappella, she found her passion in performance, and especially in background vocals. To this day, she continues to arrange background vocal parts for fellow musicians as well as lead and direct background vocal sections, emphasizing blend, connectedness to lyric and emotion, movement, and the importance of functioning as a cohesive background vocal unit.

Soon after her undergrad at Indiana University, she began a degree in songwriting at Berklee College of Music in Boston where she truly began to hone in her songwriting skills and develop her voice as a solo artist. Through her education in Berklee's songwriting and lyric writing curriculum, as well as a natural drive to work with melody and lyrics, she began writing funk and Motown influenced pop music. Along with two fellow songwriters, in the summer of 2015 she took her music on the road for a 12-show tour beginning in Massachusetts and ending in Virginia.

Since then, she has continued to tour throughout the country and New England with national touring acts and local bands alike, arranging, singing background vocals and playing percussion. With the drive and determination to surround herself with and create music that resonates and uplifts, she is excited to continue exploring her passions no matter where they may lead.