

Shaolinn, “Heavy Heart”

20-year-old Virginia Beach native Shaolinn is ready to break your heart with her new song, which muses on insecurities, self-harm, and fear. “Heavy Heart” is built on jazz and R&B, with Shaolinn plaintively singing about growing up with a heaviness to her soul — made worse by critical classmates and societal pressure. It ends on a hopeful, yearning note: “I just want to be free.”

