Guðmundur Steinn Gunnarsson is among the early pioneers of animated notation. His approach is based on intuitive explorations of organic rhythms that cannot be confined to any metronome. This extends into his ideas on intonation, harmony, sonorities and musical structure. Recently, the concept of the four elements has been a major influence, as have ancient tunings and traditional Icelandic poetic meters. He has been a part of the S.L.Á.T.U.R. experimental music association in Reykjavík, where he has found many like-minded individuals among whom he has been able to develop his ideas and methods.

Works by Guðmundur Steinn have been performed in venues, festivals and concert series such as aDevantgarde (GER), Borusan Müzik Evi (TR), Därmstadt (GER), Experimental Winter (TW), Geiger (SE), Music for pepole and Thingamajigs (US), Musik 21 (GER), Nordlichter Biennale (GER), November Music (NE), Open Circuit (UK), Open Days (DK), The Stone (US), Tectonics (IS, GR, UK), Tenor (AUS), Time of Music (FI), Timisoara International Music Days (RO), Transart (IT) and Transit (BE) and performed by ensembles and groups such as Adapter, l’Arsenal, BBC Scottish Symphony, Caput, Crush, Defun, Fengjastrútur, Iceland Symphony Orchestra, Ligeti Quartet, Nordic Affect, Quartet San Francisco, Siggi String Quartet, Toyen fil og klafferi, Zapolski Quartet as well as his own ensembles: Fersteinn and Steinalda.

Guðmundur has released over 20 albums and written over 200 compositions. His work has been the subject of book chapters, university theses and journal and magazine articles.

He studied composition at the Iceland University of the Arts and Mills College where he studied with John Bischoff, Alvin Curran and Fred Frith. He has had private lessons and/or workshops with Hans Abrahamsen, Clarence Barlow, Iancu Dumitrescu, Helmut Lachenmann, Tristan Murail, Pauline Oliveros, Karlheinz Stockhausen, Manos Tsangaris and Francis-Marie Uitti.