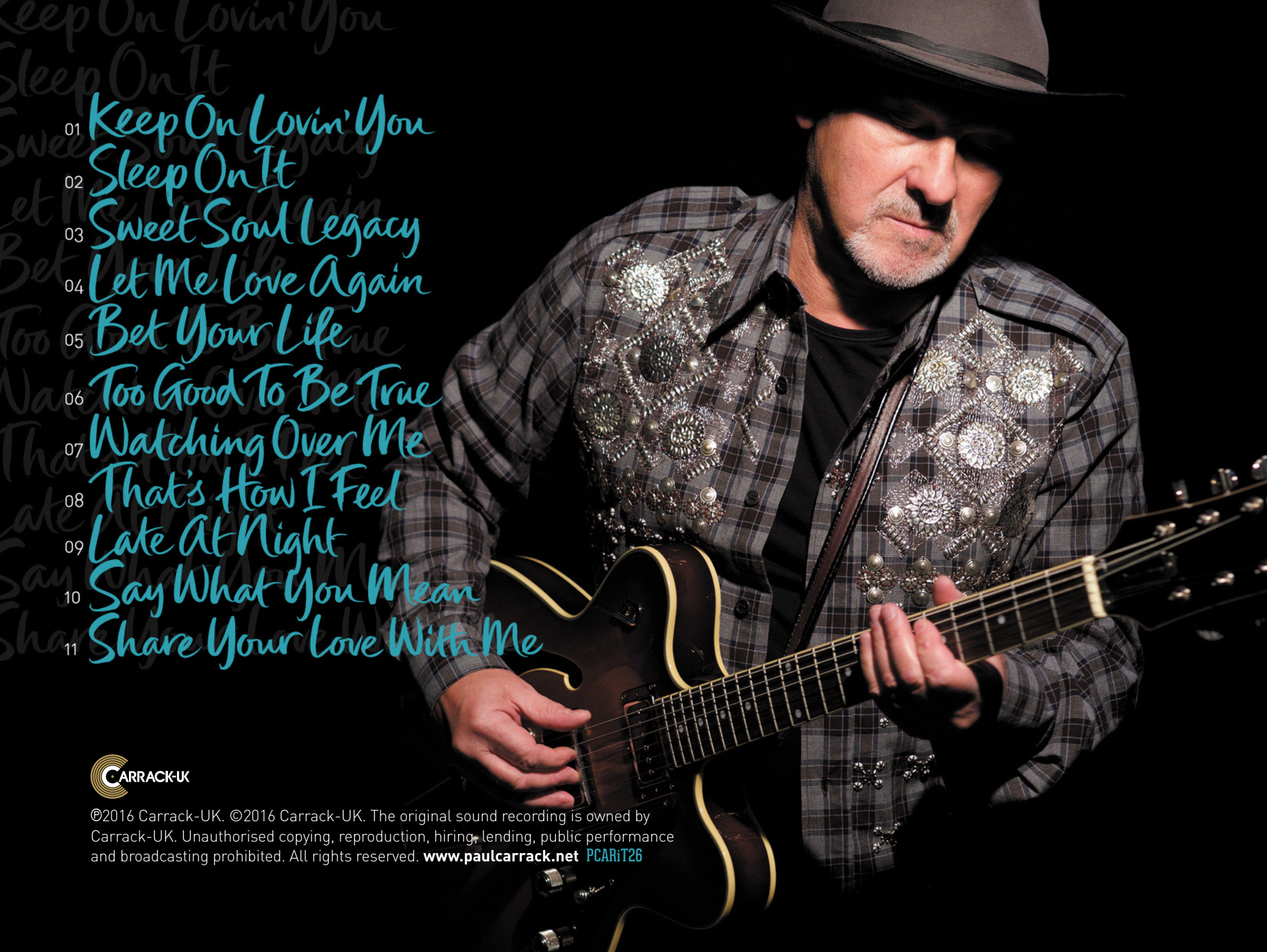


A close-up portrait of Paul Carrack wearing a dark fedora hat and a dark scarf. He has a goatee and is looking slightly to the right. The background is a blurred outdoor scene with a bright light source, possibly the sun, creating a soft glow.

Soul Shadows
PAUL CARRACK





- 01 Keep On Lovin' You
- 02 Sleep On It
- 03 Sweet Soul Legacy
- 04 Let Me Love Again
- 05 Bet Your Life
- 06 Too Good To Be True
- 07 Watching Over Me
- 08 That's How I Feel
- 09 Late At Night
- 10 Say What You Mean
- 11 Share Your Love With Me



©2016 Carrack-UK. ©2016 Carrack-UK. The original sound recording is owned by Carrack-UK. Unauthorised copying, reproduction, hiring, lending, public performance and broadcasting prohibited. All rights reserved. www.paulcarrack.net PCARiT26



Keep On Lovin' You

If I'm in trouble
I know I can turn to you
You understand me
Like no one I know can do

We'll get along
If I'm right or wrong
I'm on a mission
Oh yeah
To keep our lovin' strong

When I was hungry
So far away from friends
You said you'd stand by me
Stay with me to the end

We're something special
That much is true

And that is why
I'm gonna keep on lovin' you

Your guiding light
Keeps on burning bright
You're a shining star
In the darkest night

Wherever I go
And whatever they say
I know that love will pull us through
In everything we try to do
I'm gonna keep on lovin' you

You said you loved me
That's good enough for me
I put my trust in you
That's for the world to see

We still believe in
Love long and true

And that is why
I'm gonna keep on lovin' you

Heaven knows why
Love passes others by

Heaven knows why
Love passes others by
That makes me wonder
Do they even try

One thing's for sure
You know it's true
I know that love will pull us through
In everything we try to do
I'm gonna keep on lovin' you...

Vocals, guitar, bass, vibes,
Hammond organ, clavinet, piano: **PC**
Saxophone: **Pee Wee Ellis**
Trombone: **Alistair White**
Trumpet: **Paul Spong**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

Sleep On It

Girl I've been listening
You made it very clear
That I've done something wrong
I'm just not sure what it might have been
Every second we spend
Just going around and around again
Will they make a difference
Or am I stumbling in the dark

You know I want to make it right
Willing to talk if it takes all night
Maybe it's better if we try
To settle down and let it lie

Why don't we sleep on it
Everything will be alright
Girl I don't wanna fight
Why don't we sleep on it tonight

Why don't we sleep on it
Cuddle up and make it right
Why don't you dim the light
And we'll just sleep on it tonight →

I know it's down to me
It's my responsibility
I just want your happiness
If I've done wrong then I confess
But there's nothing lost
And I would never count the cost
Tomorrow's another day
I think we've said all we can say

Why don't we sleep on it
I don't really want to fight
Why don't we dim the light
And just sleep on it tonight

Why don't we sleep on it
Cuddle up and make it right
Everything will be alright
If we sleep on it tonight

No matter what you think about me
I'll still be here when the morning comes
Oh yes I will

Why don't we sleep on it
Baby I don't want to fight
Why don't you dim the light
Can we sleep on it tonight

Vocals, guitar, electric piano,
Hammond, melodica, bass, vibes: **PC**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

Sweet Soul Legacy

I love the same old same old
Sweet soul legacy
Might be the same old same old
Still sounds good to me

I like the same tunes
I always did
Make me feel good
Like a little kid
When Levi sings:
'The Same Old Song'
Everybody's on their feet
How can I be wrong

Might be the same old same old
Sweet soul legacy
Might be the same old same old
Still sounds good to me

You know Sam and Dave were the soul men
Sounds as good today as it did back then
Jackie Wilson going higher and higher
And James Brown set the place on fire

I love the same old same old
Sweet soul legacy
Might be the same old same old
It still works for me

If I get the blues
I don't wait
I don't waste time
Don't even hesitate
There's only one cure
That I need
Sweet soul music
My only remedy

Give me the same old same old
Sweet soul legacy
'Cause I love the same old same old
Still sounds good to me

I don't waste my time
Trying to be cool
I maybe slow but I'm nobody's fool
Don't want to worry anymore
Just want to be happy
That's what we're living for

I love the same old same old
Sweet soul legacy
Might be the same old same old
It's all good to me

Soul music will never die
It can make you happy, can make you cry

I'm just thankful I was around
To appreciate that soulful sound

I love the same old same old...





Sweet soul legacy
Might be the same old same old
It still works for me...

Vocals, drums, bass, guitars, Hammond,
piano and vibes: **PC**
Saxophone: **Pee Wee Ellis**
Trombone: **Alistair White**
Trumpet: **Paul Spong**
Percussion: **Peter Van Hooke**
Handclaps: **Jack Carrack, Peter Van Hooke**

Let Me Love Again

In a world of broken dreams
Where everything's illusion
And nothing's as it seems

We search to find
The truth somewhere
But everywhere we turn
Seems the doubt is always there

But now I've found someone like you
There's a reason to believe
It can be true

Take my heart
That's all I have to give
As long as I can live
Let me love again
I'll be yours to have and yours to hold
Keep you from the cold
And let me love again

Everyday I realise
There's nothing to be gained
From keeping everything inside
I may have lost
At love before
But I'm not afraid of losing anymore

In this life we walk alone
Until we find someone
To call our own

Take my heart
That's all I have to give

As long as I can live
Let me love again
I am yours to have and yours to hold
Come in from the cold
And let me love again

Only you are everything to me
Now my heart is free
Believe in love again
Only you, never let love die
You're the reason why
I believe in love again

In this life we walk alone
Unless we find someone to call our own

Take my heart
That's all I have to give
I only want to live
Let me love again

I am yours
To have and yours to hold
Keep you from the cold
And let me love again...

Vocals, piano, guitars and bass: **PC**
Drums: **Jack Carrack**

Bet Your Life

Retired since the 1st of June
He walks into the winning room
His hand sweeps up like a broom
All the coins in the tray
He's been there all day long
His winning streak is never gone

You bet your life it's a long way down from here

His home, the first thing to be sold
She regrets the bank she rolled
All his savings have been dissolved
When he comes home in tears

She feels like she's getting somewhere
When he holds onto her side...

She'd like to make one thing clear
It's the sadness inside that she feels

You bet your life it's a long way down from here

With his life completely drained
He's on a losing streak again
Until his love is thrown away
The dice won't fall for him today

Sitting lonely on a chair
The bells ring out around him there
He walks outside to take the air
As time slips slowly by
And the tears well up in his eyes
And the bank's about to break

You bet your life there's no more she can take

With his life completely wrecked
He puts the cards back in the deck
Because he loves her more than the pain
The dice might fall for her today

Cos you can bet your life there's no more she can take

Vocals, piano, Hammond, clavinet and guitars: **PC**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

Too Good To Be True

I'm a lucky fella some might say
I hope it's always gonna be that way
Well I've been working on my attitude
And it's affecting everything I do
You know I'm working night and day
I'm makin' changes baby
You know that's all I've gotta say

I hear my record on the radio
That's why I'm ready and I'm good to go
No expectations for a number one
Just good intentions to have some fun
Cos I've got everything I need
So now it's down to me to be the best that I can be
Oh It's too good to be true
And I can't believe my luck

Cos I know that you feel the same way too

Don't have to tell you just how good it feels
Seems like I'm dreaming but I know it's real
Don't try to tell that it can't be true
Don't try to stop me feelin' like I do
Cos I'm the exception to the rule
Don't try to lecture me
I'll never be nobody's fool

Oh It's too good to be true...

If you feel what I feel inside
Oh forget about it
You know it's good to be alive

Oh it's too good to be true...

Vocals, Wurlitzer, guitars, harmonica,
Hammond and bass: **PC**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

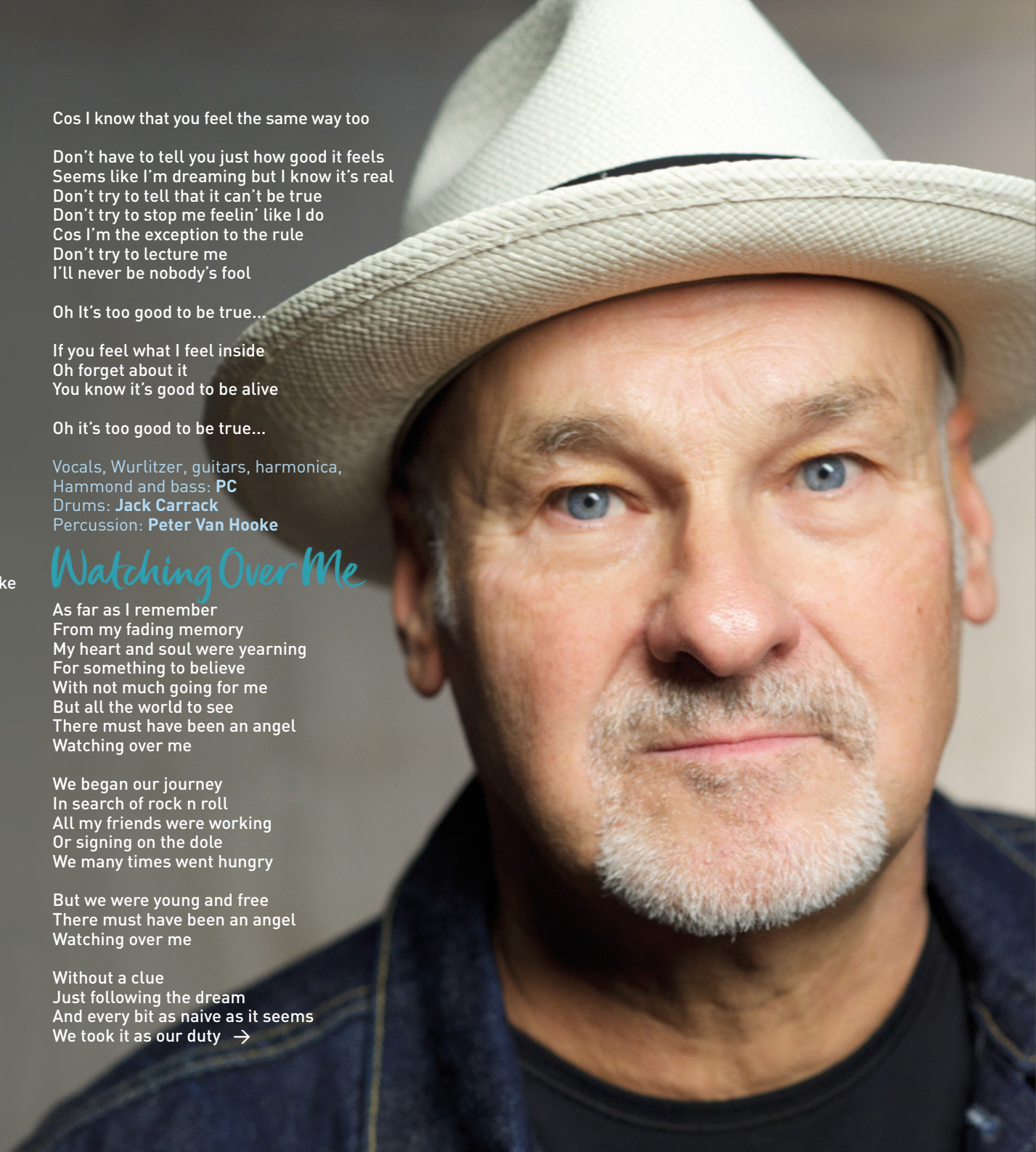
Watching Over Me

As far as I remember
From my fading memory
My heart and soul were yearning
For something to believe
With not much going for me
But all the world to see
There must have been an angel
Watching over me

We began our journey
In search of rock n roll
All my friends were working
Or signing on the dole
We many times went hungry

But we were young and free
There must have been an angel
Watching over me

Without a clue
Just following the dream
And every bit as naive as it seems
We took it as our duty →



To take it to extremes
There must have been an angel
Watching over me

Even now I look back
And wonder if it's true
We should come so far nowhere
Knowing what I do
If I was a true believer
I would get down on my knees
There must have been an angel
Watching over me...

Vocals, guitars, piano, harmonica, vibes,
washboard and bass: **PC**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

That's How I Feel

We've been together such a long time
We forget to tell each other what it means
It's easy to take another's love for granted
Leaving words unspoken
And that should never be

Everyday I see another side
Just another reason to tell you why

That's how I feel
Something I can't deny
Our love will never die
This time the feeling's right
That's how I feel
Some things are meant to be
And when you're close to me
That's how I feel

Love is like a river
Always moving on
Never have to worry
Just keep on flowing free

First it starts raging
From the higher ground
Slowly coming down
'Til it reaches the sea

Every time you find another way
Somehow to amaze me
And let me say

That's how I feel
You know I love you so
I'll never let you go
I just want you to know
Our love is real
Some things are meant to be
And when you're close to me
That's how I feel

Vocals, electric piano, Hammond, clavinet,
guitars and bass: **PC**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

Late At Night

Sunlight through the window
Mind playing tricks on me
I know it's only speculation
That's why two and two make three
Always the same
Playing a dangerous game
These situations spring to mind

Something ain't right
It's always late at night

They tell me love is blind
That it can be so hard to find
And it starts messing with your mind
Late at night
I ain't going to be walking the floor
Don't wanna be played for a fool anymore
I've been here too many times before
Late at night

It might all be coincidental
It's always late at night

I need to find another interest
Keep me occupied
Create a positive distraction
Stop me churning up inside

You're just no good for me
I should just let it be
The end don't justify the means

And I think it might
Go long into the night

There's gonna be changes made
But believe me I'm not afraid
Don't wanna feel I've been betrayed
Late at night

Sometimes it feels like
Losing a game
And that I've only myself to blame
But I don't need to feel ashamed
Late at night

It might all be coincidental
It's always late at night
It might all be coincidental
It's always late at night


Long into the night
Late at night

Vocals, Wurlitzer, Hammond, wah-wah clavinet,
guitars and bass: **PC**
Saxophone: **Pee Wee Ellis**
Trombone: **Alistair White**
Trumpet: **Paul Spong**
Drums: **Jack Carrack**
Percussion: **Peter Van Hooke**

Say What You Mean

If you wanna tell me something
Say it to my face
Don't you spread no rumours
All around the place
Say what you mean
Mean what you say

If you can get along without me
Please don't lie about me
Say what you mean
Mean what you say →



No good pretending
There ain't nothing wrong
You know that you can't fool me
I've known you too long
Say what you mean
Mean what you say

Now don't you try to spare my feelings
Give me no double dealing
Say what you mean
Mean what you say

Say what you mean
Mean what you say
Don't let nobody, stand in your way
Say what you mean
Mean what you say

Ain't no good sittin' on the fence
Cos you ain't makin' sense
Say what you mean
Mean what you say

You've got to say what you mean
Mean what you say
Don't let nobody, stand in your way
Say what you mean
Mean what you say

Why don't you use your freedom of speech
And practice what you preach
Say what you mean
Mean what you say

Well your attitude is changing
Like night and day
So confusing when you're acting up this way
You can't be trusted
'Til you see it in black and white
Don't try to fool me
Cos you know that it ain't right

Say what you mean
Mean what you say
Don't let nothing stand in your way
Say what you mean
Mean what you say

No need to be inflammatory
Don't give me the hard luck story
Say what you mean
Mean what you say

Say what you mean
Mean what you say...

Vocals, guitars, bass, Hammond, piano, clavinet,
cocktail kit, washboard and maracas: **PC**
Saxophone: **Pee Wee Ellis**
Drums: **Jack Carrack**

Share Your Love With Me

Well it's an ill wind that blows no good
It's a sad heart that won't love like it should
And oh how lonesome you must be
And it's a shame if you won't share your love with me

Well it's a heartache when love is gone
But it's bad and even sad oh later on
And there's no one blinder than he who won't see
And it's a shame if you won't share your love with me

I can't help it if she's gone
You must try to forget
You must live on
And I swear it's a good thing to love someone
But it's bad, even sad when it's not returned
And oh how lonesome you must be, yeah
But it's a shame if you won't share your love with me

Oh it's a shame if you don't share your love with me

Vocals, vibes, Hammond, piano, acoustic guitars,
baritone guitar and bass: **PC**
Drums: **Peter Van Hooke**

All songs written by Paul Carrack. MCPS/PRS except track 5:
Paul Carrack / Chris Difford. Published by MCPS/PRS - Netzwerk.
Track 11: Malone / Braggs. Published by MCA Inc.
Lyrics used by kind permission



Produced by **Paul Carrack** and **Peter Van Hooke**

Orchestrations by **Richard Niles** on tracks 1, 9, 11

Orchestrations by **David Cullen** on tracks 4, 5, 8

Horn arrangement by **Pee Wee Ellis** on track 3

Recorded by **PC** and **Graham Bonnett**

Mixed by **Graham Bonnett**

Strings recorded at Air Studios, Lyndhurst

Engineer: **Geoff Foster**

Tracks 1, 9 and 11:

Violins

Leader: **Everton Nelson. Alison Dods, Oli Langford, Matthew Ward, Nicky Sweeney.**

Leader of 2nd violins: **Richard George. Chris Tombling, Simon Baggs, Julian Tear, Rose Warren-Green**

Violas

1st: **Bill Hawkes. Steve Wright, Nick Barr**

Celli

1st: **Ian Burdge. Chris Worsley, Vicky Matthews**

Additional musicians, track 11:

Harp: **Hugh Webb**

Flute: **Karen Jones. Alto Flute: Anna Noakes**

Flugelhorn: **John Barclay**

Tenor Trombone: **Richard Edwards**

Tenor Trombone: **Mark Nightingale**

Bass Trombone: **Andy Wood**

Tracks 4, 5 and 8:

Violins

Leader: **Everton Nelson. Alison Dods, Oli Langford, Matthew Ward.** Leader of 2nd violins: **Richard George. Nicky Sweeney, Chris Tombling, Simon Baggs**

Violas

1st: **Bill Hawkes. Steve Wright, Nick Barr**

Celli

1st: **Ian Burdge. Chris Worsley**

Harp: **Hugh Webb**

Flute: **Karen Jones. Alto Flute: Anna Noakes**

Flugelhorn: **John Barclay**

Tenor Trombone: **Richard Edwards**

Tenor Trombone: **Mark Nightingale**

Bass Trombone: **Andy Wood**

Orchestra Contractor: **Isobel Griffiths**

Assistant Orchestra Contractor: **Susie Gillis**

Leader: **Everton Nelson**

Thanks to Del, Christine, Esther and the team

Thanks to Hugh Gilmartin at D'Addario Strings, PSL Audio, John Flynn for Acoustics Design Group, Alison Burton and Richard Boote at Air and to Rupert Cobb

Design: Ian Ross www.ianrossdesigner.com

Hand-lettering: Ruth Rowland

Photography: Paul Cox except Jack: PVH

Montage photos: PVH, PC, Dave Robinson and Andrea Hunnisett



Keep in touch with Paul via his website: www.paulcarrack.net
www.facebook.com/carrack.net
twitter.com/pcarrack

PAUL CARRACK ALBUMS AVAILABLE AS REMASTERED CDS / DOWNLOADS



Blue Views* / Beautiful World* / Satisfy My Soul* / Still Groovin* / It Ain't Over* / Winter Wonderland / The Story So Far... (2006 Greatest Hits)** / Old, New, Borrowed & Blue / I Know That Name** / I Know That Name (Ultimate Version) / A Different Hat / Good Feeling / Rain Or Shine / The Singles Collection (2000-2014)** / The Best Of Paul Carrack / Live At The London Palladium / Soul Shadows

*Remastered CDs contain bonus tracks from the special editions **Download only

