

PAUL CARRACK

one on one





- 01 good and ready
- 02 a long way to go
- 03 i miss you so
- 04 you're not alone
- 05 lighten up your mood
- 06 precious time
- 07 when love is blind
- 08 shame on you, shame on me
- 09 set me free
- 10 behind closed doors



www.paulcarrack.net

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Produced by **Paul Carrack**
Associate producer **Peter Van Hooke**
Engineered by **Paul Carrack**
Mixed by **Paul Carrack**
Additional mixing and mastering by **Graham Bonnett**
Additional mastering at Air Studios by **John Waller**



All instruments performed by **Paul Carrack** except
Tenor and baritone sax on tracks 1, 8 and 9 / All sax solos **Steve Beighton**
Trombone **Dennis Rollins**
Tenor sax **Pee Wee Ellis**
Trumpet **Andy Greenwood**
Backing vocals on 2, 3 and 7 **Michelle John**

Horn arrangement on 1, 8 and 9 **Paul Carrack**
Horn arrangement on 5 **Pee Wee Ellis**
Horn arrangement on 2 and 6 **Paul Carrack** and **Dave Arch**
Orchestra arrangement on 4 **Dave Arch**
Drums on 7 **Jack Carrack**
Guitar on 2 **Robbie McIntosh**
Percussion **Peter Van Hooke**

All songs written by Paul Carrack (MCPS/PRS) except 10: Kenny O'Dell / House of Gold Music Inc. (BMI)

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Cover painting and sketches: **John Mills**
Photography: www.nicowills.com / **PVH** / **Paul**
Design: www.ianrossdesigner.com





good and ready

I'm good and ready
Ready as I'll ever be
You know I made it through
Like I always do
Now I'm back as you can see

They call me a soul survivor
Now they're gonna set me free
You know I took my time
Now I'm feeling fine
Better than I've ever been

I'm good and ready
I've found a new remedy
Fell clean out of favour
Never let it bother me
Kept my head above the water
Now I'm sitting at the top of the tree
You know it hurt my pride
Now I'm justified
Ready for anything

Ready as I'll ever be, ready as I'll ever be

I'm good and ready
Baby it's the mood I'm in
Throw all you can at me
I can take it on the chin
I've been rollin' with the punches
Now I'm itching to get back in the ring
You know I'm full of fight
And the timing's right
I'm ready for anything

Ready as I'll ever be, ready as I'll ever be...

a long way to go

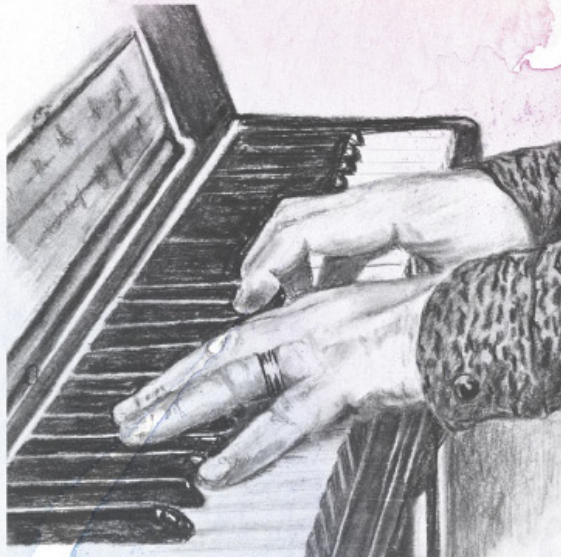
Seems like a lifetime
You were standing next to me
Talking about the good times
And the way things ought to be
We thought we were moving in the right direction
One step at a time
Seems we take one step forward
And two steps back
But we keep on believing
That we're on the right track

Well my heart says yes but my head's saying no
Still got a long way to go

Somebody told me
I do right to watch my step
That I should mind my own business
It's a feeling that I won't forget
Times have changed it seems to me
If we can't get together
Let's agree to disagree

Well my heart says yes but my head's saying no
Still got a long way to go

Times have changed it seems to me
Understanding's where we want to be
All I know is what will be will be



i miss you so

Yesterday my life was feeling so complete
Our new addition so innocent and sweet
But now it's changed
Overnight the world is a different place

Walk around in circles trying to ease my mind
Those crazy feelings I thought I left behind
Coming back again
Oh I feel it coming back again
I'm distracted by the mention of her name
I can't see you when I want to it's a crying shame

I miss you every day
I'm learning how to pray but faith is tough to find
When life is so unkind
I just want to hold you near
And wipe away your tears
Sing your favourite song, hope it won't be long
I miss you so, I miss you so

Well I've saved a million pictures on my phone
Telling anyone who'll listen:
'Look how much she's grown
She's beautiful, she's really beautiful'
I see you smiling at me from the picture frame
But being here without you ain't the same

I miss you night and day
That's why I hope and pray
Soon there'll come a time when we will all be fine
Just want to hold you near
And wipe away your tears
Sing your favourite song, hope it won't be long
I miss you so, I miss you so...

you're not alone

When you need a shoulder you can cry on
I'll be there to wipe your tears away
When it takes someone you can rely on
You can call me any time of day
When no one else will listen
I'll hang on every word
'Til you realise there's someone who really cares
When you need someone who'll always love you
You're not alone, you're not alone

When you're lost and stumbling in the darkness
I'll be there to shed a little light
When it seems the whole world is against you
I'll be in your corner, full of fight
Others might desert you
And friends may turn away
I'll be there to help you every step along the way
'Cause as long as I'm around to help you
You're not alone, you're not alone

Better times are coming just around the bend
We'll be together once again
One day soon the tide's gonna turn
The flame of love will forever burn

When you feel the burden on your shoulder
I'll be there to share the heavy load
Every day I'll walk along beside you
Every twist and turn along the road

Others might forsake you
As you swim against the tide
I will be the shelter
When there's nowhere else to hide
And as long as breath is in my body
You're not alone, you're not alone...

lighten up your mood

Lighten up your mood baby
Let's take one step at a time
Lighten up your mood baby
Everything gonna work out fine

Why let your emotions
Seem to get the better of you
'Cause we got a match made in heaven
Tell you what I'm gonna do
I'm gonna use imagination
Try to think of something new
Lighten up your mood baby
Let me see the real you

Lighten up your mood baby
No point just moping around
I don't mean to be rude baby
We gotta get your chin off the ground
I'm gonna try a little something
I've been keeping up my sleeve
One thing might lead to another
I'm buzzing like a honey bee
Don't try to spare my feelings
Gimme just a piece of your mind
Lighten up your mood baby
Everything'll work out fine

I know you're worried
Where it's all gonna end
There's light at the end of the tunnel
Waiting just around the bend

Lighten up your mood baby
Don't leave me hangin' around
There must be something I can do babe
Some way has got to be found
Because I ain't opposed to nothin'
Anything you wanna try
But I'm stuck in a lock down bubble
Let me out before I die

No more procrastination
Now's the time and here's the place
Lighten up your mood baby
Put a smile back on your face

I ain't opposed to nothin'
Anything you wanna try
Well I'm stuck in a lock down bubble
Let me out before I die
No more procrastination
Let me tell you one more time
Lighten up your mood baby
Everything'll work out fine
Lighten up your mood baby...

precious time

Long days in summer
Walking by the sea
Warm rays of sunshine
Shining down on me
Dancing in the moonlight
Footprints in the sand
Lights in the harbour
Listening to the band
So many good times together
These are the memories
I will treasure all my days

Precious time keeps moving on
Like these golden days of summer
I'll soon be gone
Precious time keeps moving on
I don't wanna waste a second
Of your precious time

We've got no way of knowing
What will be will be
But I'm there for you babe
I know you're there for me
So count every blessing
Count 'em one by one
Keep on believing 'til the race is run
Life is for living
If I had the chance
I know I'd do it all again

Precious time keeps moving on
Like these golden days of summer
I'll soon be gone
Precious time keeps moving on

I don't wanna waste a second
Of your precious time

Someday soon, heaven knows just when
We'll be free to live and love again
I can hope for a better day
When all my fears and worries
Vanish far away

Precious time keeps moving on
Like like a bird that's found her wings
I'll soon be gone
Precious time keeps moving on
I don't wanna waste a second
Of your precious time





when love is blind

When love is blind, there ain't a thing you can do
Cos there's no doubt in your mind
Every word she says is true
Well you can search the whole world over
She ain't ever coming back to you

When love is blind, it's so easy to believe
Every embrace that you shared
Is ingrained upon your memory
Oh you can search the whole world over
Your troubled mind will never set you free

When love is blind, it's touch and go
How it all works out, you never know
You took a chance and made your bed
Now it seems, there's a whole lot of trouble ahead
Love is blind, love is blind

When love is blind
You're feeling good and walking tall
With your head in the clouds
You never stop to think at all
It's just a shame that nobody told you
Pride always comes before a fall

When love is blind, you just won't see
You feel so good and you feel so free
You're flying high then you crash and burn
Well it's rule number one
And a lesson you've learned

When love is blind
It ain't a thing you can control
You've got it all figured out
One day it's gonna take its toll
It's gonna take some time to get over
If you even make it back at all
When love is blind...

shame on you, shame on me

Well the lightning strike
Was early in the morning
Not a single cloud in a clear blue sky
You shook me to my soul
Cos it came without a warning
Lightning don't strike
In the same place twice

Well you seem to believe
That you're God's gift to women
No doubt in your mind
You've got it all going on
But you think that you're so smart
The world owes you a living
But in reality you couldn't be more wrong

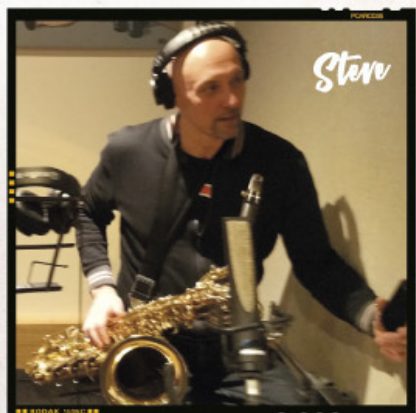
Well you fooled me once, shame on you
Well I did not see it coming
Now I see through you
You got a second chance but at last I see
Cos you fooled me twice
And that's a shame on me

Shame, shame, shame on you
Shame, shame, shame on me

I was caught like a fly
In a web you were weaving
I was telling the truth
But you were lying all the while
What I call give and take
You perceive as a weakness
If I give you an inch
I know you're gonna take a mile

Well you fooled me once, shame on you
Well you don't know what you got coming
But the debt is due
You took advantage of a friend but now I see
Cos you fooled me twice
And that's a shame on me

Shame, shame, shame on you
Shame, shame, shame on me...



set me free

Oh set me free
I've been sitting home patiently
I've been faithful as I can be
Open the doors and set me free
Oh set me free
Give me back my liberty
Listen up now, hear my plea
Take off these chains and set me free

Like a bird in a cage of gold
I've been imprisoned by the lies you told
Give me the keys and I'll walk out the door
I don't know if I can take anymore

You tie me up and you lock me down
Meanwhile our friends are out all over town
You make the rules that you say I can't break
But it's a chance that I'm willing to take

Oh set me free, I don't need your sympathy
I've been patient as I can be
Take off your chains and set me free

I feel so tired but I just can't sleep
No turning back now cause you're in too deep
Ask myself 'am I going insane?'
I don't know when I'll see you again
Strange times we all understand
We've got to take our life in our own hands
Isolation is making me blue
Still got a whole lot of living to do

Oh set me free, I don't need your security
I've been patient as I can be
Take off these chains and set me free
Oh set me free, save me from my misery
Listen to me and hear my plea
Take off these chains and set me free



behind closed doors

My baby makes me proud
Lord don't she make me proud
She never makes a scene
Hanging all over me in a crowd

But people like to talk
Oh don't they love to talk
But when they turn out the light
I know she'll be leaving with me

And when we get behind closed doors
And she let's her hair hang down
And she makes me glad that I'm a man
No one knows what goes on behind closed doors

My baby makes me smile
Oh don't she make me smile
She's never far away
Or too tired to say 'I want you'
She's always a lady just like a lady should be
And when she turns out the light
She's still a lady to me

When we get behind closed doors
And she lets her hair hang down
And she makes me glad that I'm a man
No one knows what goes on behind closed doors
Behind closed doors

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