

Hey
You

lyrics by Cathy Speck
music by Linda Duval

Hey you
what's going on
I don't know 'cause I'm on the phone
Hey you
I'm reading a text
can't talk now see you next time
Hey you
I saw you today
chatting away on the freeway
Hey you
better hit the brake
traffic's stopped like a dead snake
Hey you
Remember when
you touched my hand
remember when
I reached for you, and
don't forget real touch
don't get that much
anymore
Hey, I saw you on Facebook
hey you really changed your look
hey you at least reply
or is it time to chat goodbye
Hey you
thanks for the tweet
hey you
you're so sweet
hey you
let's get real
hey you
I wanna feel
you, you, you, you
hey you
no You tube
just you

Cathy Speck: lead vocal
Linda Duval: vocal, acoustic guitar
Mel Burton: bass
Tami Talle: drums
Oliver Camilo: percussion
Rick Zamora: lead electric guitar
Bryon Kunz: saxophone

Flow
With
You

lyrics by Cathy Speck
music by Linda Duval
and Cathy Speck

I wanna flow with you
like a river in its' bed
are you flowing with me
I wanna flow with you
like a river in its' bed
are you flowing with me?
I wanna grow with you
like flowers into bloom
are you growing with me
I wanna grow with you
like flowers into bloom
are you growing with me?
I'll meet you there
you know where
Our breathing shared
our hearts are bared
I wanna soar with you
like birds do tip to tip
are you soaring with me
I wanna soar with you
like birds do tip to tip
are you soaring with me?
I'll meet you there
you know where
our breathing shared
our hearts are bared
I wanna swim with you
like fish do fin to fin
are you swimming with me
I wanna swim with you
like fish to fin to fin
are you swimming with me?
I'll meet you there
you know where
We are not scared
our skin is bared
I wanna swim with you
I wanna soar with you
I wanna grow with you
I wanna flow with you
flow with you...

Cathy Speck: lead vocal
Linda Duval: vocal, acoustic guitar
Mel Burton: bass
Tami Talle: drums
Oliver Camilo: percussion
Rick Zamora: lead electric guitar
Bryon Kunz: saxophone, mandolin

She's
The
One

music by Linda Duval
lyrics by Cathy Speck

She's the one
oh, she's the one
she's the one
when your day is done
She's the one
when you're coming home
she's the one
that you want to hold
her kisses are so gentle
you know she's there for you
you're feeling sentimental
remembering I do
She's the one
when you cannot sleep
she'll rub your back
breathing deep
She's the one
that you love to kiss
you're having fun
when she's gone you'll miss
her kisses oh so gentle
you know she's there for you
you're feeling sentimental
remembering I do
Her kisses
oh, so gentle
you know she's there for you
you're feeling sentimental
remember "I do"
She's the one
oh she's the one
she's the one
when your day is done
she's the one

Cathy Speck: lead vocal
Linda Duval: vocal, acoustic guitar
Mel Burton: bass
Tami Talle: drums
Oliver Camilo: percussion
Rick Zamora: lead electric guitar
Bryon Kunz: saxophone

Walk
Your
Way

Perry c 1975 Used by Permission)
music and lyrics by Linda Duval

I'm getting out
I'm heading out
dressed in all new clothes
I'm trying to balance on
little spikes under my toes
She's hoping to go all day
and not have to bend down
her nylons are crampin' her style
but aren't they a lovely brown?
CHORUS:
You are bound to go
round and round in your mind
if you let go
what you seek you find
be your own voice
only you can say
who made these rules up anyway?
(walk this way)
He's longing to
responding to
something in his heart
for you it might be true
but he wants to do his art
That little guy
in junior high
glasses and big hair
they laughed
but now that little guy
is a billionaire
CHORUS
walk your way, walk your way
So many views
so many to choose from
it's a maze
try holding to whatever
will make this a better place
Meanwhile
there's hobbles in style
or using our own voice
every new trend
always begins
with a different choice
walk your way
CHORUS

Linda Duval: lead vocal, acoustic
guitar
Cathy Speck: vocal
Mel Burton: bass
Tami Talle: drums
Oliver Camilo: percussion
Rick Zamora: lead electric guitar

Bryon Kunz: saxophone

("Walk Your Way" Tyler & Perry, c 1975,
used by permission)

Don't
Forget
About
Me

music and lyrics by Linda Duval

I've thought about this
for a long, long time
I want to tell you what's been
on my mind
I wish it wasn't so that I have to go
and this is not goodbye, I hope
don't forget about me
don't forget about me
I've never known anyone like you
I love so many things that you do
I dreamed that I would
give you my best
and you would put up with the rest
don't forget about me
don't forget about me
I may be leaving
but our love will carry on
if you keep me
in your heart
I won't be gone
I may be leaving
but our love will carry on
If I keep you
in my heart
you won't be gone
I've thought about this
for a long, long time
wanted to tell you what's been
on my mind
I wish it wasn't so that I have to go
and I won't forget you, so
don't forget about me
don't forget about me
then I won't be gone
then I won't be gone

Linda Duval: lead vocal, acoustic guitar
Mary Madison: vocal harmony
Cathy Speck: vocal harmony
Tami Talle: drums
Bill Fairfield: piano, accordion

Down
Where
It's
Real

lyrics by Cathy Speck
music by Linda Duval

Getting down Getting dirty
Getting down, getting dirty
we're down to where it's real
Getting down, getting dirty
this is where you really
find out what you feel
Well you might not get to hope
but you still have to cope
nothing is so bad
no, you don't need that rope
Getting down, getting dirty
getting down getting dirty
we're down to where it's real
Is it too scary for you
can you hang on 'til it's through?
what else can you do
Well you might not get to hope
you still have to cope
nothing is so bad
no you don't need that rope
no! no, no, no, no
Your friends are inside waiting
waiting for your call
they'll be looking for you
go ahead and fall
Getting down, getting dirty
Getting down getting dirty
we're down to where it's real
Getting down getting dirty
this is where you really
find out what you feel
Getting down, getting dirty
getting down getting dirty
we're down to where it's real
getting down getting dirty
this is where you really
find out what you feel
this is where you really
find out what you feel.

Cathy Speck: lead vocal
Linda Duval: vocal, electric guitar
Mel Burton: bass
Tami Talle: drums
Oliver Camilo: percussion
Rick Zamora: lead electric guitar
Bryon Kunz: saxophone

Take

The

High

Road

music and lyrics by Linda Duval

She's getting under your skin
you'd love to play to win
remind her of her sin
uh oh
can't take another word
she just looks so absurd
remember what you heard
don't go

Take the High Road

Take the High Road

take the high road then you know
where you're going

You know him from the past
still he's a pompous ass
can your word be the last?
uh oh

If they only knew
some things that you knew, too
they'd turn a pretty blue
but don't go

Take the High Road

Take the High Road

take the high road then you know
where you're going

Do you know?

Really know?

do you know

Closed mouth and open eyes
makes even fools look wise
let's give that a try and don't go

Someday it could be you
we've all got things we do
sure like to see that blue
but don't go

Take the High Road

Take the High Road

take the high road then you know
where you're going

Linda Duval: lead vocal, electric guitar

Cathy Speck: vocal

Mel Burton: bass

Tami Talle: drums

Oliver Camilo: percussion

Rick Zamora: lead electric guitar

Bryon Kunz: saxophone

Snow

White

and Cinderella

story and lyrics by Cathy Speck
music and lyrics by Linda Duval

Snow White and Cinderella
Hansel and Gretel there, too
we're in the therapist's office
we've got an issue or two
can you restock the Kleenex
we'll need a tissue or two
We're all survivors of the
of the Ominous Her
we're all survivors of the
of the Ominous Her
I wring my hands
we sit and stare
at the intricate design
of the solid brown rug
that's lying there
She hissed her way
down the aisle
slithered in with a
saccharine smile
Mother dies
then here she comes
steals him away on a
a honeymoon
We're all survivors of the
of the Ominous Her
we're all survivors of the
of the Ominous Her
Night after night
my screams awaken me
thrashing in a sea
of sheets and sweat
she looms over my bed
We're all survivors of the
of the Ominous Her
we're all survivors
we're all survivors

Linda Duval: lead vocal, electric
guitar, keyboard

Cathy Speck: vocal

Dave Chancellor: bass

Tami Talle: drums

Courtesy

story and lyrics by Cathy Speck
music and lyrics by Linda Duval

"Courtesy" you called it
returning my electric blanket
I should never have
brought it to your place
to begin with
Cotton polyester blend
the blend of our bare skin
you won't need
to keep you warm tonight
"Courtesy" you called it
telling me your heart had
changed
just like furniture
it's a room you rearrange
can't look me in the eye
but you act so polite
but the truth
your courtesy
can't hide
Say your Hail Mary's
confess your sins
say your Hail Mary's
confess your sins
never said you're sorry
for how you've been
Cotton polyester blend
the blend of our bare skin
you won't need
to keep you warm tonight
"Courtesy" you called it
telling me her name
before I stumbled into
the two of you
entwined like
two electric cords
say your Hail mary's
confess your sins
just say you're sorry
for how you've been

Cathy Speck: lead vocal
Linda Duval: vocal, keyboard

Disappointment Disappear

music by Linda Duval
lyrics by Cathy Speck

Where does disappointment go
when my face stays the same?
My lips stay upward turned
and my eyes are shining still
Where does disappointment go?
it slides down my throat
then gets stuck like a vitamin
and still I grin
My eyes stay with your eyes
must not look away
or I might reveal
the desire I feel
for escape
Disappointment....disappear
Disappointment....disappear
why can't I let you know
the sting that I don't show
the falling floor
the chest thud that roars
Disappointment...disappear
Disappointment....disappear
why won't I let you know
the pain that I don't show
just walk away
there's something I won't say
Where does disappointment go?
My face stays the same
and you think I'm
happy
still

Cathy Speck: lead vocal
Linda Duval: vocal, piano

New
I
Know

music and lyrics by Linda Duval

I may do many things
to hide many pains
but don't go
it may be a wild ride
you will know you're alive
don't go
I never knew if love would stay
year by year
day by day
true love may leave
but never goes
now I know
So there's someone on the sidelines
giving me high fives
so?
Many people may go by
if we were free we would try
but....so?
Now I know how love is
it means I keep choosing this
no matter who may come or go
now you know
Now I know how love is
it means we keep choosing this
no matter who may come or go
now I know
now I know

Linda Duval: lead vocal, acoustic
guitar
Cathy Speck: vocal

Tried
and
True

music and lyrics by Cathy Speck
music arranged by Linda Duval

This is not new love
we're not newlyweds
this is true life love
and it's time to pay the rent
I love you, honey
I love you, too
and it's your turn to pay the vet
my turn to buy the dog food
I love to tickle your back at night
and you love me to
and I am not afraid to fight
and work things out with you
It's your turn to hold my hand
talk me through my frustration
and it's my turn to
kiss your head
and be your comfort station
I'm counting on you
to stay
truly, surely by my side
as we're turning gray
No, our love is not new
it's tried and true
and I count on all my fingers
and yours, too
the oh, so many ways
I do love you
no, our love is not new
it's tried and true
tried and true

Cathy Speck: lead vocal
Linda Duval: vocal, piano

Gone
On
Arrival

Tami Talle: drums
Doug Chancellor: banjo

music and lyrics by
Linda Duval and Cathy Speck

Rolled into this little town on a Friday
cold outside, a bit of snow on the ground
spent 50 cents on the Paradise Post
the newspaper that'll give you the most
it's local, it's shocking, it's true
Glanced right over the headlines
on the front page
took a peek at the weather comin' around
on page 3 some barking dogs
made the top of the police log
they got there, there wasn't a sound

CHORUS: they were

gone on arrival, gone on arrival
Everything I read
this is what it said
"gone on arrival"

Unknown suspect threw a snowball at him
when reporting party drove his vehicle by
called to advise it was actually eggs
chipped the hood of his Chevrolet
they were long gone
when the police arrived

CHORUS

A woman said her man was a-throwin'
clothes all over the inside of the house
she said, he's on the front porch now
squad car came he's not to be found
he was gone on arrival

CHORUS

A woman said
her neighbors' spreading rumors
neighbor said that she's the one abused
you're too loud, your yard's a mess
you poisoned my food you must confess
don't be gone when they come for you

CHORUS

K-mart break-in, crashed up car
darn leaf blowers gone too far
tempers flare, a butt is bared
trouble abounds
so I'm blowing this town
I'm gone on arrival
after what I read
this is what I said
I'm gone on arrival
gone on arrival...

Cathy Speck: vocal
Linda Duval: vocal, acoustic guitar
Dave Chancellor: bass



that's all folks

All songs copyright 2009

Surreymoon Music, BMI