

LESSONS LEARNED

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MMCD0000103

Stacey McCarthy

AND THE **SHOCK**
LESSONS LEARNED

.....The Preparation.....

With experience in recording and performing a very wide range of other artists work, it was time for Stacey to complete the picture by starting to write and produce her own material.

Her music partnership with Colin MacLean brings this into being with this collection defining the start point in her own musical journey. "Lessons Learned" had therefore to be the title!

...2 people from very different backgrounds combining a wealth of ideas to produce a result they feel has much to offer now, and in the future - *the lessons still to learn....*



All tracks by Stacey McCarthy and Colin MacLean with Lyrics for tracks 1, 4, 5, and 6 written by Malcolm Buckland.



Thanks....

...for the constant support from my family and friends, especially Mum and Dad who allowed me to follow my dream. It's that support and love that has made me the person I am today - it always will be. I'm so thankful for that.

Also a big thank you to Colin for his constant hard work and dedication in helping make this album what it is.

...to Malcolm for the significant lyric contribution, Jumbo for special Bass duties, Lloyd for the photo-shoot, The Nags Head for the rich setting, and to you for reading and listening!



Stacey

.....forever thankful.

Till The Next Time

You say, that I'm, beautiful, Why say that...
I give, so much, to somethin' I'm dreamin'

This feelin' I get when I'm around you
Just tears my heart in two
Cos' I know what's happening....

You build me up....And knock me down
Holdin' my hand while you kiss me, so sweatly
Tellin' me what needs to be, It's over 'till the
next time.

I've got, to walk away, but next time it might
be for real
Oh, I need you, but why do you run
You run from me then back to me

This feelin' I get when I'm around you
Just tears my heart in two
Cos' I know what's happening....

You build me up....And knock me down
Holdin' my hand while you kiss me, so sweatly
Tellin' me what needs to be, It's over 'till the
next time.
One moment of happiness, a lifetime of
emptiness
I can't keep comin' back, But next time it might
be for real....

You build me up....And knock me down
Holdin' my hand while you kiss me, so sweatly
Tellin' me what needs to be, It's over 'till the
next time.

Tellin' me what needs to be, It's over 'till the
next time.

This Is Me

Verse
I've been crying babe
And I can't seem to find the place
that helps me be what I wanna be
I guess this is me

Something went wrong back then
Or at least that's what happened
No-one came to find me
I guess this is me

I'm up and down working
wondering what might have been
Knowing my star won't ever be
I guess this is me

Chorus
Don't give up my mama said
You know your star'll shine one day
you'll only be what you wanna be
If you just believe
You gotta hold your head high,
hold your head high!
This is me....

Verse
I'm looking round an empty space
wanting recognition I can taste
pitying myself for where I am
I know this 'ain't me

Thinking back when I was ten
Dream so clear 'n very passionate then
Using the strength of my inner child
To know this is me

(Repeat Chorus)

VACANCY

Situation vacant
To be filled immediately
Good man wanted
Who'll spend some time with me
Don't need to be forever
I'm just tired of feeling blue
And need someone to try
And help me get on over you

There's a vacancy
Since you walked out of the door
There's a vacancy
Now you don't want me no more
There's a vacancy
Since you tore my life apart
There's a vacancy
For love here in my heart

Situation vacant
Needs filling straight away
Good man wanted
Help me keep them blues at bay
Not looking for perfection
Or a life time guarantee
Just a kind hearted lover
To keep me company

Someone help me
Somebody please, answer my call
Come on and help me, please
Don't leave me.....alone

Lyrics by m.buckland (adds. from Stacey)

I'll Testify

Her own space
In the first place
Her own life, starts here
A place of their own
Together, alone
She'd testify, She meant to try, to
make it fly

He never, never, never, paid his due
Her friends just said "shame on you"
Then you loaded it on me
That you needed me to see
That I should testify, to dry my eyes,
and stay for life

So now a bigger room, life in bloom,
eyes wider.....then....
A friend next door, is on the floor, the
same again.....

Lies beget lies beget lies beget lies
Truth only flies if the spies got eyes
She's home again now
With some lessons in how
And she'll testify, that "life and I,
want another try"

Oh I'll testify, that life and I,
want another try.

MOMENTS, Sometimes they happen in the twilight
More than somethin of a Hi-lite, Livin once make it count
Seize the moment, Sometimes the jazz or just the spirit
To make it more give it a minute
It can last a second or a minute or an hour or a day

See the light at the end, Is it a flower or a friend?
"Lilly-white" or "Lilly-Lou", It's a close one, try another
Make it shorter make it bite, Huh LillyLou or lillywhite
I got it now I'm gonna sing to you....."Huh"

He said "you in or you out"? I thought, fun no doubt
Never gave a second thought to what it would be like
Times pass, the moment's getting closer,
Live once, wanna live it on a high
Do I dare, yes I care and I wanna make it count
New friends, what a place to play,
Will the preparation pay today
This is more than a twilight, this one's a hi-light
Here comes the Moment, Getting ready in the room
Face the audience soon, Words up, make it count

It's the time it's arrived, We drift on up into the sky
Huh-le-lujah Huh-le-lee, The Sun rises on me
Try a soul-ful song, Before the Preacher comes along
Just a minute or two.....they say...
Sorry girl, we just didn't see....

Flashin light upon the moon, Add to the moment in a tune
I'm no stranger you see, Valediction Valerie
Flip Fly, Dancin and a Shakin, I'm the one's the guys are
all makin....Where's he gone, now I see..."Huh"

This time, an hour and a little bit,
Preacher man gonna pay another visit
Maybe whole-lotta Mac-man moments,
Gotta respect every sweet sweet minute
Here stars shine brighter than before,
But superstition is a knockin' at the door
Live it once, make it count, make it make a moment
that you know you will adore....

UNTIL THE MONEY RUNS OUT

I'll only say the things I think they wanna' hear
Way I tell 'em makes 'em think that I'm sincere
But what I never say and what they'll never
know
Is when they don't have the bucks no more
I'll simply up and go

Life is easy when you have dollars you can burn
You become the main attraction,
friends at every turn
But what you don't see 'cos they never let it
show
Is when you don't have the bucks no more
They'll simply up and go

They'll only love you, 'till the money runs out
You'll never keep them, If you ain't got the
clout

But now I've met someone who says he'll
always care
And that he'll pay for me as long as I'm there
I Tell him I love him but I haven't let him know
That if the money runs out I'll simply up and go

It might seem hard but once bitten twice shy
And I won't get hurt again by yet another guy
So I'll go thro' the motions by putting on a
show
Until the money runs out an' I'll simply up and
go

I'll only love you, 'till the money runs out
But you won't keep me, If you ain't got the
clout

m.buckland jun 2007

YOU'RE HISTORY

It often started with a look or just a word
Something he thought he saw
Something he swore he heard
And by the time he'd finished drinking
There was nothing I could say
He was sure that I was guilty
And he had to make me pay

All those years we spent together
You were messing with my head
At the time I thought you loved me
Seems you hated me instead
Now it's too late to say you're sorry,
and no tears left to cry, I've gathered all my pride up
And I've finally said goodbye

I found the strength in me, Restored my dignity
Be what I want to be, See who I want to see
'Cos I can guarantee that you're history.

Funny how our friends all thought
We were the perfect pair
But that's because I was good, At hiding my despair
And you made sure I had no-one
In whom I could confide
Kept playing happy families
Whilst I broke up inside

All those years we spent together
Why were you so unkind
All the time I tried to love you
You were messing with my mind
It's too late to say sorry, can we give it one more try
I've gathered all my pride up n' can say goodbye

No more need, to endure pain, No more guilt,
'cos I didn't complain, No more lies, no more shame

m.buckland mar 2006

OPPOSITES ATTRACT

You turned my world
Upside down
Roundabout
Back to front
And inside out
You got my head in a spin
Just check the state I'm in
Don't need no aspirin
I just want you to be my man

You got me feelin'
young and old
Used and new
Hot and cold
Happy and Blue
You got right under my skin
You ain't got no discipline
Can't take no medicine
I just want you to be my man

You gotta give me a sign
You gotta tell me you care
I gotta know you'll be mine
I gotta know you'll be there
I'm not kiddin' you boy
Ain't never been here before
What I'm sayin' is real
You're the one I adore

For better or worse
I'll continue to try
Win or lose laugh or cry
You really hold the key
You got the better of me
Why can't you see
I just want you to be my man

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