

# FROM HEAVY BOOTS TO DANCING SHOES



Lyrics, paintings and extra material



# LYRICS

- **Hole In My Heart**
- **Cannot Say Goodbye**
- **Voices In The Head**
- **Genius**
- **Making Progress**
- **Heavy Boots**
- **Broken Off In The Lock**
- **Dog Days**
- **Little Red Shoes**



This CD is released with economic support from KODA

# HOLE IN MY HEART

BY JONATHAN ASH

YOU LEFT ME STANDING WITH A HOLE IN MY HEART.  
YOU TOLD ME WAKE UP AND TO MAKE A NEW START,  
I TELL YOU BABY THAT IT'S EASY TO SAY,  
ANOTHER MATTER WHEN IT'S YOUR DAY THAT'S GREY.

**HOLE IN MY HEART,  
THAT NO ONE CAN SEE.  
HOLE IN MY HEART,  
THERE'LL ALWAYS BE A  
HOLE IN MY HEART.**

I'VE TRIED TO GIVE UP AND TO LET IT ALL GO,  
GET ON WITH LIVING AND JUST GO ON WITH THE FLOW,  
BUT THEN I THINK I SEE A GLIMPSE OF YOUR HAIR,  
AND I'M BACK DOWN DROWNING IN MY USELESS DESPAIR.

HEY, I'M NOT STUPID AND I DO UNDERSTAND,  
YOU'VE MADE YOUR CHOICES AND IT ALL WAS UNPLANNED,  
IT'S NOT ON PURPOSE THAT I STILL HOLD A FLAME,  
AND AFTER ALL , I'VE ONLY GOT ME TO BLAME

**I'M STILL ADDICTED TO THE THOUGHT OF YOU,  
I THINK OF ALL THE THINGS WE NEVER WILL DO.  
THEY SAY THAT TIME HEALS EVERY LITTLE BREAK,  
BUT IT WIL GIVE OUT LONG BEFORE,  
BEFORE MY HEARTACHE IS GONE**

SO I GO ON WITH MY LIFE'S DAILY CHORE,  
BUT THERE'S NOTHING THRILLING, NOTHING TASTES ANYMORE,  
THERE'S NO BEGINING AND THERE IS NO END  
I SHOULD BE HAPPY TO HAVE GAINED A NEW FRIEND.

VOCALS, KEYBOARDS, BASS, DRUM PROGRAMMING:

Jonathan Ash

GUITARS:

Lars Krarup

# CANNOT SAY GOODBYE

BY JONATHAN ASH, VANESSA LIVELY & KLAUS CAPRANI

How do I stop loving you? when your memory echoes 'round my head,  
now you've found someone new.

How could you leave me this way? There was so much more for us to do,  
and so much left to say.

Maybe one day it will all make sense to me,  
'cause love is like a passing cloud that comes in from the sea.

**When my tears're too few to mention  
and I'm sleeping all night long  
I will think of what you left me  
and will know we were not wrong. Cannot say goodbye**

Why does my heart want to cry There are hooks in there that I can't tear out,  
cannot say goodbye.

I want to scream at the sky. My whole world just came crashing down,  
I wish it was a lie.

Maybe one day it will all make sense to me,  
'cause love is like a passing cloud that comes in from the sea.

**When my tears're too few to mention  
and I'm sleeping all night long  
I will think of what you left me  
and will know we were not wrong**

**I will see a new horizon  
As my new love will unfold  
While the Phoenix brings from ashes  
All these stories yet untold  
Cannot say goodbye**

VOCALS:	Jonathan Ash, Laila Menia
SLIDE GUITAR, WAH GUITAR, DRUM PROGRAMMING:	Lars Krarup
BUBBLE GUITAR, KEYBOARDS, BASS:	Jonathan Ash



# VOICES IN THE HEAD

BY JONATHAN ASH

You look like you're holding back.  
Not acting free,  
There's a person in that pretty head  
who wants to come out and talk to me

I see it in the way you walk  
Bent like a willow tree,  
Let the sun shine on your face,  
See how easy it can be

But don't be afraid,  
You know I've been there too,  
You must see what your parents did to you.

**They gave you:**

**Voices In The Head**

**"what will all the neighbours say?"**

**"how could you do this to me?"**

**"All men are just like your father, dear"**

**"Do what the Good Lord said"**

**But don't be afraid**

**One voice is really you**

**Open up your heart**

**Let it talk to you**

Take a break from your normal style,  
A holiday of soul.  
You'll come back to the same old cherries  
but they're lying in a different bowl.  
And then I'll look in those eyes of blue,

VOCALS, ACOUSTIC GUITAR, BASS,  
KEYBOARDS, DRUM PROGRAMMING:  
Jonathan Ash

ACOUSTIC & ELECTRIC GUITARS,  
SOLO GUITAR : Lars Krarup



CAN'T SLEEP, PRESSURE IN MY HEAD.  
I'M GOING CRAZY, WITH ALL THE THINGS LEFT UNSAID.  
NEED TO TALK TO YOU, NEED TO LEAVE YOU ALONE.  
AM I STRONG ENOUGH TO BE WEAK ON MY OWN?

TWO REALITIES, ONE SLIPPING AWAY.  
THE OTHER NO COMFORT, BY NIGHT OR BY DAY.  
IT HURTS TO THINK OF YOU, BUT I CAN DO NOTHING ELSE.  
**I'M A GENIUS AT FOOLING MYSELF.**

CAN'T SEE WITH THE LIGHTS OFF,  
CAN'T SEE WITH THEM ON ,  
CAN ONLY FIND WORDS, WHEN ALL THE WORDS ARE DONE

VOCALS, BASS, KEYBOARDS, DRUM PROGRAMMING:  
Jonathan Ash  
GUITARS: Lars Krarup



# MAKING PROGRESS

BY JONATHAN ASH

I, I always used to hide, right in the corner,  
I, I pushed it all inside, didn't give an inch,  
I was closed up , I couldn't see out, it was hopeless...

Now, I start to see the light, there's nothing to it you see,  
I , I wanna do it right, oh,  
Like a thick fog , couldn't see out, blind as blind could be, it was hopeless,  
now its lifting

**I'm making progress, you could say I'm making progress ooh!**

I, I woke to aches and pains, every morning the same,  
I, I couldn't cut the chains, didn't have a clue,  
Then one morning, only sunshine, light as light could be, I'm a new man,  
If only for today

**But now you can see I'm making progress, ooh baby  
Clear as day I'm making progress.**

The patient's doing well responding to all those pills,  
The treatment's going fine I guess they'll be no more ill,

But here I come, I'm making progress  
Look out there world , I'm making progress  
I said I'm coming I'm coming I'm coming I'm coming I'm coming out to get you,  
I'm making progress,  
Its getting its getting its getting much better you see I'm making progress,  
progress progress, progress yeah wahh

oh oohwah oohwah , oohwah oohwah, oohwah oohwah, oohwah oohwah.



VOCALS, KEYBOARDS, GUITAR, BASS, DRUM PROGRAMMING: Jonathan Ash  
R&B GUITAR: Lars Krarup



# HEAVY BOOTS

BY JONATHAN ASH, JOHN POINTER & KLAUS CAPRANI

SOMETIMES I WAKE UP IN HEAVY BOOTS  
SLAMMING THEM DOWN IN SLOW MOTION  
DRAGGING A SHADOW THAT'S GROWING ROOTS

IT WEARS ME DOWN AND I WEAR THEM OUT  
IT WEARS ME DOWN , I WEAR THEM

NO ONE WOULD SAY THEY'RE FANCY LEATHERS  
THEY'RE DESIGNED FOR HEAVY USE  
THE SEAMS ARE SPLIT THEY'LL FALLING APART  
WHEN YOU'RE WEARING HEAVY BOOTS.

THEY WEAR YOU DOWN WHEN YOU WEAR THEM OUT  
THEY WEAR YOU DOWN , YOU WEAR THEM

**FOOTSTEPS FOLLOW ECHOING HOLLOW INSIDE THE HALL  
FOOTSTEPS FOLLOW THE ECHO**

SOMETIMES I WAKE UP IN HEAVY BOOTS  
SLAMMING THEM DOWN IN SLOW MOTION  
DRAGGING A SHADOW THAT'S GROWING ROOTS  
I'VE BEEN HERE BEFORE, I'LL BE HERE AGAIN

VOCALS, KEYBOARDS, ELECTRIC GUITAR, BASS:  
ACOUSTIC GUITARS, DRUM PROGRAMMING:

Jonathan Ash  
Lars Krarup





# BROKEN OFF IN THE LOCK

BY JONATHAN ASH & ARENA LUANDA

I CAN'T ESCAPE, YOU'RE EVERYWHERE  
WHEN I SLEEP I DREAM YOU'RE THERE  
NO HIDING PLACE, IF I WAS BLIND  
I'D SEE YOUR FACE, NO PEACE OF MIND

**ITS LIKE MY ENGINE'S RUNNING WITH THE KEY BROKEN OFF IN THE LOCK.  
JUST FEEL SO BROKEN HEARTED AND I CAN'T GET THESE FEELINGS TO STOP.  
I FEEL SO SHUT OUT WAITING WITH THE KEY BROKEN OFF IN THE LOCK,  
AND I HOW DO I STOP THE MOTOR?**

THERE'S SOMEONE NEW WHO TOOK MY PLACE  
COLOUR ME BLUE, A HOPELESS CASE.  
YOU SAID TO ME PLEASE SET ME FREE.  
I DO MY BEST, BUT CAN'T YOU SEE,

I TOOK A DRIVE AND CRUISED ROUND THE BLOCK WITH YOU  
FOR A WHILE ALL WAS GOOD AND THE SKIES WERE BLUE  
THEN THE STORM CLOUDS CAME, NOTHING WAS THE SAME,  
NOW I'M LEFT STANDING FEELING BLUE

**ITS LIKE MY ENGINE'S RUNNING WITH THE KEY BROKEN OFF IN THE LOCK.  
JUST FEEL SO BROKEN HEARTED AND I CAN'T GET THESE FEELINGS TO STOP.  
I FEEL SO SHUT OUT WAITING WITH THE KEY BROKEN OFF IN THE LOCK,  
AND I HOW DO I STOP THE MOTOR?**

VOCALS, GUITARS, KEYBOARDS, BASS, DRUM PROGRAMMING:  
Jonathan Ash

I'M LYING ON MY SOFA IN THE MIDDLE OF THE DAY  
I'M DOING ALL I CAN TO MAKE THE WORLD GO AWAY,  
HIDING IN THE DARKNESS OF MY OWN LITTLE CAVE  
WRAPPED UP IN FOLDS OF SORROW, I'VE GOT NO-ONE LEFT TO SAVE

WELL I LOOK AROUND FOR COLOUR BUT ALL I SEE IS GRAY,  
AND I TRY TO REACH MY FEELINGS BUT THEY'VE ALL GONE AWAY.  
THERE'S NO POINT IN FANCY COOKING, NOTHING TASTES ANYMORE,  
JUST AN EMPTY SHELL-LIKE PERSON, LOCKED BEHIND AN ARMOURED DOOR

**TAKE NO NOTICE OF ME  
ITS ONE ONE OF THOSE DOG DAYS  
I SNAP AND I BITE, LOOK OUT FOR A FIGHT  
ITS ONE OF THOSE DOG DAYS!**

I'M ACHING IN MY BODY AND THERE'S POUNDING IN MY HEAD,  
LYING HERE FEELING SORRY AND WISHING THAT I WAS DEAD.  
THERE'S NOTHING QUITE SO HEAVY AS THE BURDEN THAT I BEAR,  
ITS DRAGGING ME DOWN SLOWLY JUST LIKE LEAD LINED UNDERWEAR

WHEN THE EMPTY DAY IS OVER AND ITS TIME TO GO TO BED,  
I LIE IN THERE FOR HOURS, FLYING THOUGHTS AROUND MY HEAD.  
AND WHEN I FIND I'M FALLING INTO SLEEP THAT I NEED BAD,  
I GET TO START TO DREAMING OF THE THINGS I NEVER HAD.

COME REST YOUR HEAD ON MY COLD SHOULDER,  
I'M NOT GETTING BETTER, JUST GETTING OLDER  
ITS THE BEST I CAN DO WITHOUT TELLING TALL STORIES  
IF YOU DON'T LIKE MY MOOD, WELL YOU KNOW WHERE THE DOOR IS

**TAKE NO NOTICE OF ME  
ITS ONE ONE OF THOSE DOG DAYS  
I SNAP AND I BITE, LOOK OUT FOR A FIGHT  
ITS ONE OF THOSE DOG DAYS!**

VOCALS, KEYBOARDS, ELECTRIC & ACOUSTIC GUITARS, BASS, DRUM  
PROGRAMMING: Jonathan Ash  
GUITAR, BASS SOLO: Lars Krarup

# LITTLE RED SHOES

BY JONATHAN ASH

When you were small you made a pair of red shoes,  
out of rags and paper, all you could use.  
They looked so clumsy, but you couldn't care less,  
With them on you were a dancing princess.

**Dance, dance, dance little red shoes  
Dance and set me free.  
Dance, dance, dance little red shoes  
Dance the world for me.  
Nothing else in the world makes you feel this way,  
You can run with the wolves and jump and dance and play.**

Then came the day when your parents said stop  
They built a bonfire, put your shoes on the top.  
They taught you how to be just like the rest.  
All sugar and spice and tame like the blessed.

**Dance, dance, dance little red shoes  
Dance and set me free.  
Dance, dance, dance little red shoes  
Dance the world for me.  
Was nothing else in the world made you feel this way,  
You could run with the wolves and jump and dance and play.**

Bridge

You dreamt of what was taken from you,  
And every day the hunger grew and grew.

Now a young lady and you see in the store,  
The finest pair of red shoes, for sale by the door,  
"Go ahead and try them" says the devilish young man.  
"If anyone can fit them, I know that you can!"

The shoes are so perfect but they're not what they seem.  
They look like the slippers from your far away dream.  
But the red shiny leather has a cruel poison hook,  
They'll trap you forever in the Devils black book.

You will,  
**Dance, dance, dance little red shoes  
dance til you drop  
Dance, dance, dance little red shoes  
You will never stop.**



VOCALS, ELECTRIC & ACOUSTIC GUITARS, BASS, KEYBOARDS, DRUM  
PROGRAMMING: Jonathan Ash  
FIDDLE & BANJO: courtesy of Logic Studio Pro





[www.jonathanash.dk](http://www.jonathanash.dk) [www.ingerserritslev.dk](http://www.ingerserritslev.dk)

