

For my Mom, the one

and for David, Christopher and Elijah Rock for showing me my might

Never without God, my family, Nell, Lorraine, Jane, Temple and Taylor Big Gratitude to The old Mineshaft, Aaron, Paris Match, Wendy, Coran Capshaw and Trax, Jeff Bagby, Jay Darmstadter, Haines, The Dave Matthews Band, Ron Lessard, Spencer's 206. Charlottesville Music, Eugene's piano, Joia, Darrell Rose, Leland Nakamura, Johnny Gilmore, Ross Spears, Jeffrey Grosfeld, Michael and Becky, and all you healers out there.

Songs by Shannon Worrell (BMI) @1994

Vocal and Acoustic guitar by Shannon Additional vocal arrangements
on "Not Athena" and "Eleanor" with Haines, Sherry and Join Photographs by Alexandria Searls
Sleeve Design by Thane Kerner and Shannon Worrell Logo by Tim Hussey
Management Chris Teach (800) 961-8882

Super Duke Music P.O. Box 4017 Charlottesville, Virginia 22903

ELBOW TO ELBOW

I've watched this thing from the beginning and I've watched both sides to see who's winning I've watched you climb up, fall down, skin your knees without a sound no sound

Now don't you get the wrong impression. It's not another one of my self-impressed digressions. I've seen the fruit, rotten on the vine and I've seen your eyes, their broken lines. You say there's some kind of maric here, some root, some river running deep and clear.

But I say if you step up to the river's edge you'll see there's no water there, just a dangerous ledge
Elbow to elbow and three rungs down, you're on the ladder of love, headed underground

bow to cloow and three rungs down, you're on the tadder of love, headed underground beaded underground to wander down underground to wander dky

Shoulder to shoulder and five miles high, on the ladder of love in a darkening sky

Let's take a walk on by the bowery, we'll wag our arms and talk of how we came to be two girls Sixteen flights above this city, two girls afraid of getting old and lone

Well lonely is a word I use without the moon, lonely is a word I'm hearing much too soon I wear my blue badge of solitude and I know these words aren't doing any good

Mythology has played a trick upon us all: to think that love isn't too far, too far to fall O No, I'm bad, I'm bad, getting better it's all love, you bow down

Dave Giegerich dobro Kristin Asbury ovcal Fred Boyce banjo Matt Tifford cello White foot

ELEANOR

She said give me perspective, give me peice of mind is the world so selective, so lopsided, so unkind

Way back in Virginia, way back in my history, she said, there's an empty armed, empty Handed girl is that me, she said and I said you're no empty shell

You're the brightest and the loudest heavenly bell

Plucked from the sky like a diamond plucked from the sky like spring's new leaf

Whether it's God's will or my wish it happened

You were plucked from the sky like a dragonfly You're almost an angel. Eleanor

She turns to her father, his head in a book, she says why even bother, he don't look up
Still, he thinks he knows me well, he thinks he knows this heart, he's memorized my mind
He's just memorized some lines

You're the brightest and the loudest, heavenly bell Nell you know

Tim Reynolds mandolin Sean Michael Dargon baggipes David Matthews weal Steve Sidley base and keyboards Matt Tifford cello Timm Biery brums

WONDERTWINS

Form of a bucket of water form of a pail of sand

Form of the prodigal daughter, peregrine falcon, cormorant

Whether it's on the ground or up above, I need a little push, a fatherly shove

Something to hover in my head, maybe a lover in my bed, more like a brother Something to hover in my head

Form of a Jedi fighter, Obewankenobi's girl Fix me up with a bowl of faith give me a brick to tie me down

> To any body's church, any body's state With a bag full of answers or a big block of lead

Give me one God, two gods to hover in my head Form of a bicycle form of a spinning wheel

Overseas correspondant, movie maker, mover shaker, battle sargeant, front of the field
Put a gun in my hand, put a pen in my hand, put your hand in my hand
One god, gimme two, two gods gimme three, three gods to hover in my head
I want something to stick and I'll stav

Tim Reynolds electric guitar Leroi Moore saxophone Kristin Asbury and John Alagia weals
Houston Ross hass John Trupp drums, perussian Johnny Gilmore snare Timm Biery high hat

SEE JANE

With these trees half turning, a branch in summer, another one burning
Like they can't decide to stay or surrender to November
Wanting not receiving light wanting not receiving love
If they could see my little lady, see my baby Jane
See my little lady she'd put them back together
Wanna make some promises, forge some trust with an unknowing stranger
With the world upon me like this but the answers never happen to me
Rarely happen when I'm wanting not receiving light, wanting not receiving love

See my little lady I see my baby Jane
See my little lady she puts me back together
When I'm wanting all blades and silence. I let that poison in my home
She'll watch me as I unravel, then she'll fasten me back muscle and bone
Fix me

Until I See Jane

Fix me

Shannon Worrell electric guitar Matt Tifford cello John Alagia piano David Matthews eveal

NOT ATHENA

Since I was five years old, thought I sprung out of the top of my daddy's head Sugar coated and biscuit round, I landed upright to the ground, not a mark on me They said you look like him, you talk like him, you walk like him, you walk like him, you're gonna be just like him But I know I'm not Athena, I know I'm not Athena 'cause I'd peel my armor, peel it back, Bow and arrow, horse and pack I'd loose my armor for you

Loaded up with ammunition, a box of lead for intuition, sawed off shotgun, a twenty two

Commit a homicide to prove my love for you It may be easy to be my God in the mountain air, Parnassus fair

But can you manage with no diguise, no bulls, no swans, no covered eyes, no tricks down here

This immaculate conception has proved to be nothing but divine projection,

Put a helmet on my head, silver sword beneath my bed so in my dreams

My enemy is dead, always dead — my head's to heavy from all that

John Alagia electric guitar Steve Sidley bass John Trupp grums and percussion Kristin Asbury and Sherry Rivet weals. Matt Tifford cello

TO THE QUICK

I'm dragging the ball now both my arms are ropes unwound
I'm willing to fall now break my face and bite the ground
I could wind back up and lift my head, carry this ball, empty my bed

Undo your eyes undo you

If I don't want your hands on me, if I don't want your love on me
If I don't want your mouth on me, better put myself to bed early

And watch a movie Notorious the feeling you give, the feeling I get

Is better than glorious when it's in my thighs, it's inside me

Are you gonna shove me all the way Are you gonna push me that hard

Or are you gonna throw me back in

Catapulted all the way to the quick

It's only a trick mama said, you play it on him and he plays it on you

You're getting a kick from it all, it's chemical, it's arsenal

The brain fires the message you need it you need it The body replies feed it, feed it

It's not in the stars, it's not in the skies

But when a siren sleeps a fury cries out and says

When I work too hard I become familiar Then I've said to much and you wish for stillness

Are you gonna go now or later

Tim Reynolds slide guitar Steve Sidley bass and keybrard Kristin Asbury weal John Trupp drums

ONE WINDOW

I've got these three bridges None touch the ground

I shouted out, I shouted out three wishes

None made a sound

You come to me say look for the horizon, get even girl, but I'm upside down

I just want one window where I can see you from

You don't have to speak for me, speak for yourself

You don't have to weep for me, I'll weep for myself

Just come around each afternoon, surrender once a day

I'm fastened here to my sturdy little chair, you stay over there, armslength away

I just want one window where I can see you from

I just need a view

Matt Tifford cello

WITNESS

He's on my window ledge, not bird, not god, not from the dead He's working on my heart, He's sleeping in my bed He's played this trick on me, I can't see him in the daylight I only hear him say wait for dark and then I might show I might show or I might sing, might lay my head upon your breast Just take a breath, hold my hand, take this love it's heaven blessed He can walk on water, he doesn't make a sound, he's on my back Tied and bound and I said go away, I want to shed my witness Blood and bones have kept me here, corridors, familiar trees Mother says expose yourself to ward off this complacency I thought if I keep my doors shut tight, all I have will be my own If I keep to only key buried deep beneath this home Bring me whispers without words, berries from the winter woods Lay me down in tangled vines, say your first child will be mine Bring me immortality, weightlessness and second sight Take me elbow fist and knee, hold these hands with all your might You can walk on water, you never make a sound, you're on my back Tied and bound I said don't go away, I don't want to shed my witness Don't want to shed my skin

Tim Reynolds electric guitar Steve Sidley bass, piano, and keyboards Fred Boyce banjo Mark Roebuck oveal John Trupp drums

Sample of Bellini's "Norma" sung by Rosa Raisa, 1917

Elbow to Elbow Eleanor Wondertwins See Jane Not Athena Snakebite To the Quick One Window Witness



Produced by John Alagia and Shannon Worrell

Recorded by John Alagia and Doug Derryberry in Black Cat Lodge, Weepers,
Eugene's living room, Trax's bathroom and at Rutabaga Studios. Mixed by John
Alagia at Rutabaga Studios in Arlington, Virginia. "To the Quick" and "Eleanon" mixed
by Bob Dawson and John Alagia at Bias Studios, Springfield, Virginia.

Mastered by Dave Glasser at Airshow, Springfield, Virginia.





