

CATCH 22 EP Lyrics, released 2-22-2020

1. GPS for Love

© Shawna Ray, Rhythm Ray, ASCAP and Elliott Didur, BMI

Might've made a wrong turn
Took the long way round
Think I've finally learned
Searching lost and found
Tried to redirect us
But we crashed and burned
Waiting on a tow truck
Sitting on the ground

**Wish there was a GPS for love
Enter destinations, where'll end up
Go the right direction, find the one
Knowing love will always bring me home**

Need to get this lesson
Just enjoy the ride
Shut my mouth and listen
To my internal guide
There's a bigger picture
Down the road I'll see
Looking in the mirror
Learning to love me

**Wish there was a GPS for love
Enter destination, where'll end up
Go the right direction, find the one
Knowing love will always bring me home**

I know where I want to go
Meet me there half way
Some things we may not know
Take it day by day
This life is an open road
Joy is in the journey
I still have hope
It'll be you and me someday

**Wish there was a GPS for love
Enter destinations, where'll end up
Go the right direction, find MYSELF!
Love will always bring me HOME**

Bring me home, bring me home, bring me home
Love will always bring me home

1. **Catch 22**

© Shawna Ray, Rhythm Ray, ASCAP

There's that thing that kept me
From the feeling of happy
There's that hook holding me
Cycle self-destructing
Take the doubt - throw it out
Look beyond the ceiling
When you don't know what to do
Do the next right thing

**You're releasing the catch twenty-two
From a time when you lost sight of you
Every day we awake, and we chose
To be new, twenty-two**

Looking back on your teens
Things that can't be unseen
But then time is moving
Like the spring, evolving
There's divine in your soul
Eb and flow of growing pains
When the loss leaves a hole
Fill in up with grace

**You're releasing the catch twenty-two
From a time when you lost sight of you
Every day we awake, and we chose
To be new, twenty-two**

Dreams are things we don't outgrow

Make your mark at any age

Toxic people - just let go

Moving forward - turn the page

You're releasing the catch twenty-two

From a time when you lost sight of you

Every day we awake, and we chose

To be new twenty-two, oh yeah (2x)

Releasing, releasing, releasing the catch 22

Releasing, releasing, releasing the catch 22

2. Birthdays

© Shawna Ray, Rhythm Ray ASCAP

Turning of an age
I see the candles on a cake
And wonder where am I supposed to be by now?
Do I blow a wish?
Or is it more about the breath
That I take in to capture moments of alive...

Moving into chapter two
Fifteen then you're fifty
Birthdays always celebrate
Life is good when we're living
Presently oh oh oh oh ooh
Presently

Friends and family call
Posts on the wall can make me smile
But do they know inside I still feel like a child?
On a one way track
I picture what lies up ahead
And make myself get out of the bed to take next steps...

Moving into chapter two
Fifteen then you're fifty
Birthdays always celebrate
Life is good when we're living
Presently oh oh oh oh ooh
Presently

And the best gift I will treasure
Can't be measured by any dollar
I'm spending time with the ones who know me
And who have loved me throughout this journey

Writing a new chapter two
Fifteen then you're fifty, sixty, seventy
Birthdays always celebrate
Life is good when we're living
Presently oh oh oh oh ooh

Presently oh oh oh oh ooh
Presently oh oh oh oh ooh
Presently oh oh oh oh ooh

1. Mustang

© Shawna Ray, Rhythm Ray ASCAP

The pretty prancer gave you a show
Around the circle, view got old
I've got big dreams beyond the yard
And I'm flipping my wild card

**This strong horse was born to run
Mustang roar, revving the engine
Share the ride and I will drive
I am a mustang! You'll catch me outside!
Yeehah! Woohoo!
Yeehah! Woah oh oh**

I've got an old soul, racing the train
You can't control, raising the gate
I love cowboys who won't be tamed
So if you like noise - get ready to race

**This strong horse was born to run
Mustang roar, revving the engine
Share the ride and I will drive
I am a mustang! You'll catch me outside!
Yeehah! Woohoo!
Yeehah! Woah oh oh**

Go for the win
Flow with the wind

(Guitar solo - double time tempo)

Born to run! Born to run!

Hit the road - we'll have some fun!

Giddy-up! Giddy-up!

Throw your gear in the pick-up truck!

**Cz this strong horse was born to run
Mustang roar, revving the engine
Share the ride and I will drive
I am a mustang! You'll catch me outside!**

**This strong horse was born to run
Mustang roar, revving the engine
Share the ride and I will drive
I am a mustang! You'll catch me outside!
Yeehah! Woohoo!
Yeehah! Woah oh oh

Yeehah! Woohoo!
Yeehah! Woah oh oh**

2. **Could've Been**

© Shawna Ray, Rhythm Ray, ASCAP; Elliott Didur, BMI and Allen Clifford Liggett, BMI

You messed up what could've been a good thing
But for you I guess it was a fling thing
Now I wish I didn't have to see you
And your tramp who's outside smoking
With nothing but a t-shirt on
Maybe when you hear this song
You'll know that I know you're wrong!
You are wrong!

Could've been love
Could've been us
But you effed it up
Could've stayed hot
Could've had trust
But you effed it
You effed it up

You messed up what could've been a good thing
Open and then suddenly you're running
Now I see a player who is losing
All you care about is what you take in
Should've been grown by now
Little boy burning out
Better go get some help
Get some help!

**Could've been love
Could've been us
But you effed it up
Could've stayed hot
Could've had trust
But you effed it
You effed it up**

Is that really what you want?
To go through this life alone
When you're lonely, just hook up
Do they know you're using them?
What the F is love?
What is wrong with us?
You made me say F boy
One too many times

**Could've been love
Could've been us
But you effed it up
Could've stayed hot
Could've had trust
But you effed it**
You effed it up
You effed it up
You effed it up

(There is an explicit version if you really want to hear what I am saying here ;0)

(Sorry Mom, this is my angry song. I am not putting all the blame on every man I have ever been with, but in this situation, this scene, it was his effing that effed it up)

6. Coming of Age

© Shawna Ray, Rhythm Ray, ASCAP

How does the time go by so fast?
I loved you before your first breath
Looking at you, all grown up
My heart feels all kinds of love

Coming of age
Moving moments
Scared while you're brave
So independent
Well, you're getting there
You will get there
With baby steps
On to the next, on to the next
On the next, on to the next

Our home will never be the same
So proud of you, we celebrate
Learning to trust and letting go
My heart feels all kinds of love

Coming of age
Moving moments
Scared while you're brave
So independent
Well, you're getting there

**You will get there
With baby steps
On to the next, on to the next
On the next, on to the next**

We all start to crawl before we walk
Learn to sound before we talk
Everyone has make mistakes
Try to give yourself a break

**Coming of age
Moving moments
Scared while you're brave
So independent
Well, you're getting there
You will get there
With baby steps
On to the next, on to the next
On the next, on to the next

On to the next and the next
And the next and the next**

3. **Good Wolf**

Shawna Ray, ASCAP 2020 for the Wolf Conservation Center in Salem, NY

I am a wolf in the woods
Watching the wreckage of my world
Some think I'm bad, I am good
Humans have taken my whole earth
Changing the climate with their trash
Forests are burning down to ash
Oceans and wildlife now must ask
What would a good one do?

It hurts sometimes, you'll hear me cry

Oooooohhhh

We call to reach out in the night

Oooooohhhh

I am a Mom with my pups
Watching the human with a gun
I will protect them from harm
Building a den to keep them warm
Just like you, we need a home
We use the earth, some strip it down
Just like you, I guard my own
What would a good one do?

It hurts sometimes, you'll hear me cry

Ooooooohhhh

We call to reach out in the night

Ooooooohhhh

(Spoken Conservation Message)

The definition of conservation is careful preservation, protection and planned management of a natural resource to prevent exploitation, destruction, or neglect.

True earth, water and wildlife conservation is based on science, promotes honest awareness and shares resources where there is the greatest need for scientific research, education and intervention.

We're asking you to help, not just the wolves, but to support conservation of at risk species across the globe. Your support will be shared to meet the needs of wildlife and their habitats that are most at risk to prevent extinction and destruction while promoting healthy climate change through crucial conservation.

I am a wolf with a home

That is protected in this world

One with the ones who are good

Humans who work for a whole earth

Preventing climate change our goal

Rebuilding forests planting trees

Saving oceans and animals

Who are most in need

It hurts sometimes, you'll hear me cry Ooooooohhhh

We call to reach out in the night Ooooooohhhh

I am a wolf who is good Ooooooohhhh

8. The Way You Look at Me

© Shawna Ray, ASCAP; Patrick L. McLaughlin, BMI and Allen Clifford Liggett, BMI

I'm so into you
How did we get here?
I can't help but smile
You erase my fears
My thoughts start to race
I've been hurt before
Take it day by day
You've got me craving more

Love the Way You Look at Me
My heart leads when our eyes meet
You are giving all the feels
When you say babe just smile and breathe
Finally let down my guard
I let you in completely
Effortless cz you make it so easy
When you look at me
I love the way you look at me

People always say
When you know - you'll know
Never understood
That is until now
I feel you from within
When you reach for my hand
We've tried to go slow
But baby just say when

Love the Way You Look at Me
My heart leads when our eyes meet
You are giving all the feels
When you say babe just smile and breathe
Finally let down my guard
I let you in completely
Effortless cz you make it so easy
When you look at me
I love the way you look at me

Laugh out loud, I can be myself
When I'm with you - I feel free
You cheer me up and calm me down
Here and now we are releasing
I love the way you look at me

Love the Way You Look at Me
My heart leads when our eyes meet
You are giving all the feels
When you say babe just smile and breathe
Finally let down my guard
I let you in completely
Effortless cz you make it so easy
When you look at me
I love the way you look at me