

Motion=energy You=positivity Be energetic Be positive

Be The Motion

Can you overcome the negatives? YES
Can you break the barriers? YES
Can you attain your goals? YES
Can you improve your life? YES
Can you lift up others? YES
Can you make the best things happen? YES

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Another EP?!!!

Why, after I proclaimed to only release singles did I put in the sweat and compile 5 new songs for an EP? It's simply easier to focus on 1 song, mix it, master it, and put it out. Why not a full album? It's even more work to do 8-12 songs. I'm not that talented or energetic, however when a bunch of tunes show their ugly heads I guess I just feel compelled to compile. Hence, The Motion EP. The next ep in the series is 5, so I was forced to work harder if I was going to stick to the trend. From now on, only singles...

I do love creating, and it drives me to just keep putting my babies out there. I hope over the course of 30ish songs(4 albums/eps, 4 singles) there has been an upward progression in my songwriting, singing, and producing. I do it for me and hope other people may listen on their way passing through this dirty old city.

The Motion

I had this ep brewing and had 5 songs chosen for it(if you follow me at all you'll see that each ep has the same number of songs that match the ep's title). It was Superbowl Sunday and all the commercials seemed to be somewhat positively motivated. I guess I got brainwashed and by Monday morning the song was written and demoed out. It just took me over and became the title track. Whew, talk about being in a flow state. Some of my songs have a dark edge to the story. This one hopefully redeems me a bit.

She Goes Home and Cries

I had the title for some reason and wrote a song around that. I guess I find some appeal in the human condition and how we cope with day to day situations. Crying shows real emotion, reveals real love. The deepest of feelings coming to the surface at a vulnerable place in life. It's not a weakness, it's a strength. A physical manifestation of love. Men cry too, we do, but this song is dedicated to women. Those who face the worst in others, painful situations that cut to the bone, losing loved ones or loving those lost. Your hearts are big and brave.

Is This What You Wanted?

I have so many current favorite new songs I've discovered over the years, but I want you to know that there are also a million stinkers out there. Many of them top favorites of people that for some reason enjoy being hypnotized by the same 4 chords and repetitive melody for 3 minutes. I won't name names, especially when they are making an impact and I am not. I'm not bitter, just bored with some of it. This song asks the question, but I think I already know the answer.

They Walk The Dock (The Ballad of Duke and Buddy)

I have resided on my houseboat for 6 years and this is also where my studio is at. If you've ever been to a marina, you'll find a whole different demographic of people. People that are friendly, accepting, and borderline family right off the bat. Where i'm at, I was befriended by a boat mechanic and retired older gentleman who were both in their own right, "old salts". These 2 who were close friends to each other, both somewhat took me under their wings so I had 2 built in uncles from the start. Just over a year ago, we lost them both within a year of each other. They are both gone, but not forgotten. This is a ballad of 2 buddies. Maybe even a ghost story because it feels like they are still here in the creaks and cracks, the wind and the waves that gently tap on the dock. I dedicate this to Dan Meals(Duke) and Butch Brown(Buddy). There are 2 guitars at the end of this song that play off of each other. Imagine 2 guys walking down the dock shooting the breeze. RIP friends.

Fairy Tale Ending

Some folks live their entire life looking for love. They may also dream, find love in those dreams, and wake up wishing it hadn't ended. Optimistically, it feels like we control our own destiny, but realistically we do not. You may have control of many aspects of life, but love is not one of them. It's serendipitous and random. I hope someday everyone finds it. Their fairy tale ending.

Be the Motion

Move, move ahead so you You can carry, the torch is what you do Don't stop, take in all you can Take it, the future's in your hands

Be the Motion, part the sea
Break the barriers, feel the speed
Play your cards, run the game
Be the Motion, you'll never be the same

Running, moving straight ahead Forget, the past that's in your head Only, you can win this race Your headed to a higher place



Be the Motion, part the sea
Break the barriers, feel the speed
Play your cards, run the game
Be the Motion, you'll never be the same

Childhood sweethearts, right from the start he saw her face, and she stole his heart Now years later, they say their vows But it doesn't last and he's gone now Here comes the pain

As her heart breaks, he slowly walks away Will she find the hope, to love another day Tears fill her eyes, She goes home and cries



Her family, always comes first
Now the phone rings, not expecting the worse
He's lying there, he's almost gone
She holds his hand, it won't be long
Here comes her pain, yeah it feels like rain

As her heart breaks, he slowly fades away Will she find hope, to live another day As her heart breaks, he slowly slips away Will she find hope, to go on another day Tears fill her eyes, she goes home and cries

As her heart breaks, they slowly fade away
Has she lost all hope, to live another day
As her heart breaks, the tears fall like rain
Can't she find the strength, to go on another day

Tears fill up her eyes
She Goes Home and Cries

I can't listen, anymore
My mind is numb, from the deafening roar
It's everywhere, and I will admit
The radio, is streaming shit

Is this what you wanted? Is this what you need?
The more and more of less and less, the deeper you dig
The more you bleed
Are we lost, out of time
Every step we take, more and more and more behind
Is this really what you wanted?

The price you pay, to dumb us down the only thing baby, is the soul you never found you traded everything, for perfect lies And won a perfectly, perfectly empty prize

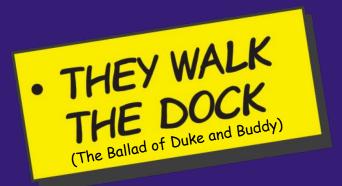
Is this what you wanted? Is this what you need?
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The more you bleed
Are we lost, out of time
Every step we take, the more we get behind
Is this really what you wanted?

• IS THIS WHAT YOU WANTED?

I can't listen, anymore My mind is numb, from the deafening roar It's everywhere, and you should admit your little phone, is streaming shit

Is the what you wanted? Is this what you need?
The more and more of less and less, the deeper you dig the more you bleed
Are we lost, out of time
Every step we take, the more and more we get behind
Is this really what you wanted?
Is this really what you needed?

Is this what you really wanted? Is this what you really wanted?



A misty morning, the sun peeks through The lake is glass, the air is cool Wrench in hand, cigarette smoke Surly chuckle, as he takes a toke(footsteps)

Although Duke's gone, I still hear him talk I do believe, he walks the dock

A distant hey, across the water A welcome smile, a staggered saunter Settled in, this place his home By himself, but never alone (footsteps) While Buddy is gone, they still laugh and talk Along with Duke, he still walks the dock Although they're both gone, I can hear them talk I do believe, they walk this dock

They still walk this dock in a boat, they float on by Brothers, bound by beer and sunshine They still walk this dock, day and night Day and night, footsteps.....

Although they are both gone
I still hear them talk
I do believe they walk this dock
Although they are both gone
I still hear them talk
And I do believe, they walk this dock

Counting the stars, do you know who you are? Are you willing to just take a chance? You've waited this long, maybe it's wrong To give up on your one true romance

Take me higher, love me longer
My soul is on fire, my heart so much stronger
Is the message I'm sending, getting through
Your Fairy Tale ending, just came true



At night when you dream, is it just as it seems The feeling you know so damn real You finally find love, but then you wake up and it's gone as the morning reveals

Take me higher, love me longer My soul is on fire, my heart so much stronger Is the message I'm sending, getting through Your Fairy Tale ending, just came true

We never know, what tomorrow may hold Look inside and you'll find you And if there is love, or if you're alone Your Fairy Tale Ending, is up to you....

Take me higher, love me longer
My soul is on fire, my heart so much stronger
Is the message I'm sending, getting through
Your Fairy Tale ending
Yeah your Fairy Tale ending, just came true

The Motion Thank You's!

- -Always, my Mom Marianna. Without her I'd be nothing. I miss her every day.
- -Bob Kimball for The Motion comic book artwork. You took my scribbled vision and transformed it into real art.
- -All my musician friends and business associates. You keep me sharp and in check.
- -My Dock D-family. These Old Hickory Lake people are great and take care of me whether I deserve it or not! Thank you all.

Brian Kelly- harmonica on They Walk The Dock

No A.I. musicians or instruments were used in making this ep

All recorded "in the box" at Sound Wave Sound Studio, Mt. Juliet, TN. USA. Gear and tools used for this ep-Reaper DAW, Waves plug-ins, Izotope, Scuffham S-gear, Guitar rig 7, Eventide, Cockos, Kyle Beats, AgusHardiman.tv piano, Arturia, Cakewalk, Kawai, Korg, Native Instruments, Pulpo Audio, SKY Studios, Spitfire Audio, Toontrack EZ virtual instruments, Valhalla dsp, Vital Audio, Youlean, Edirol, Boz Digital Labs, Ibanez and LTD guitars, Hartfield Fender Bass, Sigma Acoustic guitar, Focusrite 2i2 interface, JBL 3 mkll Studio Monitors, Windows 11 computer, Dachman U87i studio microphone, Gator Frameworks speaker stands and mic stand

