

Look At My Life Written by L Kingwell (Control) & J Keskeridis (Control)

Broke, bent, tired, totalled and wired. My brain got clean, my demons retired. I've been to hell and back... Still got some fuel in the tank. Cashed up, vibed, junk free and fed. Got a steel cap made, for the hole in my head. I've been to hell and back... Still got some fuel in the tank. Hey hey yeah, take a look at my life right now. I'm in a happy place somehow. I think I've worked it out. Hey hey yeah, take a look at my life. Just take a look at my life. Take a look at my life. Pumped up, proud, single and free. Gotta point to prove, an' my karma's clean. I've been to hell and back... Still got some fuel in the tank. New tattoo. Friends on side. Wrote a book. Cut a record. Got a life. I've been to hell. I'm back... Still got some fuel in the tank. Hev. you know there's no magician. to help escape addiction, to something you love. And hey, you can't just wish it away, and promise tomorrow you'll change. I'll fix tomorrow today.

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass, Guitar, BV's
Wayne Nietz: Drums
Recorded at: Salt Studios
Mixed at: Woodstock

Show Ya What Written by L Kingwell (Control) & J Keskeridis (Control)

You been running. You been hiding. You been livin' in denial. But when you run out of excuses and your life doesn't mean alot, well if va let me baby, I'll show ya what you haven't got. Yeah if ya let me baby, I'll show ya what you haven't got. You been running. You been hiding. You been bitchin'. Something's missing. But when you run out of excuses, and your life doesn't mean alot, well if ya let me baby, I'll show ya what you haven't got. Yeah if va let me babv. I'll show ya what you haven't got. Just got to tell yourself, baby that's what life's about. Just got to dare yourself, to let it all hang out. If ya let me maybe. I'll show va what vou haven't got.

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass, Guitar, BV's
Wayne Nietz: Drums
Recorded at: Salt Studios
Mixed at: Woodstock

Frightened (Gun Shy)
Written by L Kingwell (Control)
& J Keskeridis (Control)

Sometimes, I feel like I disappear and when I speak no one hears. I'm not there. I fall asleep on the sofa at night. I can't go to bed, it's too guiet. I guess I'm scared. I'm so tired every morning these days, I stay at home in bed and I hide. I thought I heard a song on TV. a song that once meant something to me and I started to cry. Right now, I think I'm wasting my time. But I got medicine called wine to make me smile. Because I'm feeling so damn hollow inside me. And I only want this feeling to go. But I'm gun shy and a little bit frightened. I could stay at home. Ignore the phone. I could die alone. No one would know. I got nothing to do. nothing planned for tomorrow. I'm taking pills to sleep, I can't eat and

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass, Guitar, BV's
John MacKay: Drums
Recorded at: Sing Sing
Honeyface
Mixed at: Woodstock

I'm drowning my sorrows.

Can't Get Enough
Written by L Kingwell (Control)

& J Keskeridis (Control)

I'm cool, I might, be good to you tonight. I'm real hot stuff. Can't get enough. Oh yeah. I know that you like me. Oh yeah, I know that you like me... So grab my hips. Scream and shout. Spank me. Jump up and down. You dig me, I don't doubt it. So, whatcha gonna do about it? Yeah. Be a man. If you can. I'm yalone. Take me home. I'm sweet. Taste nice. Don't scratch. Do bite. I'm real hot stuff. Can't get enough.

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass, BV's
Wayne Nietz: Drums
Recorded at: Salt Studios
Mixed at: Woodstock

Blind Written by James Stewart (Control)

You told me that you can't see that You could grow up. You could piss we can be together anymore. And off. You could shut up. You could now the time has come to leave and f-f-f**k off. You could get happy. Or who knows what vou're leaving for. you could get sa-a-ad. You could Is this an ultimatum that you've bitch round the house, driving me brought to make me show my hand? mad. Nag, nag, nag. I'm so bored. These last few pockets of privacy are You're no fun, anymore. Nag, nag, things that you'll never understand. nag. What a waste. Shut your mouth Why can't you sit down, work it out? and please get off my case. You What is it you want from me? You're could grow up. You could piss off. crying wolf and making smoke. But You could shut up. You could f**k the there's no fire. I can see. You think it's f**k off. You could get happy. Or you worth the pain vou're giving me to could get sa-a-ad. You could bitch put your mind at ease? You try and round the house. Driving me mad. tell yourself it's not because you're You could cause trouble. You could flick rubber bands. Or you could shut gripped by jealousy. up your goddamn loudmouth face

Drop Your Pants

Written by L Kingwell (Control)

& J Keskeridis (Control)

Leanne Kingwell: Vocals and just drop your pants. Drop your Mark Hilton: Guitar pants. You could try roma-a-ance. Andy Parsons: Bass. BV's You could try romance romance Wayne Nietz: Drums romance. Yeah drop your pants. You Chris Copping: Hammond could try romance. You could drop Recorded at: Salt Studios your pa-a-ants. You could try Mixed at: Woodstock romance romance, veah drop your pants.

> Leanne Kingwell: Vocals Mark Hilton: Guitar Andy Parsons: Bass, BV's Wavne Nietz: Drums Recorded at: Salt Studios Mixed at: Woodstock

Be With You Written by Brewster/Brewster/ Neeson (reproduced with kind permission of J Albert & Son Pty Ltd)

Your flashing eyes are a beacon light. That guides the jet plane through the night. I just wanna be with you. Pick me up when I'm down. Feel so good when you're around. I just wanna be with you. It's not blue the way it's been. It's not night or in between. It's not guilt at feeling free. Takes much more to conquer me. I just wanna be with you. There's no place, no person left. Don't wanna be nobody else. I iust wanna be with you, darling. I just wanna be with you. I just wanna be

Leanne Kingwell: James Stewart: Guitar Andy Parsons: Bass John MacKav: Drums Chris Copping: Hammond Recorded & Mixed at: Sing Sing

Back To Me (Crawling) Written by L Kingwell (Control)

& C Young (PeerMusic) You say you wanna find yourself, well baby start looking. You say vou're really sorry after all this time to leave me behind. So traipse around the universe with your inner self and when you realise there's nothing there... You'll come crawling. Back to me. You'll come crawling. With blood on your knees. But don't expect sympathy, you've lost that opportunity. You'll come crawling. You'll come crawling. Please excuse me if you find my lack of tears a little disappointing. But I guess it's just with you. I wanna be with you. too hard for me to be the sensitive kind. So find yourself a guru to open Vocals

your third eye, then you can clearly see the moment when... You come crawling. Back to me. You'll come crawling. With blood on your knees. But don't expect sympathy, you've lost that opportunity. You'll come crawling. You'll come crawling. Don't sugar coat your reasons, it makes you sound weak... but I guess you are. Leanne Kingwell: Vocals

Mark Hilton: Guitar Andy Parsons: Bass. Guitar. BV's Wavne Nietz: Drums Chris Copping: Hammond Salt Studios Recorded at: Mixed at: Woodstock You Stink Written by L Kingwell (Control) & J Keskeridis (Control)

Fixed up the house. My mama's a'coming around. You've sat all week, front of the tv and vou f**ken stink. Clean it up now. Because vou make me sick. Wash it up now. I can't let my mama, canna let my mama near this. You're messed up pal. God knows how you live with yourself. You animal. Git outta here. Your boys, yak yak. Smokin' their skunk and gak. Smoke smoke. Drink drink. Just get your mates out cause they're trashing shit. Get your mates out. Because they make me sick. Get vour mates out. I don't wanna have 'em. I don't wanna have 'em round here. They're messed up now. God knows how they'll be in an hour. They're animals. Git outta here. There is one room, that you should visit soon. Out back, somewhere, It's called the bathroom and the shower's there. Because I told vou. vou make me sick. Yeah yeah I told you, I'm not gonna go there. Get the hell away from me pal. Just clean up now. Soap it up and wash it all down. You f**ken stink. All right. Oh veah. You f**ken stink.

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass
Wayne Nietz: Drums
Chris Copping: Piano
Recorded at: Salt Studios
Mixed at: Woodstock

My Hero (Better Than You) Written by L Kingwell (Control) & J Keskeridis (Control)

He doesn't look at other girls. He knows just what to do. He makes my heart beat faster than I ever knew it could. We have so much fun. He's always there for me. He's my hero, and I'm the only girl he needs. He'd never ever knock me up. He wouldn't cancel a date. He gave me his virginity and oh I know he'd never show up late. He doesn't snore, he never sleeps. He doesn't lie, he couldn't cheat. I really think it's time you knew, ooh-oh ooh-oh. I know vou know it's true. It's the one thing I-I-I-I can't can't can't, I can't deny, I love my my my vibrator. Ooooh oh oh oh, better than you. Yeah it's true. Better than vou.

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass, BV's
Wayne Nietz: Drums
Recorded at: Salt Studios
Mixed at: Woodstock

Bite Written by L Kingwell (Control) & J Keskeridis (Control)

Ray banned, comin' back to town. Looking up your number, cigarette in hand. Hitman, got myself a plan. Self employed, annoyed, 45 in handbag. Your phone, nobody home. Heavy breathe a message just to say hello. Call back, we need to chat. You're screwin' up my head and messing round behind my back. Turn round, leave town. Hey, hey. Stand down, hit ground. Hey. Get down, dead man. Hey. Start begging for your life, this pussy's gonna bite. Broke in. went through your things. D.O.A.'ed the bedroom, put your porn in the bin. He whore, walked through the door. Stuck a bullet, Bang! In the middle of your forehead. Honey you're in trouble. And I'll come for you tonight. Oh, it's no bother, I've had you on my mind. Been thinking violent thoughts of you at night. An' it's time this bitch girl. that you trashed out put things right. I'm walkin' up your street I'm loaded

Leanne Kingwell: Vocals
Mark Hilton: Guitar
Andy Parsons: Bass
Wayne Nietz: Drums
Recorded at: Salt Studios
Mixed at: Woodstock

to the teeth. I'm stalkin' you, you

prick. Can't wait to see you. Can't wait

to see you. Can't sav I'll miss you.

Can't wait to kiss you... Goodbye.

More
Written by L Kingwell (Control)
& J Keskeridis (Control)

Don't let it fade away. Don't save it for a rainy day. Let yourself go to the other side. Live out your mind. We're just like houses. We're just like cars. We're easy drinkers, in sleazy bars. We're all dead heroes, fighting in a war. Oh for God's sake, life give me more. Life give me more.

Leanne Kingwell: Vocals
Dan Luscombe: Guitar
Andy Parsons: Bass
lan Kitney: Drums
Chris Copping: Hammond
Recorded at: Fortissimo
Mixed at: Woodstock

Thanks:

Forrest (Boss, Master, Lover. Being good takes strength. And you're the GOQDEST. I wuff you.)

Johnny K (Mr Melody, an exceptional human being and always a girl's best friend.) Andy (For staying alive and still believing.) Spooba and Zabrinna (For love and kisses.)

Also: Mark, Wayne, Chris, Ian, Clive, Stewie, Martin, Craig, Robyn, Moira, Dan, Elmo, Pete F, Troy, Chris, Ross, Paul, Dad, Mum, Bronny, Andrew, Matthew, Siok Lin, Mei-Yen, Su-Yen, Cody, Debbie, Billy, Derek.



★ leannekingwell.com info@leannekingwell.com
2005. © 2005 Kingwell International Pty Ltd.
The copyright in this sound recording is owned by Kingwell International Pty Ltd.