



THANKS

FIRST OF ALL I'D LIKE TO THANK MY LATE AND WONDERFUL PARENTS URSULA & MARIANO FOR ALL THE SUPPORT AND LOVE THEY GAVE ME RIGHT FROM THE VERY START ...

THIS ALBUM IS DEDICATED TO YOU !

FURTHERMORE A HEARTFELT THANK YOU TO MY CLOSE FRIENDS ... MARCIO (THANK YOU FOR INSPIRING ME OVER ALL THESE YEARS ... AND FOR THE POEM BAMBÚ!), MARKUS FOR ALWAYS BEING THERE, MY SIDE BY SIDE BUDDIES ROBBIE & MIKEL, INGOLF AND MY WHOLE HAMBURG MUSIC FAMILY FOR COUNTLESS GIGS, FRIENDSHIP AND GREAT EXPERIENCES, MY STUDENTS FOR LETTING ME LEARN WITH THEM, TRILOK GURTU FOR TAKING ME MUSICALLY AND PHYSICALLY AROUND THE WORLD, THE NDR BIGBAND FOR GIVING ME THE CHANCE TO PLAYING AND RECORDING WITH SO MANY AMAZING MUSICIANS, SIMON FOR MANY YEARS OF INSPIRATION AND MUTUAL LEARNING, MY COUSINS JUAN ANGEL & VICTOR AND THEIR LOVELY FAMILIES, MY „EXTENDED FAMILY“ (AND WONDERFUL FRIENDS AND MUSICIANS) RAMÓN, TONI, JOSÉ & MANOLO IN MÁLAGA, MY FRIEND AND MENTOR ROQUE IN FUENGIROLA, MY „IRMÃO“ ROGERIO AND FAMILY IN L.A./CALIF., MY „FRATELLO“ AND FORMER GIT BUDDY MIMMO IN NAPLES, MY BROTHER MARIANO „NANI“ (AND FAMILY) IN TARIFA FOR BEING THE BEST BROTHER I COULD EVER HAVE WISHED FOR, MY LATE GRANDFATHER JOSÉ CABEZAS FOR PASSING ON HIS MUSICAL DNA ...

AND TO ALL THE FANS AND LISTENERS OVER ALL THE YEARS, WHOSE ENCOURAGEMENT, SUPPORT AND LOVE FOR MUSIC IS DEEPLY APPRECIATED.

INSTRUMENTALS:

1. BENS ME UP!

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COMPOSED & ARRANGED BY: ROLAND CABEZAS

ELECTRIC GUITARS, E-BASS, PIANO SOLO,
TIMBALES & PERCUSSION: ROLAND CABEZAS
RHODES, ADDITIONAL KEYBOARDS & SYNTH-BRASS: SIMON GREY
DRUMS: JERROD "J-ROD" SULLIVAN

3. EU TI FALO

COMPOSED & ARRANGED BY: ROLAND CABEZAS

ACOUSTIC & ELECTRIC GUITARS, E-BASS, SYNTH FLUTE, VOCALS,
PIANO & KEYBOARDS, PERCUSSION: ROLAND CABEZAS
ADDITIONAL BACKGROUND VOCALS: ROGERIO JARDIM
DRUMS: JERROD "J-ROD" SULLIVAN

7. DON'T GIVE UP

COMPOSED & ARRANGED BY: ROLAND CABEZAS

ACOUSTIC & ELECTRIC GUITARS, E-BASS, HAND PERCUSSION,
HAND DRUM, MICROKORG SYNTH: ROLAND CABEZAS
RHODES, ADDITIONAL KEYBOARDS: SIMON GREY
DRUMS: JERROD "J-ROD" SULLIVAN

10. GOLDEN HOUR

COMPOSED & ARRANGED BY: ROLAND CABEZAS

E-GUITARS, E-BASS, KEYBOARDS, PERCUSSION: ROLAND CABEZAS
DRUMS: JERROD "J-ROD" SULLIVAN

2. KING OR BEGGAR

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WE'VE ALWAYS TAKEN WHAT WE WANTED
FORBIDDEN FRUIT RIGHT FROM THE START
WE LEFT BEHIND OUR INNER EDEN
THAT TREE OF KNOWLEDGE TO OUTSMART

WE SET OUT TO RULE THE WORLD
FORGETTING HOW FRAGILE WE ARE
SOME WE WIN, SOME WE LOSE...
KING OR BEGGAR

NOBODY SEEMS TO MISS THE WATER
UNTIL THE WELL RUNS DRY
SO MANY THINGS WE TAKE FOR GRANTED
WHILE WE'RE AIMING FOR THE SKY
BUT WE MIGHT BURN OUR WINGS AND FALL
ONLY TO REALISE, THAT WE CAN'T FLY

STRIVING FOR SAFETY AND FOR COMFORT
WE LOSE CONNECTION TO OUR CORE
NO APPRETIATION FOR THE SIMPLE THINGS IN LIFE
UNTIL FATE KNOCKS RIGHT AT OUR DOOR

WE SET OUT TO RULE THE WORLD
FORGETTING HOW FRAGILE WE ARE
SOME WE WIN, SOME WE LOSE...

NOBODY SEEMS TO MISS THE WATER
UNTIL THE WELL RUNS DRY
SO MANY THINGS WE TAKE FOR GRANTED
WHILE WE'RE AIMING FOR THE SKY
BUT WE MIGHT BURN OUR WINGS AND FALL
ONLY TO REALISE, THAT WE CAN'T FLY

COMPOSED & ARRANGED BY: ROLAND CABEZAS

LEAD & BACKGROUND VOCALS, ACOUSTIC & ELECTRIC GUITARS,
E-LAPSTEEL GUITAR, E-BASS, PIANO & PROPHET 5 SYNTH,
HAND DRUM & HAND PERCUSSION: ROLAND CABEZAS
DRUMS: JERROD "J-ROD" SULLIVAN

4. BAMBÚ (TÚ VERÁS)

TÚ VERÁS...
TÚ VERÁS, TÚ VERÁS, TÚ VERÁS

TÚ VERÁS...
TÚ VERÁS, TÚ VERÁS, TÚ VERÁS

TÚ VERÁS...
TÚ VERÁS, TÚ VERÁS, TÚ VERÁS

(REPEAT 4 TIMES)

NO HAY NADA QUE PERDER
NO HAY NADA QUE TEMER

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COMPOSED & ARRANGED BY: ROLAND CABEZAS

VOCALS, ACOUSTIC & ELECTRIC GUITARS, E-BASS, PROPHET 5 SYNTH,
ADDITIONAL KEYBOARDS, HI-HAT AND ALL PERCUSSION (KALIMBA, NDER,
YAMBÚ, OROABA, CAIXIXIS, COWBELLS, SHAKERS): ROLAND CABEZAS
ADDITIONAL BACKGROUND VOCALS: ROGERIO JARDIM
DRUMS: JERROD "J-ROD" SULLIVAN



ALBUM RECORDED AT:
ALBUM MIXED AT:
MASTERING:

ROLCAB MUSIC STUDIO, DRUMS RECORDED BY JERROD "J-ROD" SULLIVAN, ADDITIONAL KEYS BY SIMON GREY
ROLCAB MUSIC STUDIO BY ROLAND CABEZAS & SVEN GORDON WILLIAMS
HP MASTERING BY HANS-PHILIPP GRAF





5. BLESSING IN DISGUISE

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JUST WHEN YOU'RE LOSING IT
WHEN YOU THOUGHT YOU'RE THROUGH WITH IT
THERE'S NOTHING YOU CAN DO YOU SAID
JUST BEFORE YOU ROLL THE DICE
BETTER THINK TWICE
AAHHHH

JUST WHEN YOU'RE LOSING IT
WHEN YOU THOUGHT YOU'RE THROUGH WITH IT
THERE'S NOTHING YOU CAN DO YOU SAID
JUST BEFORE YOU ROLL THE DICE
BETTER THINK TWICE

C'MON AND HANDLE IT
THOUGH ALL YOU WANT TO DO IS QUIT
SOMETIMES IT MIGHT TAKE A BIT
FOR YOU TO FULLY REALISE
IT'S A BLESSING IN DISGUISE
OOHHHH

JUST WHEN YOU'RE LOSING IT
WHEN YOU THOUGHT YOU'RE THROUGH WITH IT
THERE'S NOTHING YOU CAN DO YOU SAID
JUST BEFORE YOU ROLL THE DICE
BETTER THINK TWICE

JUST WHEN YOU'RE LOSING IT
WHEN YOU THOUGHT YOU'RE THROUGH WITH IT
THERE'S NOTHING YOU CAN DO YOU SAID
JUST BEFORE YOU ROLL THE DICE
BETTER THINK TWICE

UNTIL YOU FULLY REALISE
IT'S A BLESSING IN DISGUISE
AAHHHH

C'MON AND HANDLE IT
THOUGH ALL YOU WANT TO DO IS QUIT
SOMETIMES IT MIGHT TAKE A BIT
FOR YOU TO FULLY REALISE
IT'S A BLESSING IN DISGUISE
OOHHHH

JUST BEFORE YOU ROLL THE DICE
BETTER THINK TWICE
OOHHHH

UNTIL YOU TO FULLY REALISE
IT'S A BLESSING IN DISGUISE
AAHHHH

COMPOSED & ARRANGED BY: ROLAND CABEZAS

LEAD & BACKGROUND VOCALS, ELECTRIC GUITARS,
E-BASS, KEYBOARDS AND PERCUSSION: ROLAND CABEZAS
DRUMS: JERROD "J-ROD" SULLIVAN

6. AS NAKED AS WE'RE BORN

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A THOUSAND REASONS TO STOP THAT ENDLESS FIGHT
TOO MANY WORRIES 'BOUT WHAT SHOULD OR WOULD OR MIGHT
THE EARTH MIGHT TREMBLE AND WE LOSE IT OVERNIGHT
ALL THAT WE LOVE - IT MAKES NO DIFFERENCE WHO YOU ARE

WE GATHER WEALTH AND BUILD A FENCE AROUND OUR HEARTS
LOOK FOR PROTECTION TO DISGUISE HOW WEAK WE ARE
TRY TO CONTROL OUR MOTHER NATURE YARD BY YARD
MAYBE - WE MIGHT HAVE TAKEN IT TOO FAR

SOME TRY TO WISH UPON A STAR
WORSHIP THEIR GODS ASKING FOR MERCY ON THEM ALL
WE THINK WE HAVE ALL COME QUITE FAR
BUT WE JUST WATCH OUR STEP
OR WE'RE ALL BOUND TO FALL

IS PAIN THE LANGUAGE WE CAN FINALLY UNDERSTAND ?
WHEN PEOPLE LOSE THEIR GUNS TO REACH A HELPING HAND
WHEN NO ONE SEEMS TO CARE HOW BLACK OR WHITE YOU ARE
CAN WE - LEARN OUR LESSON AFTER ALL ?

SENDING OUT MISSIONARIES TO CHANGE PEOPLE'S BELIEVES
INVADING COUNTRIES LEAVING HATRED, PAIN AND GRIEF
IS IT OUR GREED THAT STIRRS THE WATERS LIKE A STORM ?
NO MATTER WHAT - **WE DIE AS NAKED AS WE'RE BORN**

SOME TRY TO WISH UPON A STAR
WORSHIP THEIR GODS ASKING FOR MERCY ON THEM ALL
WE THINK WE HAVE ALL COME QUITE FAR
BUT WE JUST WATCH OUR STEP
OR WE'RE ALL BOUND TO FALL

WHEN IT COMES TO MAKE A CHANGE IN OUR LIVES
WE HIDE THE KEYS UNLESS IT'S KNOCKING AT OUR DOOR
WHY LEAVE WHERE WE ARE BOUND ?
AND LEAVE THIS SOLID GROUND ?
AFTER ALL - I WOULDN'T BE SO SURE

IS PAIN THE LANGUAGE WE CAN FINALLY UNDERSTAND ?
WHEN PEOPLE LOSE THEIR GUNS TO REACH A HELPING HAND
WHEN NO ONE SEEMS TO CARE HOW BLACK OR WHITE YOU ARE
CAN WE - LEARN OUR LESSON AFTER ALL ? (REPEAT 3 TIMES)
'CAUSE NO MATTER WHAT - **WE DIE AS NAKED AS WE'RE BORN**

COMPOSED & ARRANGED BY: ROLAND CABEZAS

LEAD & BACKGROUND VOCALS, ACOUSTIC & ELECTRIC GUITARS,
E-BASS, PIANO, PROPHET 5 & ADDITIONAL KEYBOARDS,
KANJIRA DRUM & ALL PERCUSSION: ROLAND CABEZAS
ADDITIONAL BACKGROUND VOCALS: LERATO SHADARE
DRUMS: JERROD "J-ROD" SULLIVAN





08. SUSS IT OUT

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WHEN YOU'RE HEADING IN THE WRONG DIRECTION
AND YOU FEEL IT'S TIME FOR LETTING GO
THERE 'S NO WAY AROUND FOR TAKING ACTION
EVEN THOUGH YOUR FEAR SCREAMS AT YOU „NO“

YOU HAVE WORRIED WAY TOO MUCH NOW
GIVE YOURSELF THE RIGHT TO BREAK FREE

LET YOUR MIND WORK OUT THE WHAT, WHEN, WHY AND HOW
BUT LET YOUR HEART RULE
IT KNOWS THE REAL TRUTH - HERE AND NOW

SOMETIMES WE GET LOST BEGGING FOR SOLUTIONS
BUT THEN JUST TRUST YOURSELF
IT WILL REVEAL ITSELF WHEN WE'RE READY

JUST DON'T THINK ABOUT IT
BE READY WHEN IT COMES TO YOU (REPEAT 3 TIMES)

JUST DON'T THINK ABOUT IT
BE READY, WHEN IT COMES TO
READY WHEN IT COMES TO YOU

LOOKING ALL AROUND IN SEARCH FOR ANSWERS
FOR SOME KIND OF SIGN TO SHOW THE WAY
DEEP INSIDE YOU KNOW WHO ARE YOUR MASTERS
YOUR HEART AND SOUL WILL GUIDE YOU THROUGH THE DAY

YOU HAVE WORRIED WAY TOO MUCH NOW
GIVE YOURSELF THE RIGHT TO BREAK FREE

LET YOUR MIND WORK OUT THE WHAT, WHEN, WHY AND HOW
BUT LET YOUR HEART RULE
IT KNOWS THE REAL TRUTH - HERE AND NOW
HERE AND NOW

LEAVE ALL YOUR FEARS BEHIND
TRUST YOUR HEART AND YOU'LL BE FINE

LEAVE ALL YOUR FEARS BEHIND
TRUST YOUR HEART AND YOU'LL BE FINE

COMPOSED & ARRANGED BY: ROLAND CABEZAS

LEAD & BACKGROUND VOCALS, ELECTRIC GUITARS, E-BASS,
PERCUSSION, KEYBOARDS & B3 ORGAN: ROLAND CABEZAS
ADDITIONAL SYNTH EFX: SIMON GREY
ADDITIONAL BACKGROUND VOCALS: LERATO SHADARE
DRUMS: JERROD "J-ROD" SULLIVAN

9. REASONS

MUST HAVE BEEN GOING OUT OF REASONS
MUST HAVE BEEN GOING OUT OF TIME
TIRED OF FIGHTING OFF MY DEMONS
BEGGING MY ANGELS FOR A SIGN

REACH OUT
EMBRACE THE LIGHT
TOO MANY REASONS
TO WIN THIS FIGHT

LEAVE BEHIND THE DARKNESS
INVITE YOUR FEARS
TO MEET THEIR MASTER
DRINK UP YOUR TEARS - AND FLY

ROAMING THE STREETS OF MY OWN RESTLESSNESS
TIED UP IN FALSE SECURITIES
YOU CAN CERTAINLY MOVE YET NEVER WALK YOUR TALK
FOREVER YOU'LL STAY JUST WHERE YOU'VE BEEN

REACH OUT
EMBRACE THE LIGHT
TOO MANY REASONS
TO WIN THIS FIGHT

LEAVE BEHIND THE DARKNESS
INVITE YOU FEARS
TO MEET THEIR MASTER
DRINK UP YOUR TEARS - AND FLY

RESISTANCE WILL MAKE IT TOUGH TO WALK
AND I KNOW THAT
DISTRACTIONS WILL LURK BEHIND EACH DOOR
FACING THE TRUTH TOOK MANY BRAVE MEN DOWN
BUT DO I HAVE A CHOICE ?
JUST GOT TO RAISE THAT VOICE

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REACH OUT
EMBRACE THE LIGHT
TOO MANY REASONS
TO WIN THIS FIGHT

LEAVE BEHIND THE DARKNESS
INVITE YOUR FEARS
TO MEET THEIR MASTER
DRINK UP YOUR TEARS - AND FLY

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LEAD & BACKGROUND VOCALS, ELECTRIC GUITARS,
E-BASS, KEYBOARDS, PERCUSSION: ROLAND CABEZAS
ADDITIONAL BACKGROUND VOCALS: LERATO SHADARE
B3 ORGAN: SIMON GREY
DRUMS: JERROD "J-ROD" SULLIVAN



INSPIRATION:

SEARCHING MY SOUL THROUGHOUT MY ARTISTIC LIFE, IT TOOK ME MANY DECADES WORKING AS A PROFESSIONAL FREELANCE MUSICIAN, LEARNING FROM OTHER PLAYERS, STYLES AND CULTURES TO FINALLY CONDENSE ALL MY JOURNEYS AND EXPERIENCES INTO MY FIRST ALL ORIGINAL MUSICAL STATEMENT ENTITLED **BAMBÙ**.

HAVING STARTED WRITING THIS MATERIAL A FEW YEARS AGO WITH AN AFRICAN INSPIRED MELODY PATTERN PLAYED ON A WOODEN **KALIMBA** (MADE OF **BAMBOO**), I FINALLY WAS ABLE TO UNLOCK MY CREATIVE "**JUICES**" AND SO MY LOVE FOR JAZZ, WORLD MUSIC, FUSION, R&B AND POP MUSIC BEGAN TO SHOW AND MATERIALIZE WITH EACH FURTHER COMPOSITION THAT FOLLOWED THAT INITIAL SPARK OF INSPIRATION.

THANKS SO MUCH FOR JOINING ME ON THIS NEW EXCITING CHAPTER OF MY ARTISTIC LIFE AND ... STAY HEALTHY, JOYFUL & ENJOY LISTENING

X-TRA „SHOUT OUT“

TO AMERICAN DRUM VIRTUOSO **JERROD „J-ROD“ SULLIVAN** FOR GRACING THIS ALBUM WITH HIS INCREDIBLE TALENT AND MUSICALITY. THROUGH YOUR POWERFUL YET SO FINELY CONTROLLED PLAYING YOU REALLY BROUGHT ALL MY ARRANGEMENTS TO LIFE !

TO MY „**SWISS ARMY KNIFE**“ MAN **SVEN GORDON WILLIAMS** FOR THE GREAT **COVER & BOOKLET DESIGN**, HIS **MIXING SUPPORT** AND **STEADY ENCOURAGEMENT** ALONG THE FINISHING PROCESS.

TO **DAVID „MONTE“ PAULICKE** FOR HIS **MAGICAL EARS** AND ONGOING SUPPORT, MONITORING MY MIXING EFFORTS ALONG THE WAY.

TO **STEVEN HABERLAND** FOR YOUR BEAUTIFUL **PHOTO ART**.

TO FINE BRAZILIAN DRUMMER & SINGER **ROGERIO JARDIM** FOR ADDING THAT EXTRA BRAZILIAN TOUCH WITH HIS **BVS** ON „**EU TI FALO**“.

TO WONDERFUL SOUTH AFRICAN SINGER **LERATO SHADARE** FOR HELPING ME OUT ON THOSE **BVS** AND MAKING THEM „**SHINE**“

TO **SIMON GREY** FOR ADDING THAT EXTRA „**VIBE**“ AND TEXTURE WITH HIS **KEYBOARDS** ON SOME OF MY TRACKS.

TO **JAN NIESITKA @ GOLDSUPER AMPLIFIERS** FOR ALWAYS KEEPING MY TUBE AMPS HEALTHY ... AND FOR YOUR PASSION & FRIENDSHIP.

TO **TH. WEILBIER & TEAM @ NO.1 GUITAR CENTER** FOR DECADES OF PROVIDING ME WITH MANY FINE INSTRUMENTS & GREAT SERVICE.

...AND TO EVERYBODY ELSE I FORGOT TO MENTION, WHO WAS IN ONE WAY OR ANOTHER AN IMPORTANT PART OF MY JOURNEY SO FAR !