



I GOT IT BAD

(Marc Broussard/Andrew Ramsey/Shannon Sanders)

Bayou Bruce Music,
(adm. by WARNER-TAMELANE PUB. CORP.)

BMI/Voodrew Music/
Bug Music. BMI)

Rhythm guitar:
Markus Lillehaug Johnsen
Percussion: Martin Windstad
Background vocals:
Charlotte Bredesen and Lars-Erik Dahle

A FAVOR TO ASK

(Music: P.Ø Erstad, I.O Erstad,
A. Douglas/Lyrics: Ryan Taylor)

Rhythm guitar:
Markus Lillehaug Johnsen
Percussion: Martin Windstad
Logan strings: Calvin Turner
Handclaps: Martin Windstad,
Calvin Turner and Jon Reidar Furulund
Background vocals:
Adam Douglas & Calvin Turner

FLOWER IN BLOOM

(Gabe Dixon - Five R Music BMI
Dylan Altman - Music Of Cal IV BMI)

Acoustic guitar: Court Clement
Rhythm guitar: Markus Lillehaug Johnsen
Percussion: Martin Windstad
Background vocals: Charlotte Bredesen

CAN'T TAKE IT ANYMORE

(Music: A. Douglas, I.O Erstad/Lyrics: A. Douglas)

Rhythm guitar: Markus Lillehaug Johnsen
Solo guitar: Michael Landau
Percussion: Martin Windstad
Background vocals: Adam Douglas
and Calvin Turner

BIGGEST FAN

(Marc Broussard/Andrew Ramsey/Shannon Sanders)
Bayou Bruce Music, (adm. by WARNER-TAMELANE
PUB. CORP.)/Voodrew Music/Bug Music. BMI)

Rhythm guitar: Markus Lillehaug Johnsen
Percussion: Martin Windstad
Background vocals: Charlotte Bredesen, Lars-Erik
Dahle and Adam Douglas





CARRY ME OVER

(Music: J.R. Furulund, P.Ø. Erstad,
A. Douglas/Lyrics: A. Douglas)

Rhythm guitar:
Markus Lillehaug Johnsen, Calvin Turner
Percussion: Martin Windstad
Background vocals: Charlotte Bredesen,
Lars-Erik Dahle, Adam Douglas, Calvin Turner

CALL ON ME

(Music: Adam Douglas/
Lyrics: Ryan Taylor)

Rhythm guitar:
Markus Lillehaug Johnsen
Percussion: Martin Windstad
Logan strings: Calvin Turner
Background vocals: Adam
Douglas and Calvin Turner

MAN OVERBOARD

(Music: A.Douglas, I.O Erstad/Lyrics: A. Douglas)

Acoustic guitar: Court Clement
Rhythm guitar:
Markus Lillehaug Johnsen and Calvin Turner
Percussion: Martin Windstad
Background vocals:
Charlotte Bredesen and Lars-Erik Dahle

CLEAR MY HEAD

(Music: Philipp Hans, Kristina Moen,
Adam Douglas/Lyrics: Adam Douglas)

Rhythm guitar:
Markus Lillehaug Johnsen and Calvin Turner
Percussion: Martin Windstad
Background vocals: Charlotte Bredesen

HOLD ON TO YOUR LIGHT

(Marc Broussard/Tommy Sims)
Bayou Bruce Music, (adm. by WARNERTAME-ANE
PUB. CORP.) BMI/Bases Loaded Music/Tommy
Sims Music/BMG Songs, Inc. ASCAP)

Rhythm guitar:
Markus Lillehaug Johnsen
Percussion: Martin Windstad
Background vocals: Adam Douglas
and Calvin Turner

CARRY ON

(Bobby Caldwell)

Acoustic guitar: Court Clement
Rhythm guitar and guitar solo:
Markus Lillehaug Johnsen
Percussion: Martin Windstad
Background vocals: Charlotte
Bredesen and Lars-Erik Dahle



STRINGS:

Orchestration: Calvin Turner
Concert master: David Davidson

Violins:
David Davidson
David Angell
Pam Sixfin
Karen Winkelmann
Janet Darnall

Viola:
Kris Wilkinson
Monisa Angell

Cello:
John Catchings
Sari Reist

Produced by Calvin Turner

Recording and mixing
engineer: Elliot Lopes

Assistant engineers:
Børge Finstad and Gena Johnson

Mastering engineer: Richard Dodd

STUDIOS:

Main recording studio:
Hadeland Performing Arts Center, Gran, Norway.

Additional recordings: Top-room Studio, Grindvoll,
Norway. Groovelab Studios, Roa, Norway.
Little Big Sound, Bellevue, Tennessee, USA

Mixing and tape transfer done at Welcome To 1979
Studios, Nashville, Tennessee, USA

Mastered at Richard Dodd Mastering Studio by
Richard Dodd

Cover design by Pål Gustav Widerberg at Antiform

Photography by Freddy Augdal Wike.
Live Photography by Andreas Nesse

HIGH RED IS:

Adam Douglas: Vocals and Guitars
Iver Olav Erstad: Hammond Organ, Piano,
Wurlitzer, Rhodes, Clavinet, and Synths
Per Øystein Erstad: Bass
Jon Reidar Furulund: Drums



THE BAND WOULD LIKE TO THANK:

We must first and foremost give an exceptional amount of thanks to our collective families. Without the patience, understanding, and support of our nearest and dearest, none of this would be remotely feasible. We are truly blessed by your presence. Rannveig, Alida, Gabriel, Johanna, Renate, Kristian, Johanna, Kine-Therese, Noah, and Kristin - We Love You!

Special thanks to:

Calvin Turner, Elliot Lopes, Michael Landau, Markus Lillehaug Johnsen, Martin Windstad, Lars-Erik Dahle, Charlotte Bredesen, Børge Finstad, Cathrine Heen and Christian Dyresen

Thanks to:

Øyvind Larsen, Trond Lysenstøen, Freddy Wike, Eirik Berge, Pål Gustav Widerberg, Jonas Raabe and Tommy Kristiansen

Thanks to Elliot Lopes for his extreme patience, hard work, and engineering excellence.

Thank you Calvin Turner! Your vision, composure, persistence, and professionalism are world class.



A MESSAGE FROM THE PRODUCER...

To Per, Iver, Jon, and Adam....THANK YOU GUYS!!! I had a blast working on this project. One of my favorite projects in a while to work on, and you guys were 100% class the whole way.

To Elliott...man, this wouldn't have happened without you. You're hard work in all aspects of this project was critical to this being completed! Special thanks to Børge Finstad for all the hard work and hospitality! Thanks to Markus, Charlotte, Martin, and Lars-Erik, and all the other musicians who participated. ALL of you guys ROCKED!!!!

BOOKING AND MANAGEMENT:

Absolutt Event AS
Att: Christian Dyresen
Phone: +47 95071065
christian@absoluttevent.no



ABSOLUTT EVENT AS

1. I Got It Bad	4:20
2. Favor To Ask	5:23
3. Flower In Bloom	3:37
4. Can't Take It Anymore	3:36
5. Biggest Fan	3:20
6. Carry Me Over	5:08
7. Call On Me	4:04
8. Man Overboard	3:18
9. Clear My Head	3:35
10. Hold On To Your Light	2:56
11. Carry On	4:54

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