

ZIGGY MARLEY FAMILY TIME

Family Time

with Judah Marley

Words & Music By Ziggy Marley

Lift up your hearts with a smile
Lift up your feet with a dance
Lift up your spirits with a song
It's family time, it's family time,
It's family time

Hi how you doing, hi how you been
It's really good to know we still got this thing
When we get together it's so much fun
Everyone's happy nobody's got to run

(Chorus)

Now the world gets busy
But it's not hard to see
Family means the most to me
I'm so happy we found this time
Now we can all share
What's on our minds

(Chorus)

Now we get together
That's how we get along
Now we get the world
To sing a peace song
Everyone can see we are family
Everyone can see it's time to be free

(Chorus)

Yeah, Yeah, Yeah

Hi how you doing, hi how you been
It's really good to know we still got this thing
When we get together it's so much fun
Everyone's happy nobody's got to run

(Chorus)

(Repeat)

It's family time, it's family time,
It's family time
It's family time, it's family time,
It's family time
It's family time, yeah, yeah it's family time

I Love You Too

with Rita Marley & Cedella Marley
Words & Music by Ziggy Marley

I love you too, I love you too
I tell you I love you
I love you too, I love you too
I love you

When you smile I'll smile along
When you cry my comfort comes
When you walk I'll be beside you
Holding your hands
When the sun come out we play
I'll never be far away
When you tell me that you love me
This is what I'm gonna say

(Chorus)

Like the fish loves the sea
Like the honey and the bee
Like a lizard loves to climb
Up into a tree
Like a bird loves to fly
Way up in the sky
Like a worm loves to go
Way down low

(Chorus)

Like the grass loves to be green
And the earth loves to be clean
Like the sun loves to shine
And the monkey loves to climb
Hey it happens naturally
And that's the way it's got to be
And the worm still loves to go
Way down low

(Chorus)

From the first time that I saw you
I knew that it was true
There'll be a lifelong time to spend
Around the corner around the bends
Up the hills and through the valleys
No matter how things change
This one thing will remain
I'll sing it again and again

I love you too, I love you too
I love you too, I love you too
I love you

When the sun come out we play
I'll never be far away
And when you tell me
That you love me
This is what I'm gonna say

I love you too, I love you too
I tell you I love you
I love you too, I love you too
I love you too, I love you too
I tell you I love you
I love you too, I love you too
I love you too, I love you too
I tell you I love you
I love you too, I love you too
I love you too, I love you too
I tell you I love you

Cry, Cry, Cry

with Jack Johnson & Paula Fuga

Music & Words By Ziggy Marley, Additional Lyrics By Jack Johnson

Hey... I'm gonna cry, cry, cry. Set the children free
I'm gonna cry, cry, cry. Set the children free

Mommy loves to work and daddy loves to play
Sometimes daddy got to go far away
I'm too young to go quiet in the night
Try to put me to sleep I'm gonna give it a fight

I'm gonna cry, cry, cry. Set the children free
I'm gonna cry, cry, cry. Set the children free

Wake you up at 5 am
Before the sunrise I'll be your friend
And you know I don't like for you to take too long
Just come running when you hear this song

(Chorus)

Well now....I'm gonna miss you now Mr. Far Away
Paint a picture of you and send it off today
And when you come home you can bring it back to me
Color in the lines, define this whole world for me

(Chorus)

Practice makes perfect and that I agree
So don't be surprised that I want to be free
I know what I know and that's all that I know
But I been told you reap what you sow

(Chorus)

Mama's telling me what to eat today
But I don't feel like I'm gonna go that way
What I need is something sweet and nice
What I need is a treat alright

I'm gonna cry, cry, cry. Set the children free
I'm gonna cry, cry, cry. Set the children free
Set the children free. Set the children free
Set the children free

Free up their hearts, free up their minds
Set the children free
Free up their dreams and their imagination

Set the children free
Set the children free

Take Me To Jamaica

with Toots Hibbert

Words & Music By Ziggy Marley

Now the sun is in my eyes
And you know I'm feeling fine
Take me, (take me) take me to Jamaica now
Where the reggae rhythms beat
Can't help but move my feet

Take me, (take me) take me to Jamaica now

Where we can live in the country
Eat fruits from the tree
Everything's irie
The coconut water is sweet

Where the three little birds they sing
Blue Mountains are happy again
Take me, (take me) take me to Jamaica now
Feel the Caribbean breeze
Stress is calling but I can't be reached
Take me, (take me) take me to Jamaica now

Where we can meet with good people
Dance all the day
Singing don't worry
One love, one heart, one aim, aim, aim

Hummingbirds humming by (ooh ooh)
See the pretty yellow butterfly
Take me, (take me) take me to Jamaica now
In the night hear the crickets sing
Fireflies are jamming
So take me, (take me) take me to Jamaica now

Where we can live in the country
Eat fruits from the tree
Everything's irie
The coconut water is sweet

Now the sun is in my eyes
And you know I'm feeling fine
Take me, (take me) take me to Jamaica now
Where the reggae rhythms beat
I can't help but move my feet
Take me, (take me) take me to Jamaica now
Take me, (take me) take me to Jamaica now
Take me, (take me) take me to Jamaica now
Take me, (take me) take me to Jamaica now

Ziggy Says

Words & Music By Ziggy Marley

Ziggy says lift up your hands
Ziggy says lift up your feet
Ziggy says smile

Ziggy says make the sign of peace
Ziggy says wiggle your waist
Ziggy says wiggle your nose
Ziggy says wiggle your toes
Ziggy says hug who you know

Ziggy says stand real tall
Ziggy says bend real low
Ziggy says look up and down
Ziggy says smile some more

Ziggy says look to the left
Ziggy says look to the right
Ziggy says turn in a circle
Ziggy says stop and say hi

Ziggy says sing like a bird
Ziggy says hiss like a snake
Ziggy says roar like a lion
Ziggy says talk like an ape

Ziggy says close your eyes
Ziggy says open them wide
Ziggy says spread your wings
Ziggy says imagine you can fly

Imagine you can fly
Imagine you can fly
Imagine you can fly

Ziggy says lift your hands
Ziggy says lift up your feet
Ziggy says smile
Ziggy says make the sign of peace

Ziggy says wiggle your waist
Ziggy says wiggle your nose
Ziggy says wiggle your toes
Ziggy says hug who you know

Ziggy says stand real tall
Ziggy says bend real low
Ziggy says look up and down
Ziggy says smile some more

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Ziggy says roar like a lion
Ziggy says talk like an ape

Ziggy says close your eyes
Ziggy says open them wide
Ziggy says spread your wings
Ziggy says imagine you can fly

Imagine you can fly
Imagine you can fly
Imagine you can fly
Imagine you can fly

This Train

with Willie Nelson

Words And Music Adapted By Ziggy Marley From A Traditional Work

This train is bound to glory, this train
This train is bound to glory, this train
This train is bound to glory,
This train don't carry unholy
This train is bound to glory, this train

Choo choo choo, choo choo choo
Choo choo choo, choo choo choo

When I was just a kid
My daddy use to sing this song
Now I've grown to be a man
It lingers deep within my soul
Lingers deep within my soul

This train is bound for glory, this train
This train is bound for glory, this train
This train is bound for glory, nobody Rides but the righteous and the holy
This train is bound for glory, this train

This train has left the station, this train
This train has left the station, this train
This train has left the station,
This train carries every nation
This train is bound to glory, this train

Choo choo choo, choo choo choo
Choo choo choo, choo choo choo

When I was a kid
My daddy would sing this song
Now I've grown to be a man
It lingers deep within my soul
Lingers deep within my soul

(Chorus)

This train is bound for glory, this train
This train is bound for glory, this train
This train, gotta get on this train

Choo choo choo, choo choo, choo
Choo choo choo, choo choo, choo
Choo choo choo, choo choo, choo
Choo choo choo, choo choo, choo
Choo choo choo, choo choo, choo

Wings Of An Eagle

with Elizabeth Mitchell

Words And Music Adapted By Ziggy Marley From A Traditional Work

If I had the wings of an eagle
If I had the wings of an eagle
Wo oh oh
I would fly, fly away, fly away
And be at rest

(Repeat)

Oh, since I have no wings
Since I have no wings
Since I have no wings
I'm gonna sing, sing, sing

Hey, since I have no wings
Since I have no wings
Since I have no wings
I'm gonna sing, sing, sing, sing

If I had the wings of an eagle
If I had the wings of an eagle
Wo oh oh
I would fly, fly away, fly away

And be at rest

Oh, since I have no wings
Since I have no wings
Since I have no wings
I'm gonna sing, sing, sing

Hey, since I have no wings
Since I have no wings
Since I have no wings
I'm gonna sing, sing, sing, sing

If I had the wings of an eagle
If I had the wings of an eagle
Wo oh oh
I would fly, fly away, fly away
And be at rest

ABC

Words & Music By Ziggy Marley

Bend down low,
Let me tell you what I know

A is for Africa
B is for Brother
C is for Caring
D is for Da Da
E is for Everyone
F is for Forever
G is for my Guitar
H is for Here we go

Bend down low
Let me tell you what I know
Bend down low
Let me tell you what I know

I is for Incredible
J is for the Jammin'
K is for a Kiss
L is for Lovin'
M is for Mommy
N is for Nice
O is for Oh my
P is for People time
Q is for Quick

R is for Ready

(Chorus)

S is for my Sister

T is for Today

U is for Unity

V gives me Variety

W is for the World

X is for my Xylophone

Y is for You

Z is for Ziggy

Bend down low

Let me tell you what I know

Bend down low

Let me tell you what I know

Doo doo doo da doo doo

Doo doop doo da doo doo

Doo doo doo da doo doo

Doo doop doo da doo doo

Hold Him Joe

Words And Music By Harry Thomas, Performed By Ziggy Marley

Hold him Joe, hold him Joe,

Hold him Joe but don't let him go

Hold him Joe, hold him Joe,

Hold him Joe but don't let him go

The donkey want water, hold him Joe

Spring 'round the corner, hold him Joe

Donkey want water, hold him Joe

Everybody want water, hold him Joe

We on a journey he don't walk straight

And that is because he is so underweight

Donkey of mine him don't like no weight

I put him on a cart

Him never walk straight

Donkey want water, hold him Joe

Spring 'round the corner, hold him Joe

The donkey want water, hold him Joe

Ooma lacka lacka chimba, hold him Joe

Some people say that my donkey's bad

And that's because he's from Trinidad
Donkey of mine he won't work at all
All him wanna do is break out him stall

Donkey want water, hold him Joe
Spring 'round the corner, hold him Joe
The donkey want water, hold him Joe
Everybody want water, hold him Joe

(Whistling)

Hold him Joe, hold him Joe,
Hold him Joe but don't let him go
Hold him Joe, hold him Joe,
Hold him Joe but don't let him go
The donkey want water, hold him Joe
Spring 'round the corner, hold him Joe
The donkey want water, hold him Joe

Everybody want water, hold him Joe
Ooma lacka licki chimba, hold him Joe

The donkey want water, hold him Joe
Hold him and ya hold him, hold him Joe
Hold him mek we hold him, hold him Joe
Ro mek we hold him, hold him Joe
Come make we hold him,
Hold him, hold him Joe

You maka mek we hold him, hold him Joe
Say mek we make we hold him,
Hold him Joe
Donkey want water,
Hold him Joe
The donkey want water,
Hold him Joe
Donkey want water, hold him Joe

Hold him and we hold him,
Hold him, hold him Joe
Hold him and we hold him,
Hold him, hold him Joe
Hold him and we hold him,
Hold him, hold him Joe
Oh we hold him, hold him Joe

Walk Tall

with Paul Simon

Words & Music By Ziggy Marley

Walk tall, walk tall
Even if you fall get up
Stand tall, stand tall
Even if you fall get up

Walk tall, walk tall
Even if you fall get up
Stand tall, stand tall
Even if you fall get up

Life is a lesson that we must learn
If you play with fire you might get burned
If you worry too much
You gonna get stressed
So brush off the dust
And lift up your chest

(Chorus)

Everyone creeps before they walk
Everyone cries before they talk
There comes a time you gotta be strong
So pick up your feet and sing this song

(Chorus)

Don't you worry 'bout how it looks
Not everything was written in a book
Some things you learn as you go
But here's one thing you already know

(Chorus)

Nothing is ever gonna keep me down
I jump over hurdles I'll come around
And if at first I don't succeed
I'm gonna try it again
Till I get what I need

(Chorus)

Jook it

Even if you fall get up

Even if you fall get up
Even if you fall get up
Even if you fall get up
Yeah

Walk tall, walk tall
Stand tall, stand tall
Walk tall, stand tall
Walk tall, stand tall

Future Man, Future Lady

with Laurie Berkner

Words & Music By Ziggy Marley

Future man knows what to do
He's got a plan to help this land
He's the future man, he's the future man

Future lady's confident
She knows how to take a stand
She's the future lady, she's the future lady

Bright in the yellow sun, there's energy for everyone
Bright in the yellow sun let it come, let it come
Bright in the yellow sun, there's energy for everyone
Bright in the yellow sun let it come, let it come

Future man is taking steps he ain't got no time to rest
He's the future man, the future man
Future lady's getting dressed
She's gonna clear up all this mess
She's the future lady, the future lady

The wind makes the windmill turn
The wind makes the world go round and round
The wind makes the windmill turn
Let it blow, let it blow
The wind makes the windmill turn
The wind makes the world go round and round
The wind makes the windmill turn
Let it blow, let it blow

(Whistling)

Future man knows what to do
He's got a plan to help this land

He's the future man, the future man
Future lady's confident, she knows how to take a stand
She's the future lady, she's the future lady

Bright in the yellow sun, there's energy for everyone
Bright in the yellow sun let it come, let it come
Bright in the yellow sun, there's energy for everyone
Bright in the yellow sun let it come, let it come

The wind makes the windmill turn
The wind makes the world go round and round
The wind makes the windmill turn
Let it blow, let it blow
The wind makes the windmill turn
Wind makes the world go round and round
Wind makes the windmill turn
Let it blow, let it blow

(Whistling)

My Helping Hands

Written by Ziggy Marley

These are my hands

My hands are used for many things

I brush my teeth with my hands

I hug with my hands

I even paint with my hands

But what I really love to do most of all with my hands is help

I help my dad to make breakfast with my hands

I help my mom to unpack her bags when she comes from the store with my hands

I help to change my baby brother with my hands

I help to put away my toys with my hands

I love to do many things with my hands but most of all I love to help with my hands

my helping hands

Family Time Album Credits:

Drums:

Santa Davis

Additional Drums:

Drums: Fabian Cooke (only on "Future Man, Future Lady)

Bass:

Pino Palladino

Key Boards:

James Poysner

Jaime Muhoberac

Daniel Mandelman

Guitars:

Takeshi Akimoto & Ziggy Marley (on whole album)

Additional Guitars:

Daniel Littleton (on "Cry Cry Cry" & "Wings Of An Eagle")

Willie Nelson (on "This Train")

Paul Simon (on "Walk Tall")

Percussion:

Rock Deadrick

Back ground vocals:

Hillard "Sweet Pea" Atkinson

Harry Bowens

Maia Sharp

Michelle Lewis

Harmonica:

Mickey Raphael (on "This Train")

Produced by:

Don Was & Ziggy Marley

Executive Producer: Orly Marley

Recorded and Mixed:

Henson Recoding Studio, CA

Recording Engineer:

Marc "Maka" Moreau

Mixed by:
Krish Sharma

Mastering:
Bob Ludwig at Sterling Sounds, NYC

Produced by Don Was & Ziggy Marley
Executive Producer Orly Marley

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