Sleep Deprivation

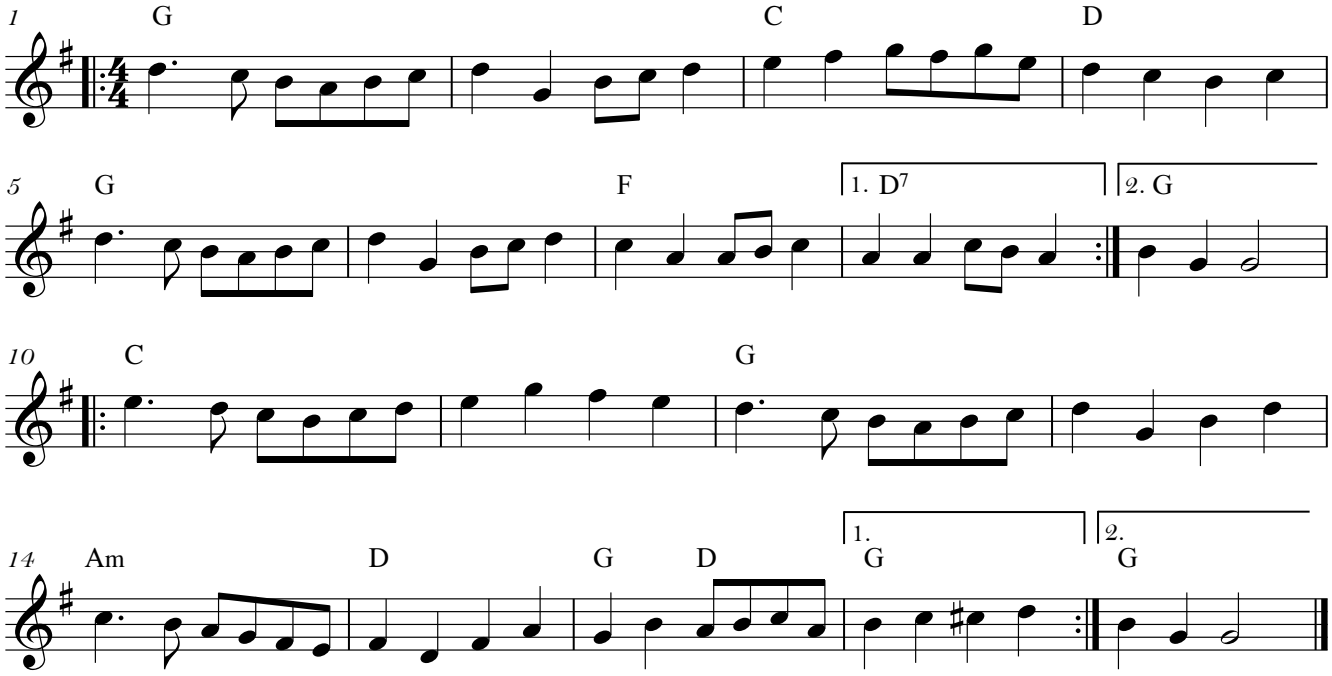
2020
Vicki Swan & Jonny Dyer

All music written and arranged
by Jonny Dyer

Sleep Deprivation: staying awake late at night on the whilst driving home from a gig

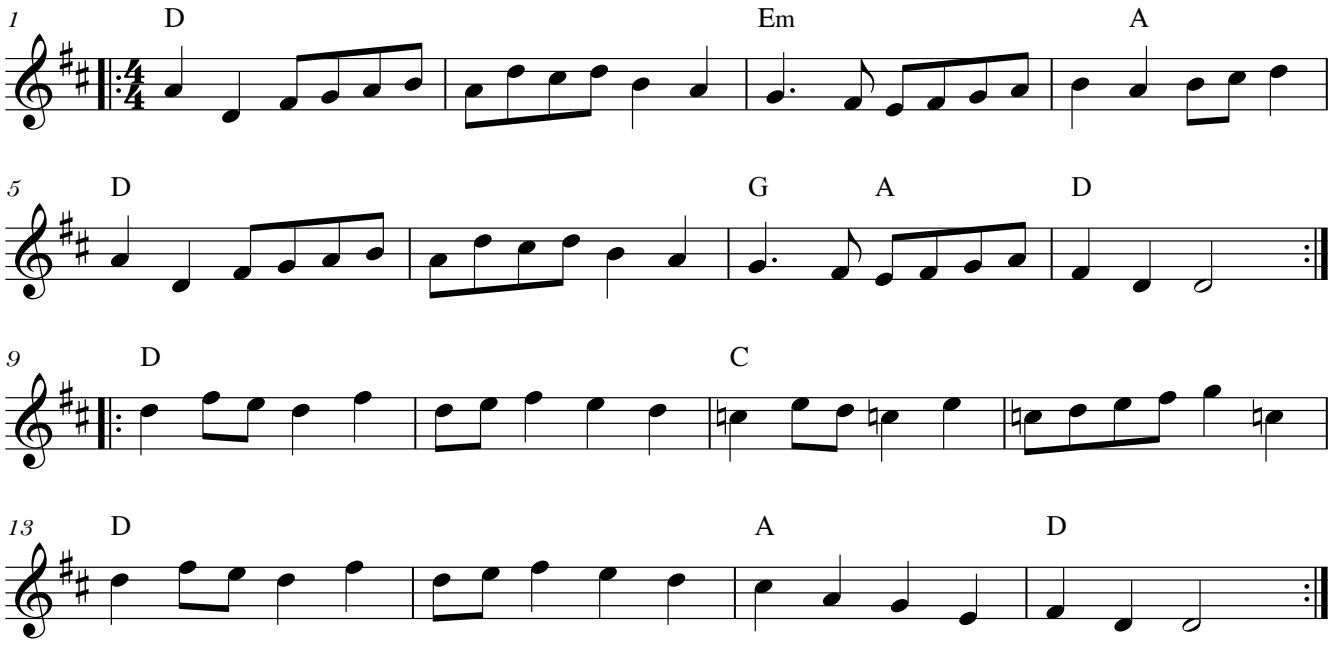
Marvelous Meg

Jonny Dyer



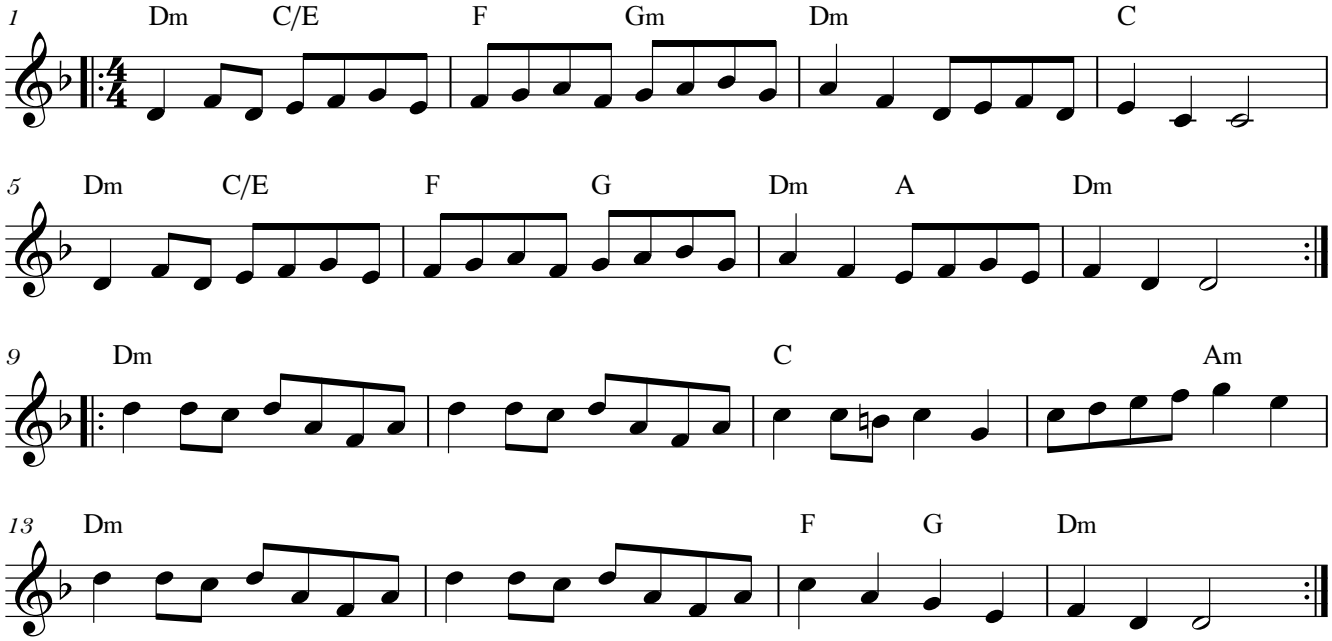
Rocking Rouqefort

Jonny Dyer



The Darkside

Jonny Dyer



Marvelous Meg
Written for our friend Meg who runs wonderful contra dance evenings

Rocking Roquefort
Written for our friend Bill who we shared some excellent cheese with after a wonderful dance evening run by Meg

The Darkside
It's in a minor key, it's gone to the darkside

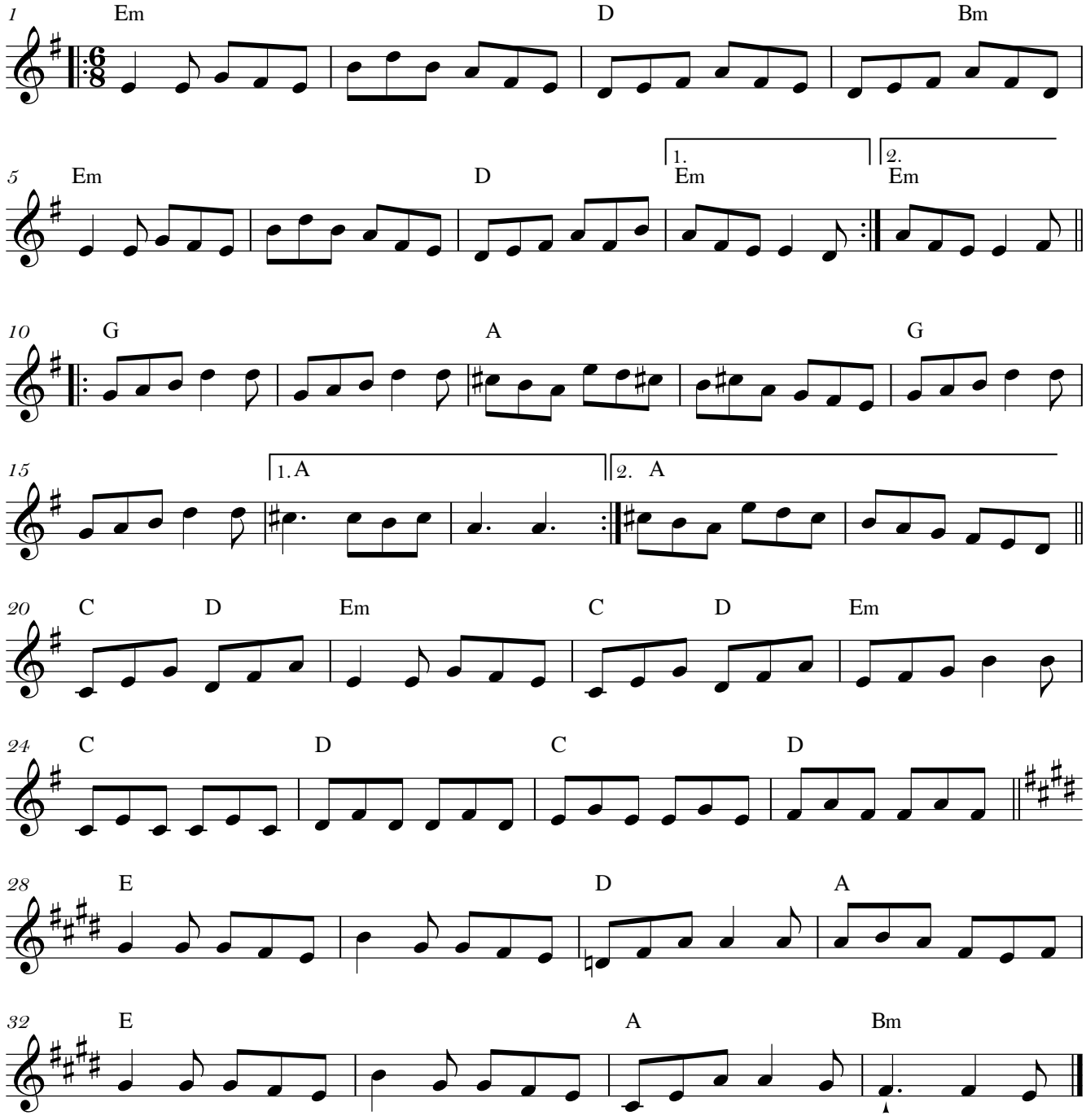
Anastasia
Written to go with the dance Quais de Seine by Jake Wood, Anastasia is his girlfriend.
Jake is a brilliant caller and Anastasia is an amazing dancer

Anastasia

(flute version)

48 Bar Jig

Jonny Dyer

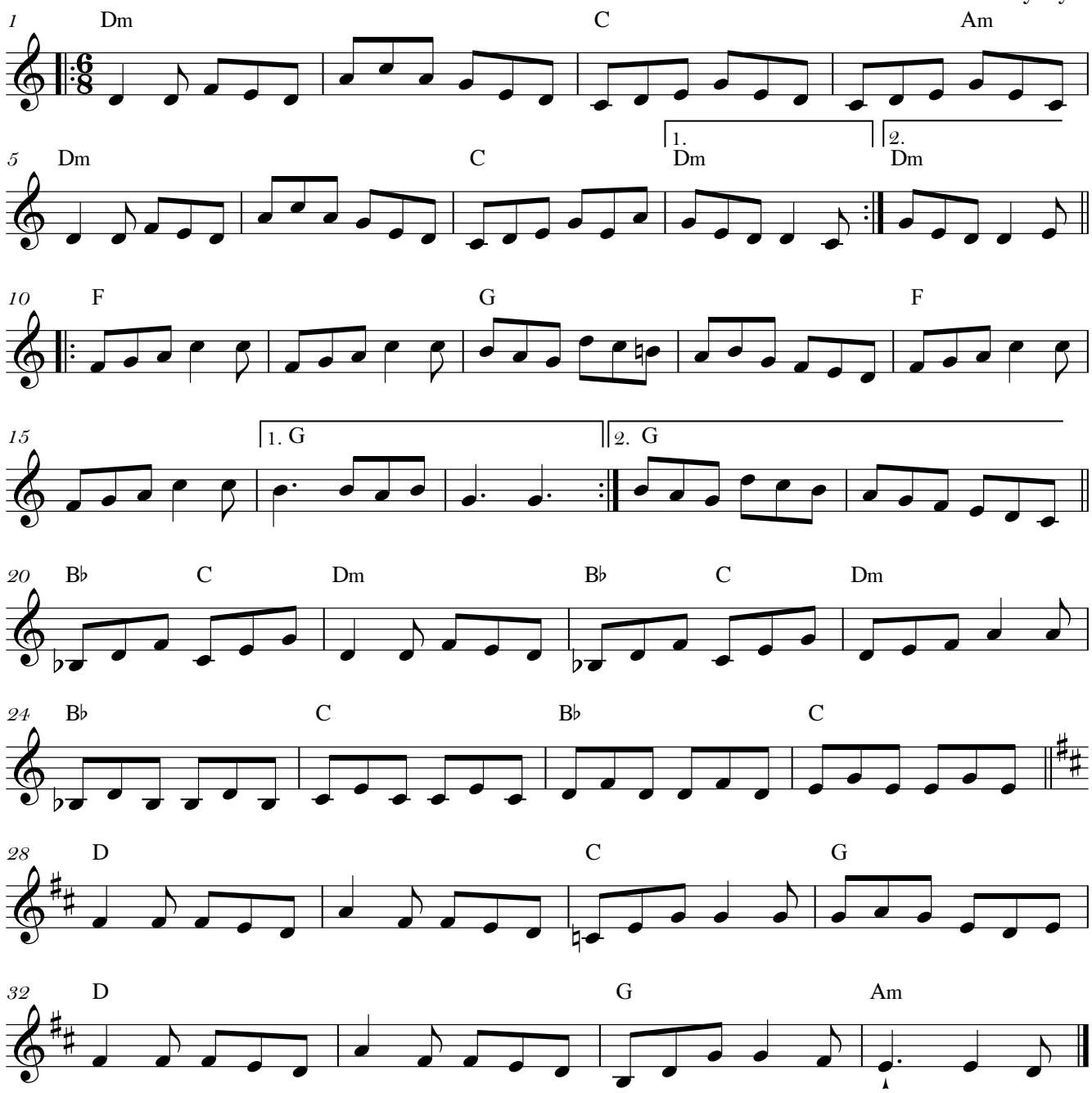


Anastasia

(nyckelharpa version)

48 Bar Jig

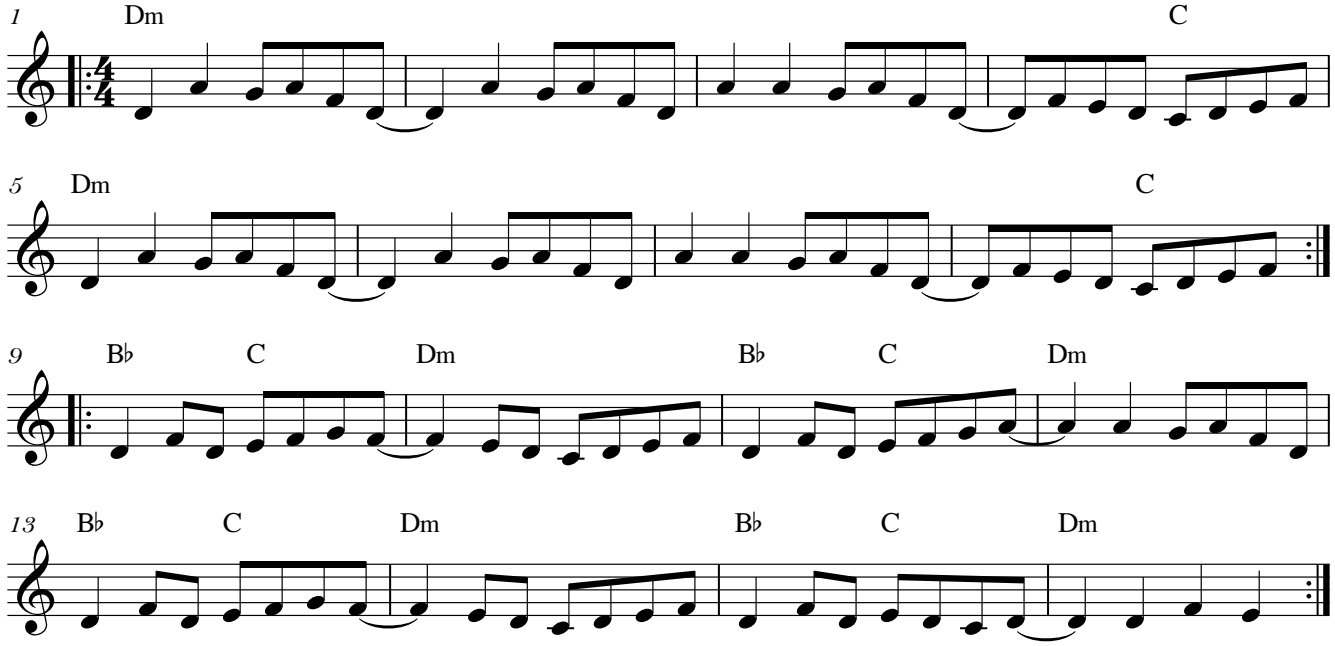
Jonny Dyer



32 Bar Reel

Lightening the Load

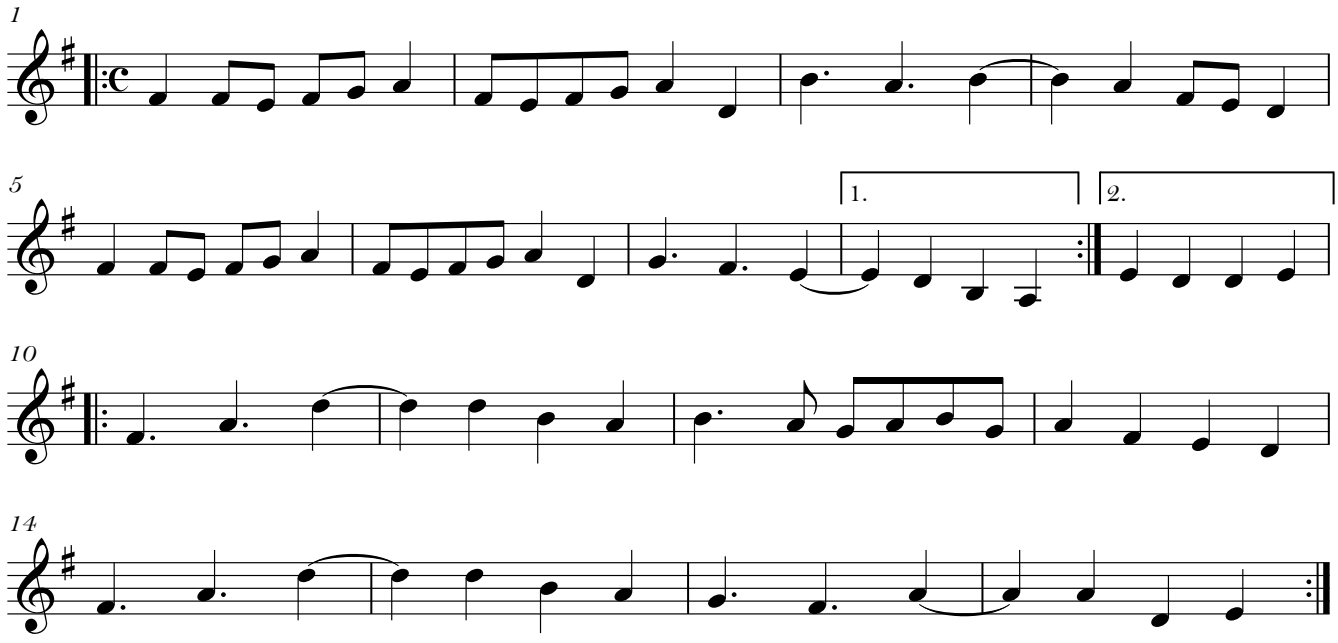
Jonny Dyer



32 Bar Reel

St Albans

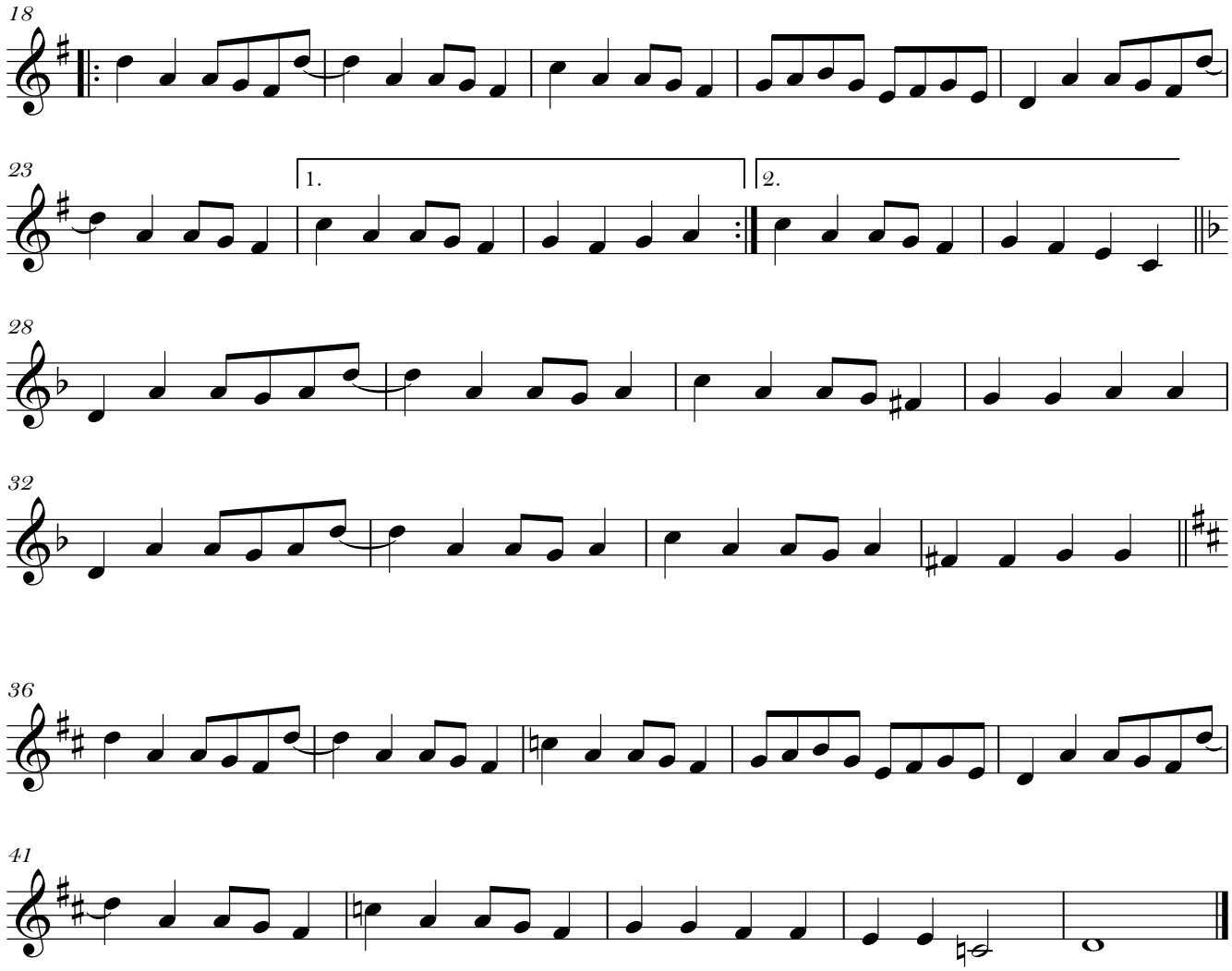
Jonny Dyer



Lightening the Load
Originally written as a 48 bar we needed a 32 bar and ended up pairing it with a new tune written for a dance in St Albans. The name comes because the C part is in the major and everything appears lighter

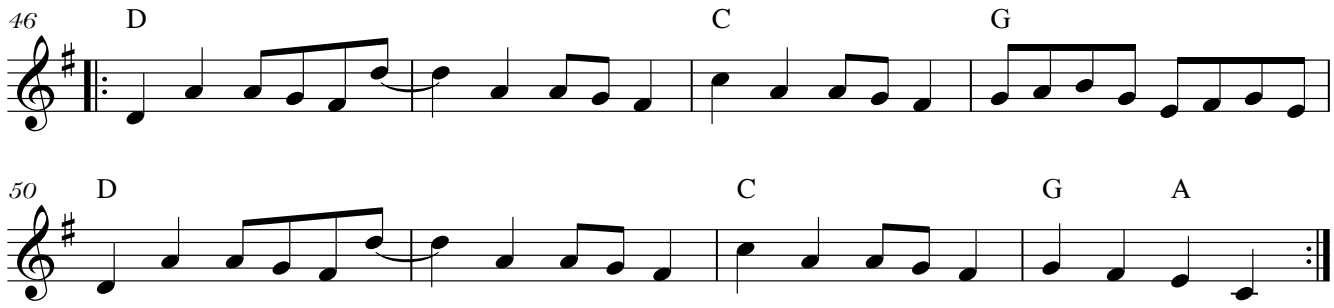
St Albans Contra
See above!

Lightening the Load - ending section



Lightening the Load (extra C part)

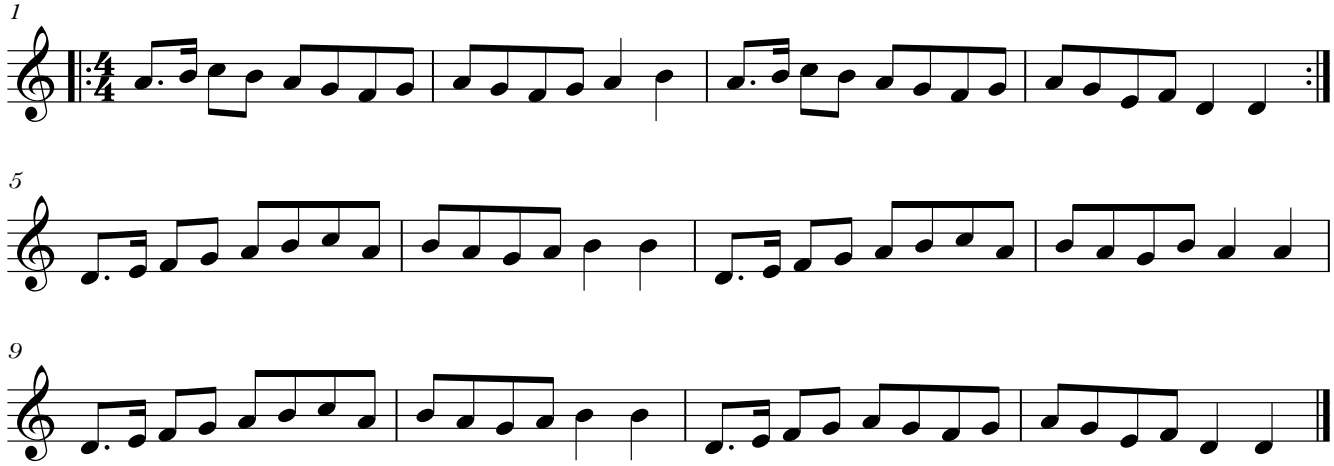
(never used on the album)



16 Bar March

Contrarello

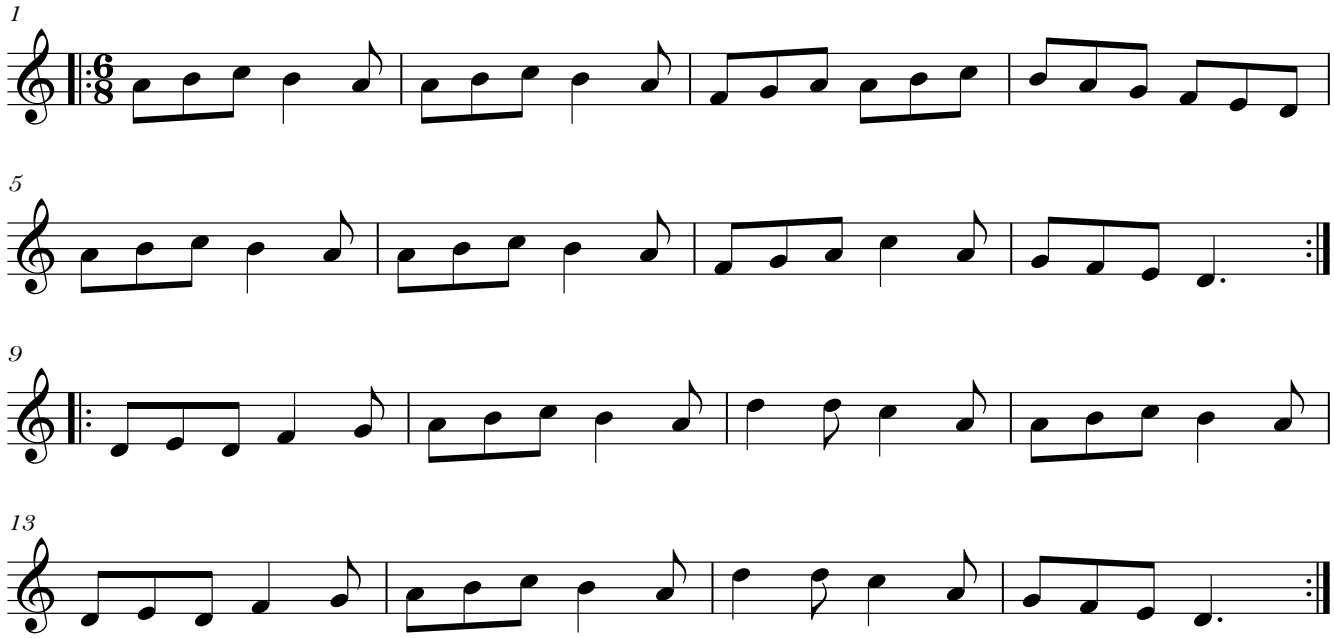
Jonny Dyer



32 Bar Jig

Controtto

Jonny Dyer

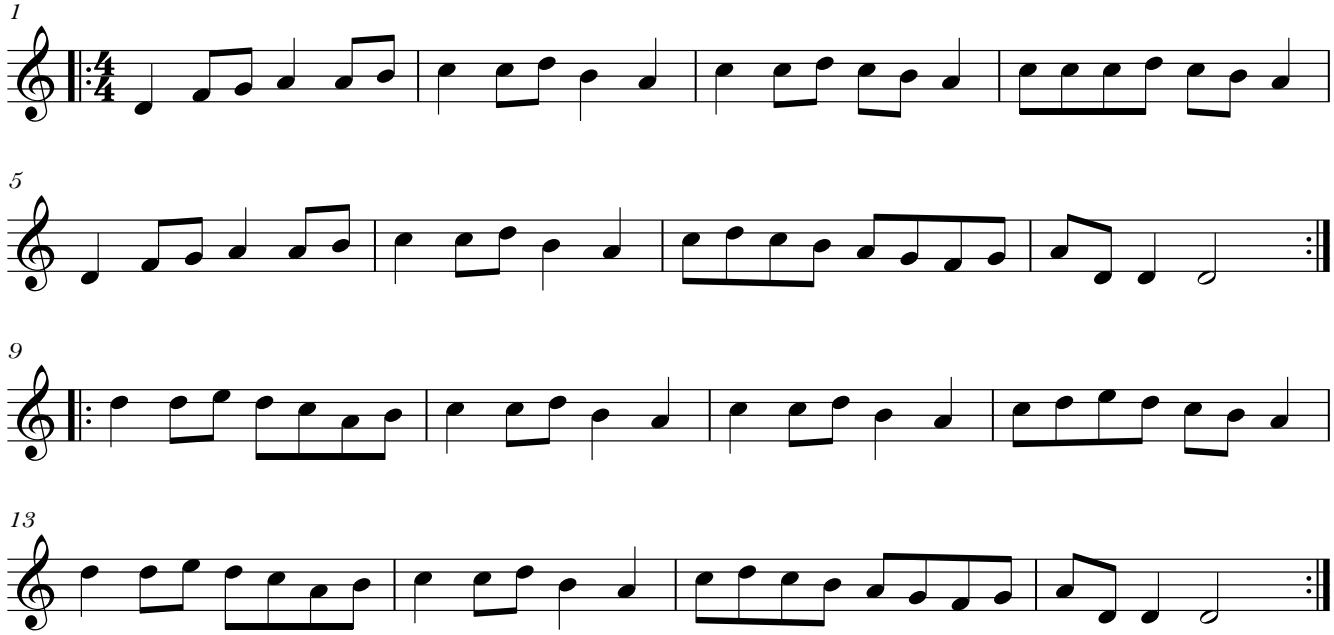


Medieval Contra
Why not!

32 Bar Reel

Contrapasso (minor)

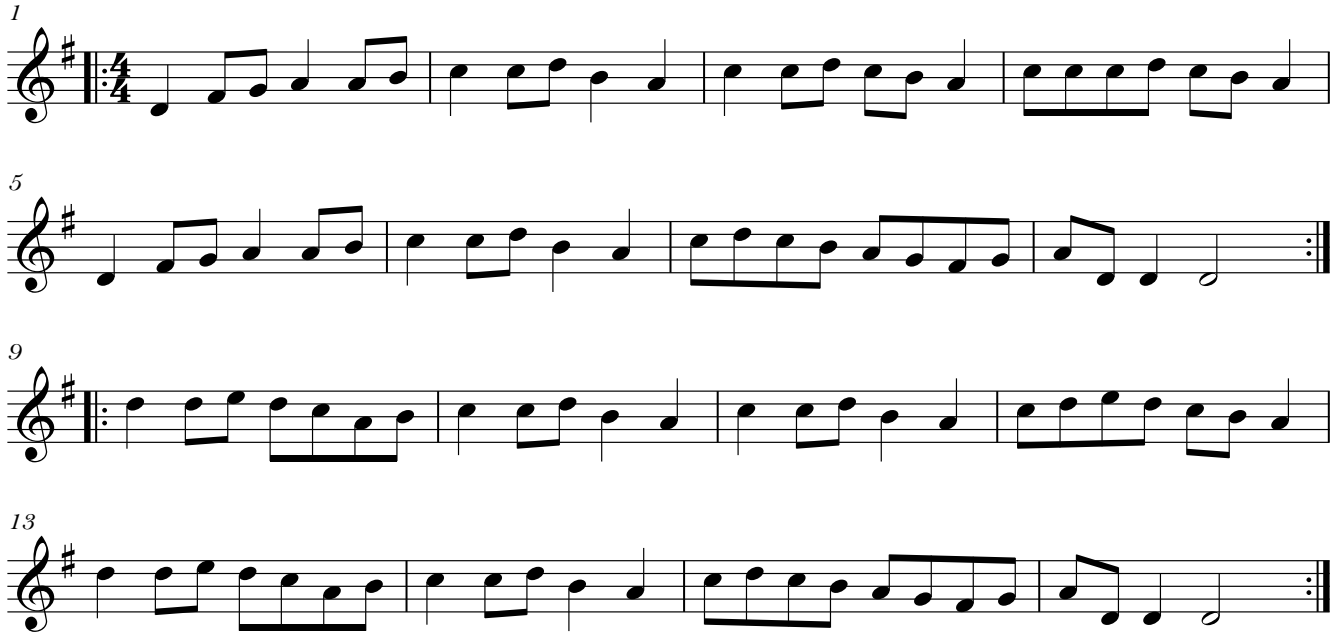
Jonny Dyer



32 Bar Reel

Contrapasso (major)

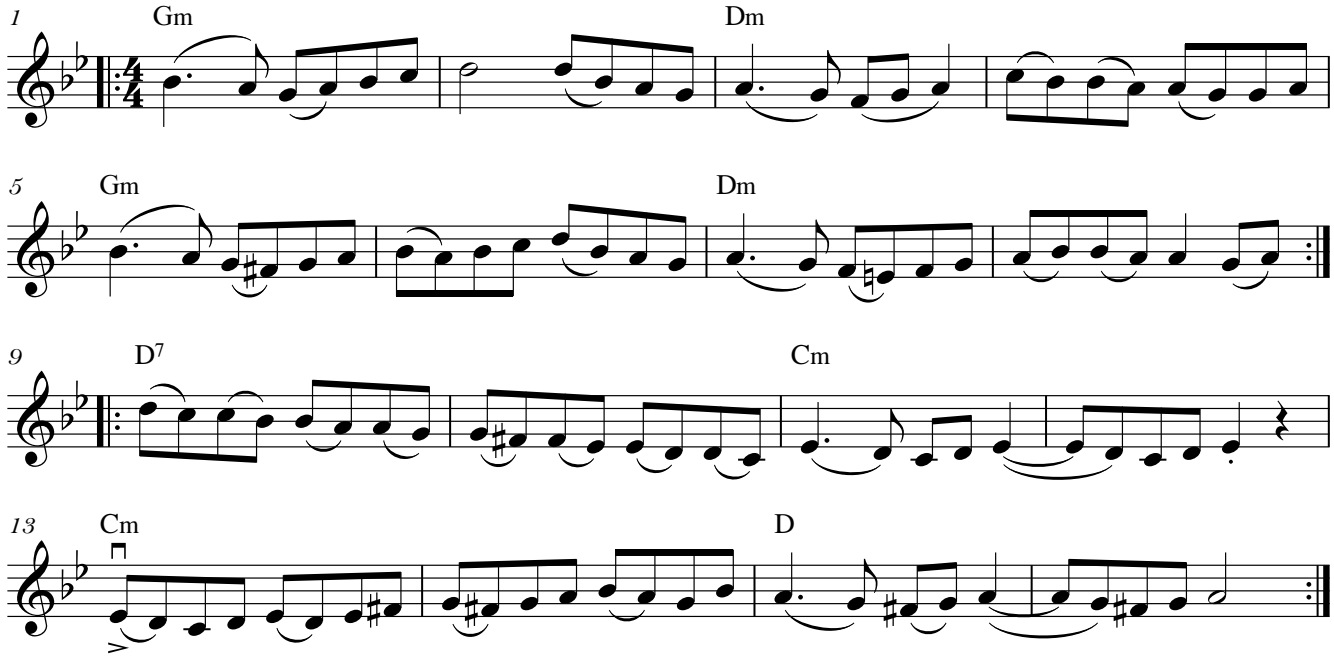
Jonny Dyer



32 Bar Reel

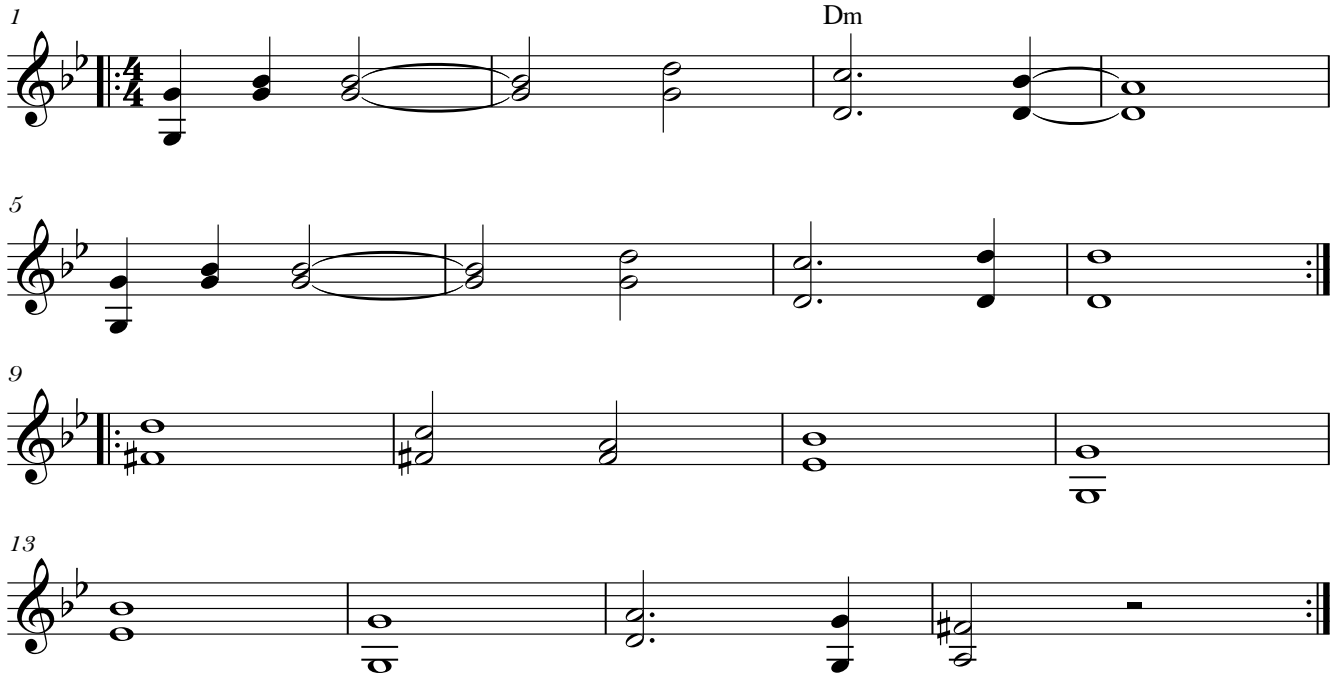
Caucasia Contra

Jonny Dyer



Caucasia Contra - counter NH part

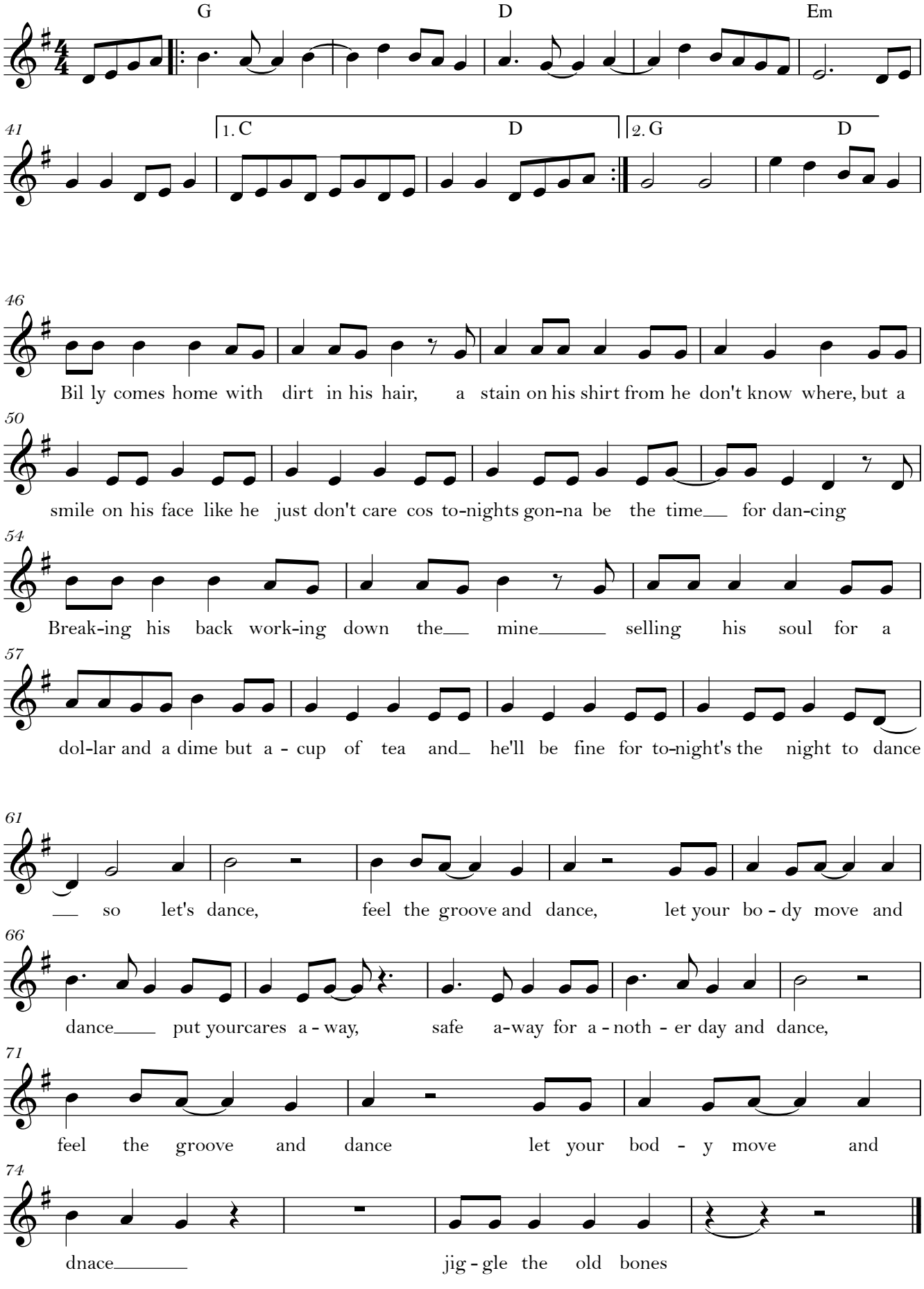
Jonny Dyer



Jiggle The Old Bones

48 Bar Reel

Jonny Dyer



Billie comes home with dirt in his hair,
a stain on his shirt from he don't know where,
but a smile on his face like he just don't care
cos tonight's gonna be the time for dancing

He breaks his back working down the mine
selling his soul for a dollar and dime
but a cup of tea and he'll be fine
for tonight;s the night to dance

Chorus
So let's dance, feel the groove and dance
let your body move and dance, put your cares away
safe away for another day
and Dance feel the groove and dance
let your body move and dance
Jiggle the old bones

Jeanie comes home from a day in town
two hard jobs she'll just hold down
but now you'll see no hint of a frown
for now's the time for dancing

Kids are growing and doing ok
But Jeannie worries any way
Saves her money for rainy day
But tonight they're gonna dance….

Chorus

Little Sue's got a brand new man
A blue eyed boy with a Midwest tan
she says she's gonna keep him if she can
But he needs to learn to dance for....

Tonight's gonna be their first big date
Mum and dad will seal their fate
so He better be smart and not be late
For tonight they're going to dance

Chorus

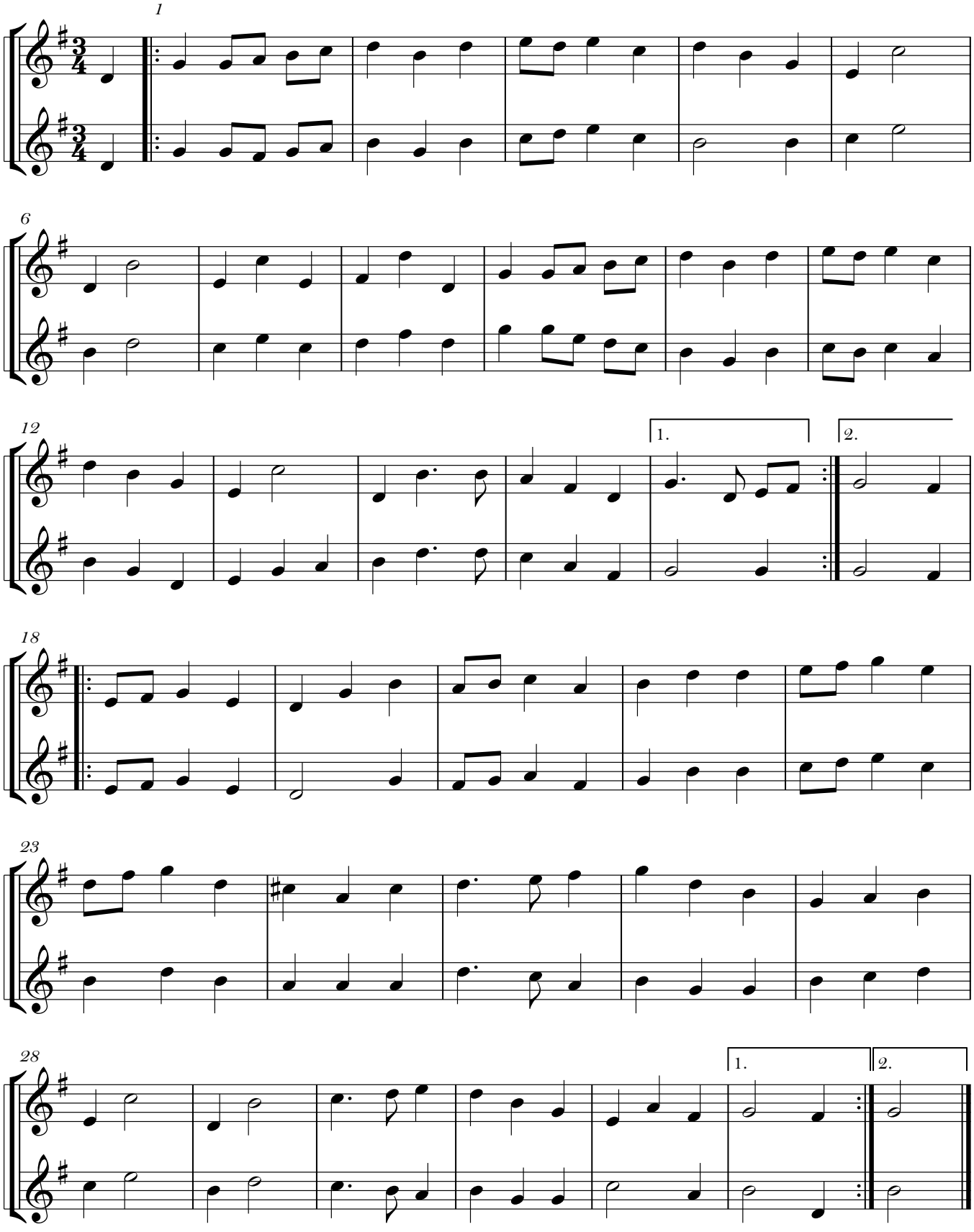
Kids have grown and left the home
Billy and Jean feel all alone
This great house once cosy and warm,
it just feels empty but

Christmas time is coming soon
now they'll need to clear the rooms
'cos everyone is coming home and
now's the time to dance

Chorus

Waltz for Shari

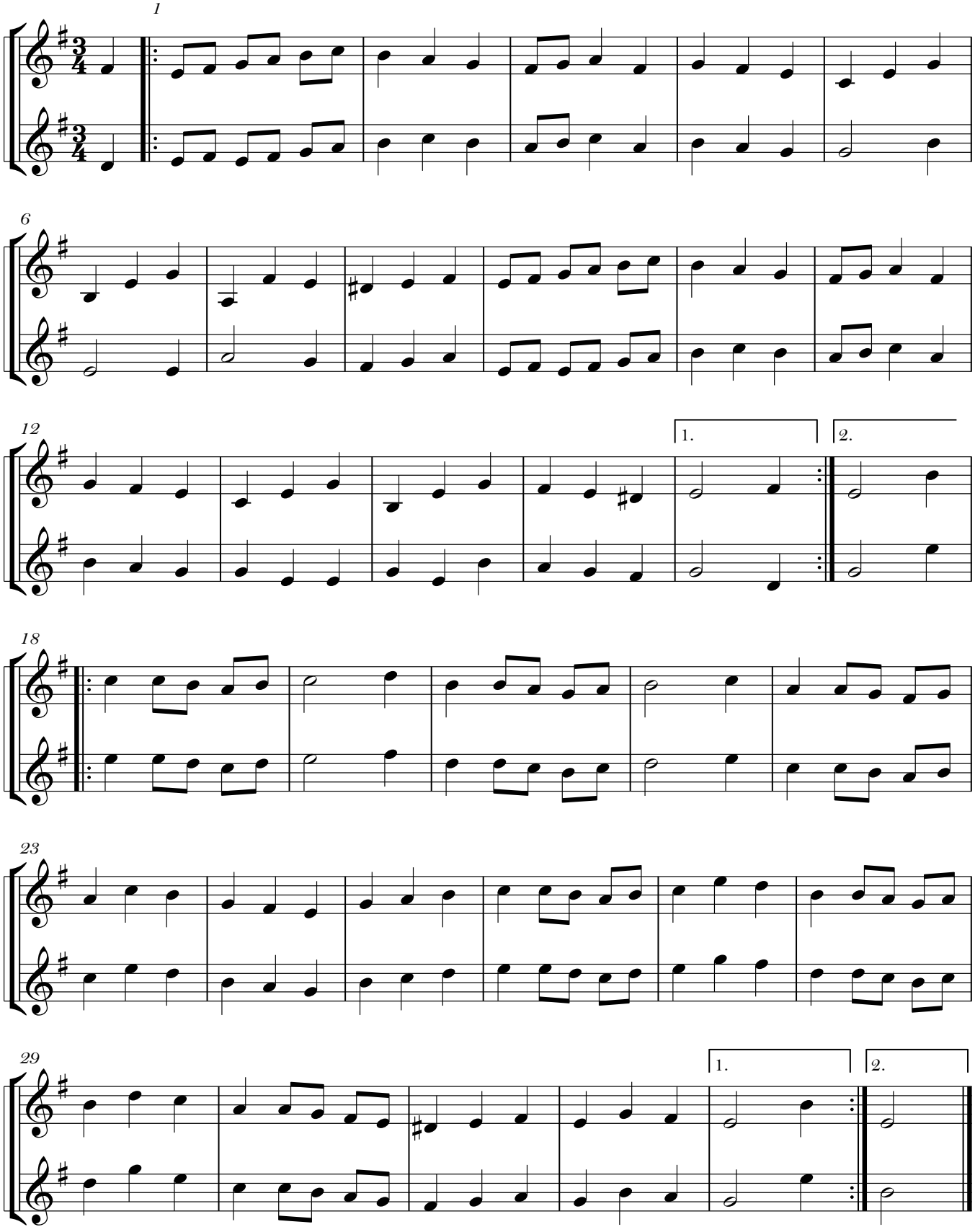
Jonny Dyer



64 Bar Waltz

The Kindness of Thwaite

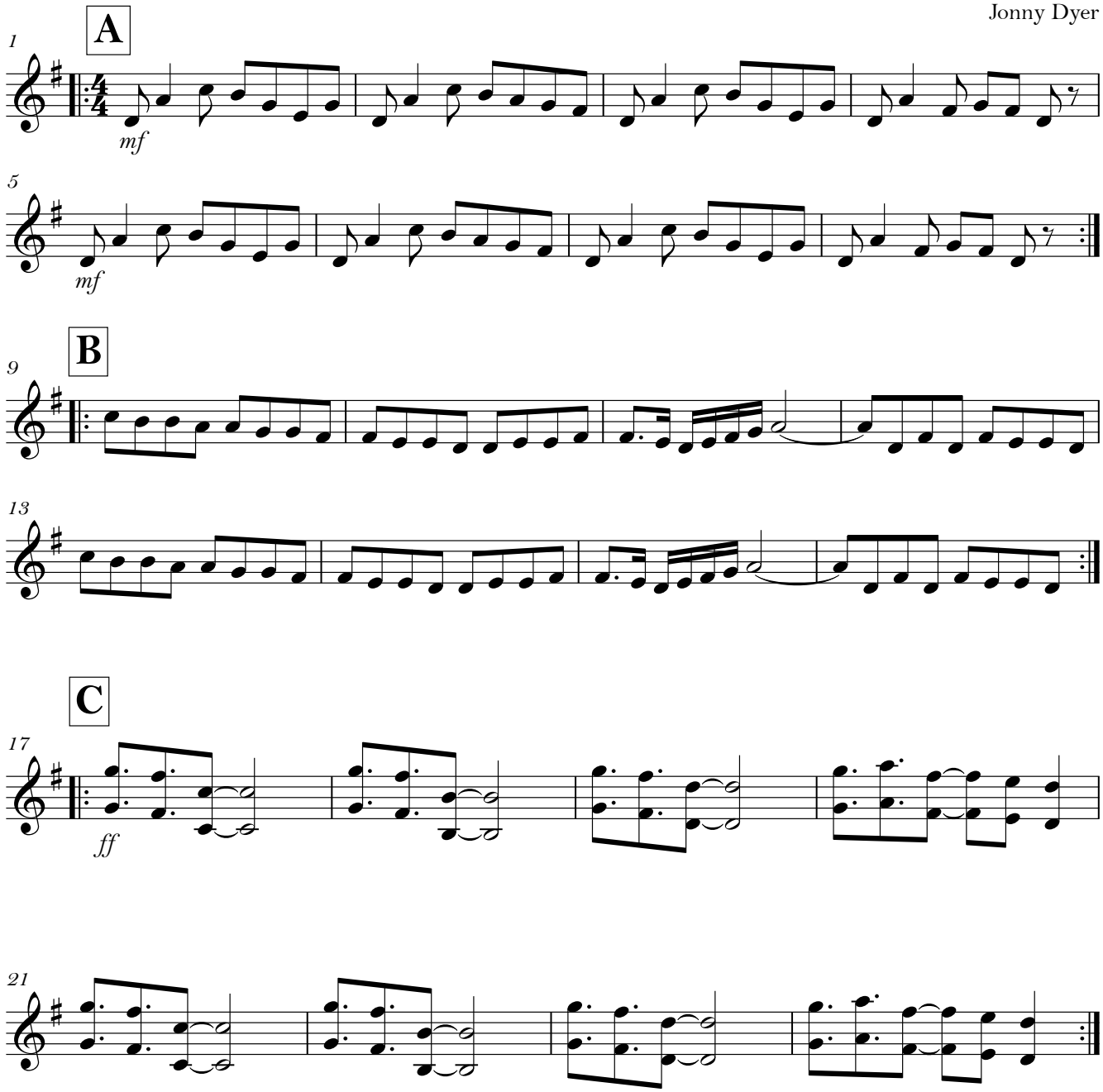
Jonny Dyer



Sleep Deprivation

32 Bar Reel

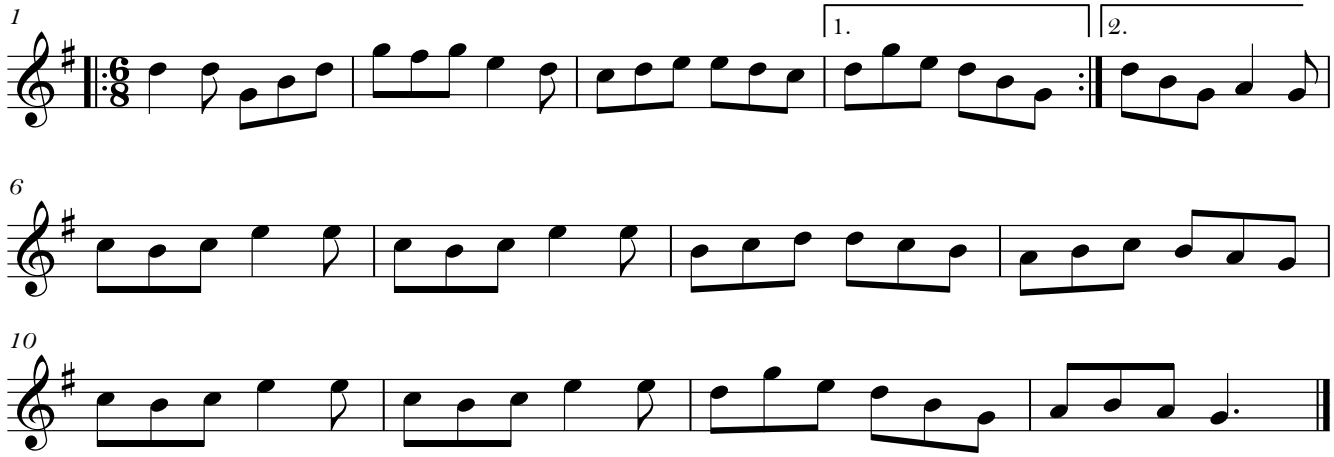
Jonny Dyer



16
16 Bar Jig

Double Shot Coffee

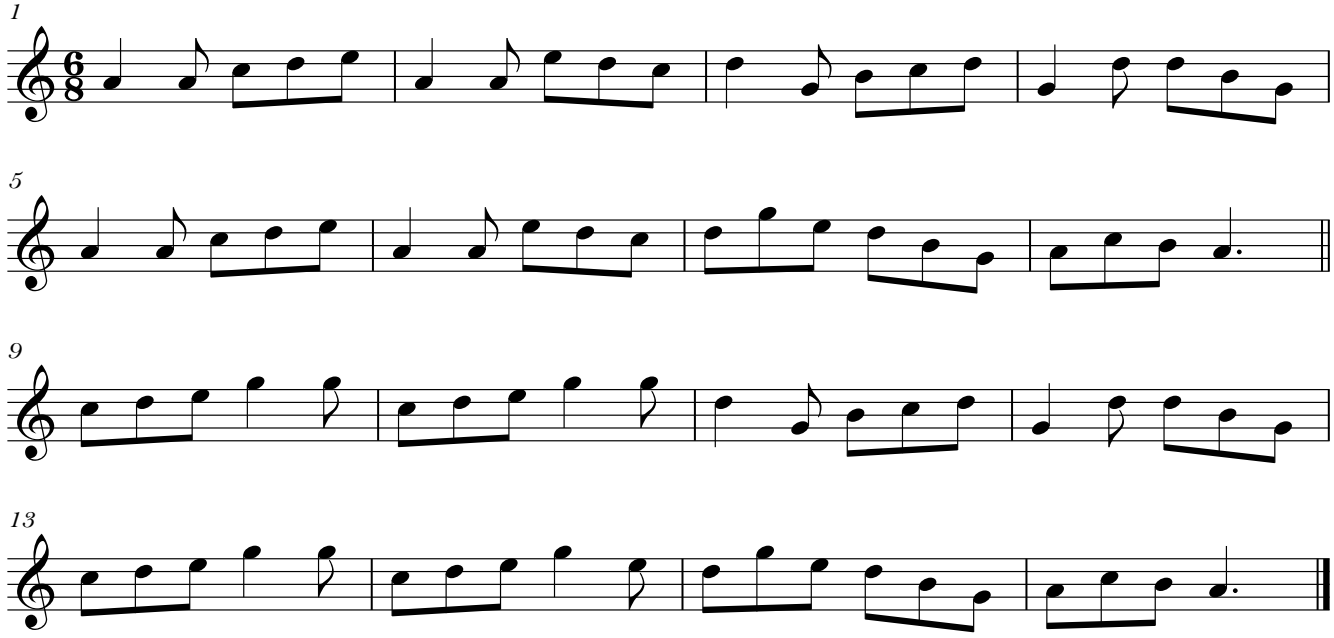
Jonny Dyer



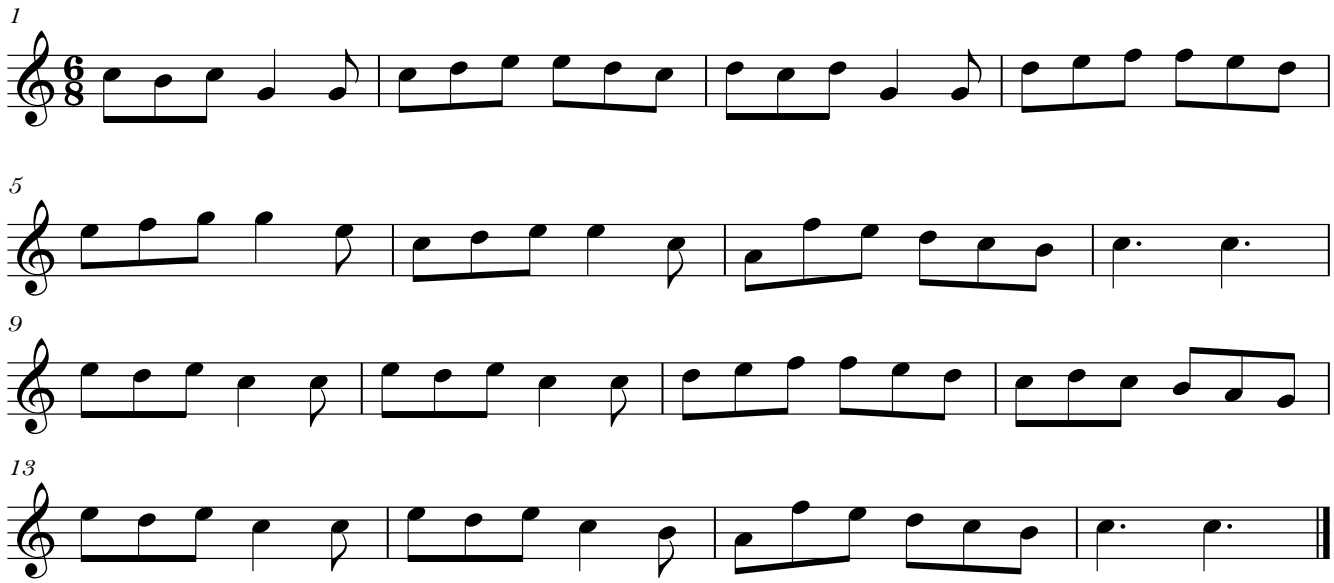
16 Bar Jig

Diversion Ahead

Jonny Dyer



16 Bar Jig

Don't Drive Tired

Jonny Dyer