



Fierce and Non-Compliant



1. FIERCE AND NON COMPLIANT
2. FOR MY DAD***
3. WOKE UP THIS MORNING SO I CAN'T COMPLAIN
4. BE ON MY SIDE
5. I FOLLOWED MY HEART**
6. DON'T SAY*
7. FEEL***
8. USE THE RIGHT WORDS
9. JUST TELL ME WHEN
10. I DON'T WANT IT*
11. SOCIALISING WITH MISERY****
12. I THOUGHT I SAW YOUR HEART
13. DOING MY THING

*Featuring Snow Owl

** Adam Cooper vocals and Kim Cypher sax

*** Live vocal take in a stairwell

**** Marco Piccioni on Guitar

All songs written, arranged and produced by Fiona Ross

Fiona Ross (Vocals, keyboards)

Snow Owl (Bass on 'I Don't Want It and Don't Say')

Kim Cypher (Sax on 'I Followed My Heart')

Adam Cooper (Vocals on 'I Followed My Heart')

Marco Piccioni (Guitar on 'Socialising with Misery')

Warren Woodcraft (Percussion on Be on My Side)

Gibbi Bettini (Guitar)

Derek Daley (Bass)

Marley Drummond (Drums)

Loren Hignell (Saxophones)

Adam Brown (Trumpet)

Adam Hayes (Percussion)

Ashaine White (Backing Vocals on 'Doing My Thing')

Engineered and recorded at Saige Studios by Gibbi Bettini

Mixed at Highfield Studio by Warren Woodcraft and Elliot Richardson

Mastered by Nick Watson at Fluid Mastering

Don't Say and I Don't Want It: Recorded, mixed and mastered by Snow Owl.

Special Thanks:

I am so honoured and grateful for every single person that has been involved in the making of this album. You all mean so much more to me than you probably realise and I cannot thank you enough for everything you have all done for me. Juan, Mona and Ether for being so wonderful to me. You are beautiful human beings and I am so grateful to know you.

Maxine - you are my hero. Hunter D Phoenix for 'Socialising With Misery'

Les - thank you for being there. My boys - for trying to putting up with my crazy.

Album artwork by Alexander Barnes-Ross

Album photography by Steven Tiller



What does it mean when Fiona Ross names her new CD and her composition "Fierce and Non-Compliant?" When we look at the photo of the young girl on the cover with her arms crossed over her chest, we can see where it all began. This woman who is a singer, pianist, composer, educator, journalist, Mother, and mentor did not wake up one day and become Fierce and Non-Compliant. This attitude and determination began very early and has grown with her as she becomes a remarkable artist. She wrote all the songs on the album, went to Austria to record two of them with the world-renowned bassist and producer Snow Owl (Juan Garcia-Herreros) because she knew that was what she had to do. She has young, super talented musicians on the album who bring their vibrant energy and love to the project. She sang in a stairwell for two of her compositions which made for a beautiful sound and she wrote and sang the most heart wrenching song for her late father. "Can you

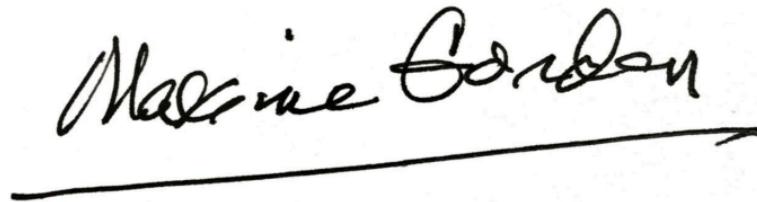
see me. Can you hear me. Wish you could have stayed." Imagine that little girl growing into a woman with that much love for a father who set her on the path to be the artist she has become. It is so beautiful, so moving, so honest with a perfect arrangement and trumpet solo by Adam Brown. I believe he can hear her.

I first met Fiona in Paris in the spring of 2018. She had emailed me and asked to do an interview for Jazz in Europe about my forthcoming book, Sophisticated Giant: The Life and Legacy of Dexter Gordon (University of California Press). We sat in Café des Anges near Bastille and I think we were there for lunch, tea, and dinner. The conversation went on for a very long time and it was way beyond the subject of my book. Fiona wanted to know about the Jazz life and about women who work in Jazz, both artists and managers. I knew this was more than a regular interview because Fiona wanted to know "everything." she has this enormous

vision for herself and for other artists and beyond artists, for people in need of inspiration and assistance. Then she wrote the article and people were asking me, "Who is this person who knows so much about Jazz and life and music?" I began to listen to her music and read what she was writing and then Fiona came to see me in London and went with me to a book event at the legendary Honest Jon's Record Shop, where she took out her phone and made a video of the event, posted it on social media and got people asking who was the videographer. I explained that it was this same young woman who wrote that interview in Jazz in Europe. "Wow" became the keyword for Fiona among people who don't say "Wow" all that often any more. She is one of the new artists who have not limited themselves to any given category. She crosses all boundaries with her music and her ideas. If that makes her Fierce and Non-Compliant, we are grateful that she has taken this brave step to show the way for others to follow.

This is the way of Fiona Ross—a new way with a love of the old ways. In an interview, she said: "Well, I wanted to literally be Aretha Franklin. My mum wanted me to be Julie Andrews. Eventually, I realized I just wanted to be me and go with the flow." This is one of the things that we have in common. I also wanted to be Aretha Franklin and to this day, we both know what Aretha has done for all of us by being true to who she was. This lesson can take many years to learn and Fiona Ross has learned who she is and how to live a life as an artist. Yes, Fierce and Non-Compliant and honest and true and oh so very talented.

We can enjoy her music and love her for the gift she is giving us.



A handwritten signature in black ink, reading "Maxine Gordon", is centered on a horizontal line. The signature is fluid and cursive, with a slightly larger first name above a smaller last name. There is a small gap between the two names on the line.

FIERCE AND NON COMPLIANT

Fierce and non compliant that's what they say
Fierce and non compliant, that's who I am today.

Going to set the world on fire, I've seen it written down.

They make me sound like something - I'm just doing my thing.

They make me sound all sassy and maybe that's true,
If trying to do your thing makes you sassy, who knew?

I'm trying to keep my head down and go with the flow, go with the flow, go with the flow.

But you know, it's just me hashtag me I won't pretend to be what I'm not.
I am what I am, take me or go, take me or go.

Fierce and non compliant, that's what they say
Fierce and non compliant, that's how I'm painted today.
A glamourous exterior and a powerhouse

So fabulous, so fabulous
I'm not afraid of failing, I just give what I've got
But I am afraid of people thinking I'm something I'm not,
So do you really see me, is this who I am? Who I am, who I am?

But you know, it's just me, hashtag me I'm really not the big deal they say I am, I don't understand,
But don't get me wrong, it's so wonderful what they say about me,
Is this how you see me? It's not how I see me.
I'm just trying to do my thing, do my thing.

Instrumental

Fierce and non compliant
Hashtag me
They say I'm fierce, so fierce....
Fierce and non compliant



FOR MY DAD

I miss you so, but you'll never know
Are you there? Are you proud?
I'm doing my thing just like you taught me.
Can you see me? Can you hear me?

I'm trying so hard.
You said I could do this if I worked hard.
I wish you could see me, but you had to go, go
away..
Wish you could have stayed.

I'm trying so hard.
I just don't remember the things that you said.
I know you believed in me because you always
said I'd go far..
I'd be your star

You said I could do this if I worked hard.
I wish you could see me....wish that you could
see me
Am I doing it right?
I wish you could, wish you could see me
but you had to go, go away.



WOKE UP THIS MORNING, SO I CAN'T COMPLAIN

Woke up this morning, so I can't complain.
On my own, with a little bit of pain.
Tea, cake and makeup - let's show the world.
Come on me, let's give it a go.
You can pretend, yes, you can pretend.
Smile, always smile.

Mostly I just want to run away
Can't do this for another day.
Go back to bed, turn off the light
You know things aren't going to be alright.
Just run away, oh just run away
Can't always smile

Sometimes I don't know what to do.
I'm on my own - I can't do this!
I'm not strong, can't carry on
I find it hard, I can't pretend.
When will it stop? Someone help me
It's too much, just make it stop.

I woke up this morning, so I can't complain
Still no sun and a little bit of pain
Got to get up and start this fight
There might be a little bit of light
Don't run away - no, don't run away
Smile always smile



BE ON MY SIDE

I don't know where I'm going wrong.
Try to be myself - maybe that's what's
wrong....

I always give me all, I just can't give
anymore.

Try to understand this crazy world.
I'm tired of fighting, tired of smiling.
Just so you know...

I want someone to be on my side
Want someone to be on my side
It's so hard here on my own, I just want
someone to
Be on my side, be on my side
Share my life, share my work, share my
world
Understand me

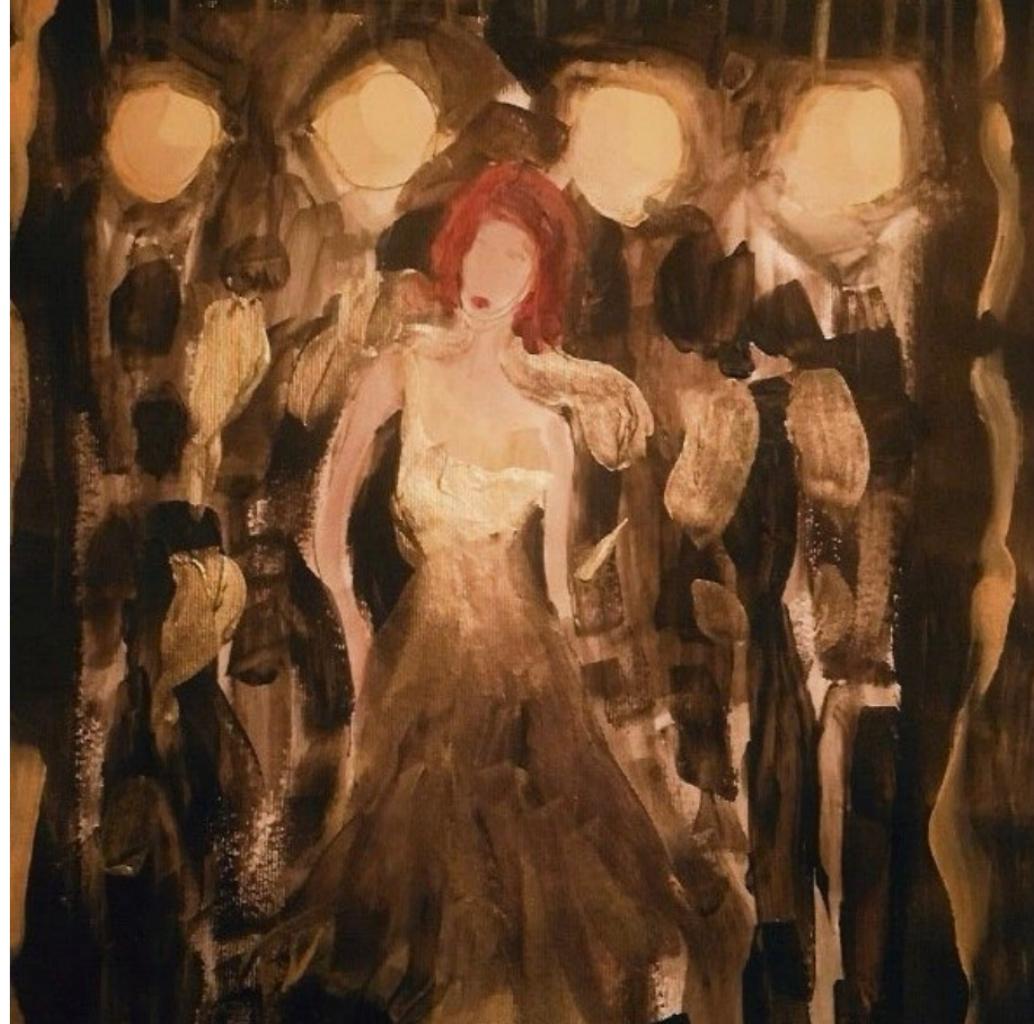
Offered you my world - what a fool I
was.
I was in love with you, I thought you felt
the same
What did I do to you?
What made you hurt me so?
I was there for you - but you weren't
there for me.
You didn't want to know, didn't
understand me,

You just let me go

Be on my side
Want someone to be on my side
It's so hard here on my own, I just want
someone to
Be on my side, be on my side
Share my life, share my work, share my
world
Someone please
Be here and care for me, someone
please hear me
Can't do this anymore, someone just
Understand.

I want someone to be on my side
Want someone to be on my side
It's so hard here on my own, I just want
someone to
Be on my side, be on my side
Share my life, share my work, share my
world
Understand me

Be on my side



I FOLLOWED MY HEART

Fi: The sky looks so blue, so do you...
What did we do? And I feel so sad, what did I
do?

Adam: Love makes you do the things you know
you shouldn't do
I feel so bad, what did we do.

F: They say follow your heart
A: Always follow your heart
F: You must follow your heart
A: Always follow your heart
A+F: But what if it's wrong?
F: 'Cos I followed my heart
A: Yes, you followed your heart
F: But it tore me apart
A+F: So what do we do now?

F+A: Now I search in vain for that tiny bit of
sane
I was so wrong, what do I do?

F: They say follow your heart
A: Always follow your heart

F: You must follow your heart
A: Always follow your heart
A+F: But what if it's wrong?
F: 'Cos I followed my heart
A: Yes, you followed your heart
F: But it tore me apart
A+F: So what do we do now?

F+A: Now I search in vain for that
tiny bit of sane
I was so wrong, what do I do?
What did we do?

F: You said you loved me
A: That's 'cos I love you
F: I believed you
A: Please believe me
F: I let you inside
A: Let me in
F: Now you won't go
A: I'm not going
F and A: Nothing I can do,,
nothing I can say
F: I'm so broken,
A: Don't be broken
F: You said you loved me
A: I still love you
F: and I believed you

A: Please believe me
F: I let you inside
A: Now I am here
F: Now you won't go
A: I'm not going
F+A: Nothing I can do, nothing I
can say, nowhere I can go
F: I'm so broken, so broken
F+A: Because I followed my heart

DON'T SAY

Don't say you think I'm beautiful

Don't say that you miss me

Don't say I'm always in your mind

I won't say that I love you

I won't say that I want you by my side

I won't say I want you in my arms

Don't tell me and I won't tell you

You're not my first thought

No, no, no

Don't tell me and I won't tell you how I feel

Don't say that you want me

Don't say you'll protect me

Don't say you want to be the one for me

Don't tell me and I won't tell you

You're not my first thought

No, no, no

Don't tell me and I won't tell you

How I feel

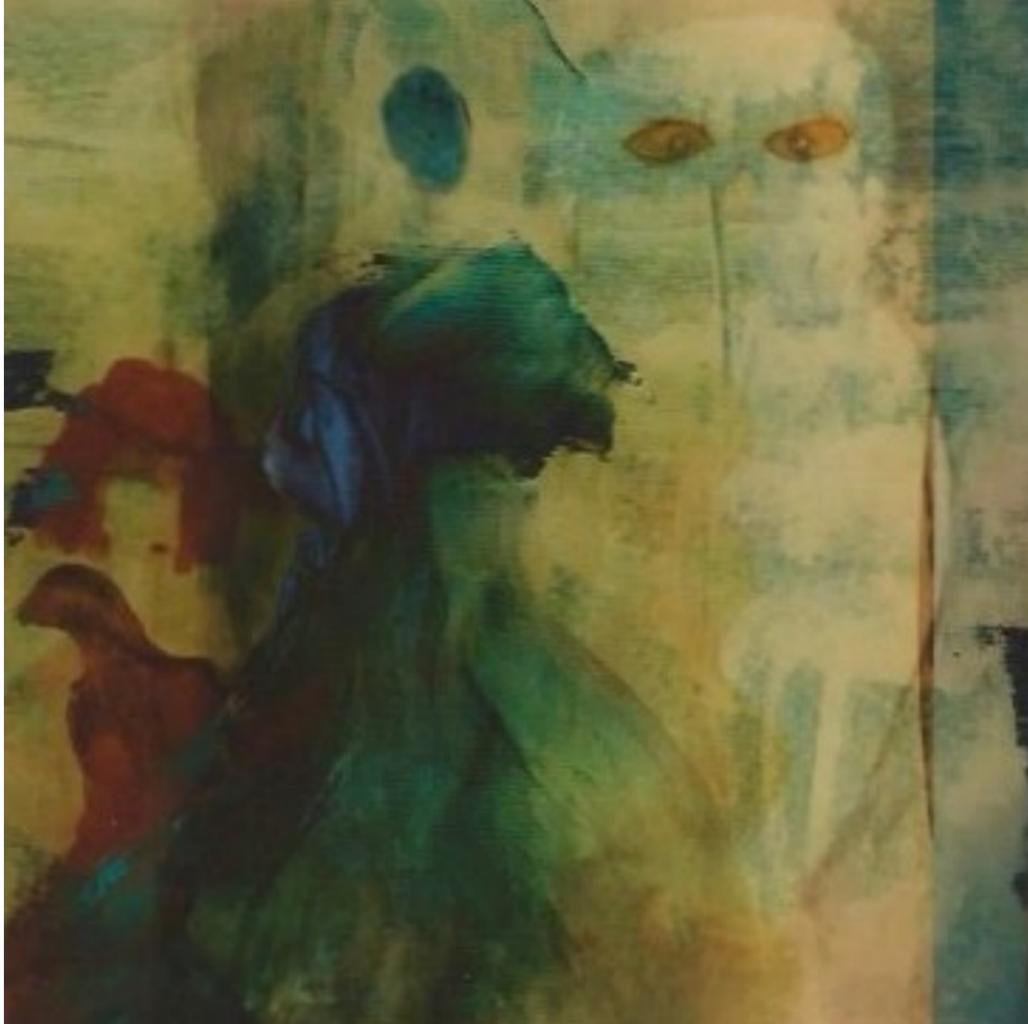
Don't say, don't say

Don't tell me, don't tell me

It's not true, it's not true

It's not true if you don't tell me

Don't say



FEEL

So many things to say, but you don't hear me
Things you need to know, but you don't see me
Won't see me
You live inside your world and I know it's cold there
If you opened up your mind you'd find some peace
You need some peace

You've got to Feel. You've got to feel.

You think I did you wrong because you don't know me
You don't trust anyone and I don't know why
You need to try
You've made up your mind and you don't want solutions
Closing all the doors, just hide away
Run away

You've got to Feel. You've got to feel.

When I'm cold and gone you'll find some answers
You've given me no choice
You need to know I was there for you
I gave you all I had, it wasn't enough
Those walls you hide behind are too hard to break
One day you'll feel
You need to feel.



USE THE RIGHT WORDS

You taught me what to do, but you never knew the things you did to me.

Don't you know that you helped me see?
You spoke those words so true - let me look inside of you

Oh the things that you made me feel,
don't you know that you helped me see?

You don't know that power that you have -
don't you know what you did to me?

You don't know the power that you have -
don't you know that you heled me be?

You helped me use my mind. Your wings
they found me, you were my guide
The things that you made me feel - You
really were something quite surreal
Now I know what I must do. I found my
road need to follow through.
It feels like you're here with me - don't you
know that you helped me be?

You don't know that power that you have -
don't you know what you did to me?

You don't know the power that you have -
don't you know that you heled me be?

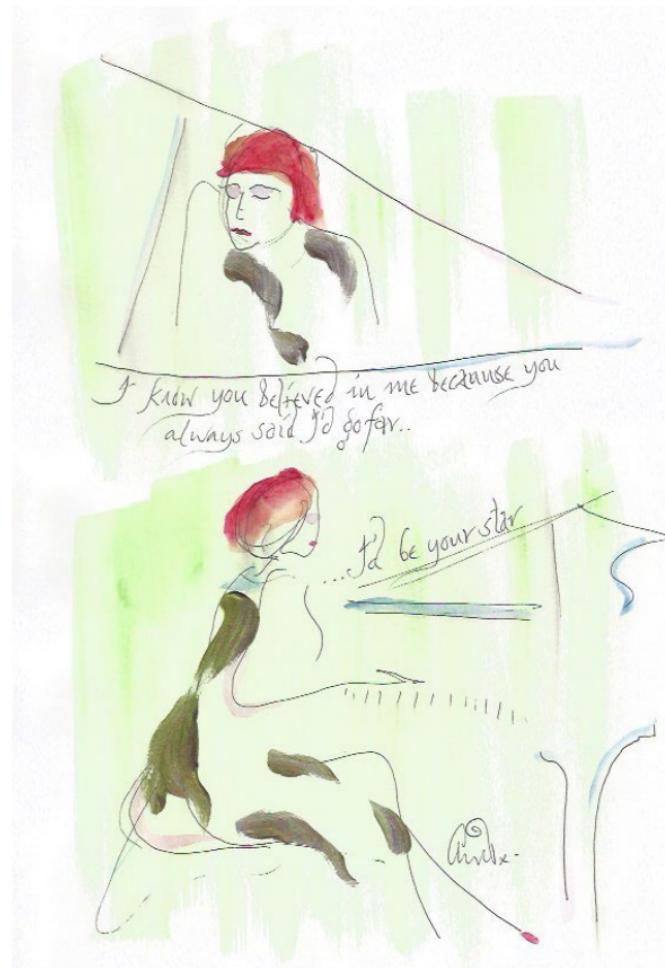
You said use the right words, use the right words.

Say the things you feel, say the things you mean, say what's in your heart
Once you use the words, they can't be returned
Use the right words

You don't know that power that you have,
don't you know what you did to me?

Use The Right Words

Say the things you feel, say the things you mean.
What you fighting for? Say what's in your heart.
Use the right words.



JUST TELL ME WHEN

Time goes slow for you
It goes fast for me,
Don't you see you have some much
more time than me
Please make some time for me
I just want to hold you so close to me
I know you have no place for me,
But you keep saying you want to see
me

July you said October
Then you said November
Then you said December
Just tell me when

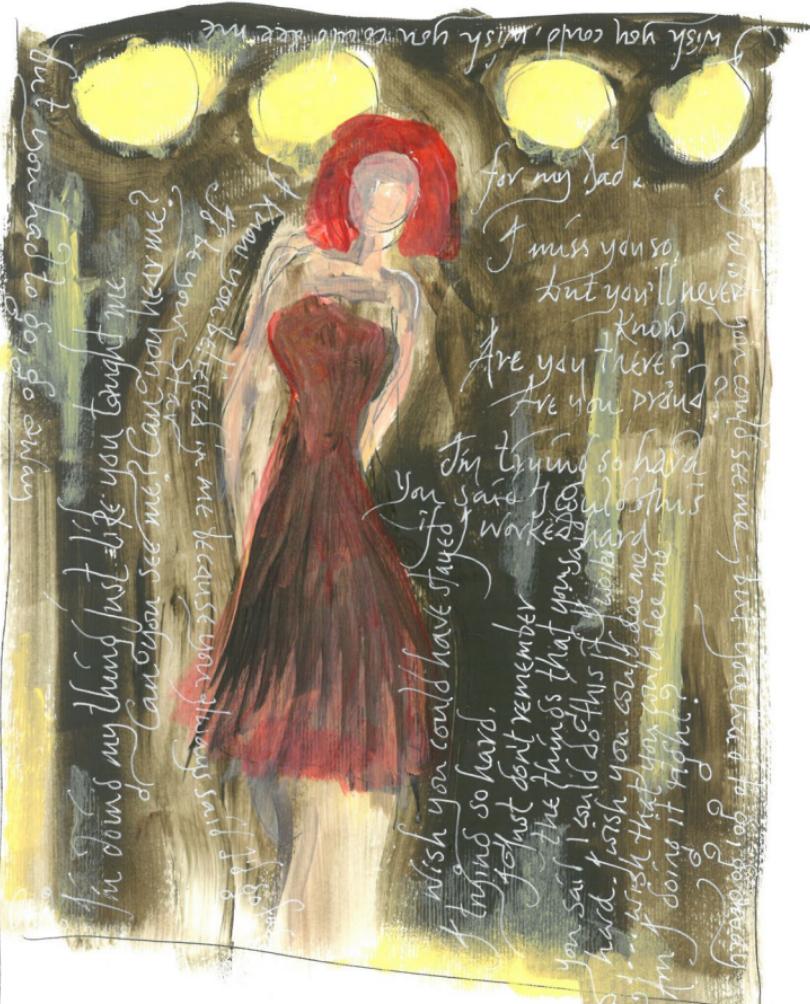
You think you have forever
I hope you do
You don't have forever with me
Stop making promises, all those
reasons why you can't see me
I know you have no place for me,
But you keep saying you want to see
me

July you said October
Then you said November

Then you said December
Just tell me when

I want to see you, you know I want to
see you
We're good together, just find some
time
You want to see me, you know you want
to see me
We're good together, just find some
time
Stop making promises, all those broken
promises
You want to see me? Then find some
time
Busy, always Busy, I know you're always
busy
Time goes slow for you, it goes fast for
me

July you said October
Then you said November
Then you said December
Just tell me when



I DON'T WANT IT

Tell me can you feel me?
Like I feel you?
You're always on my mind.
Tell me can you hear me?
When I need you?
I call you all the time.

You're always there.
Why won't you go away? Why won't
you go away?
I guess this is love, but I don't want it.

Feels like you're part of me,
Am I part of you?
Am I here all on my own?
Just want to feel you, touch you.
Need your body next to mine.

You're always there.
Why won't you go away? Why won't
you go away?
I guess this is love, but I don't want it.

It leaves me breathless
It's terrifying

Let me go, let me go

You're everywhere I go
The air I breathe inside
The home I need to feel
The me I want to be
It scares me to my core
Need to run so far from you
Expel you from my soul

You're always there.
Why won't you go away? Why won't
you go away?
I guess this is love, but I don't want it.
Let me go. Let me go.
I guess this is love, I don't want it.



SOCIALISING WITH MISERY

I wake up, check the news. How frustrated will I be today?
I pour some tea, but it's just for me – but that's ok.
Alone with my thoughts, battles to be fort before I start my day.
Come up with a plan, get ready to stand, welcome to my word

Don't you know I'm socialising, socialising with misery.
Don't you know I'm socialising, socializing with misery.

A secret wrapped in lies, this is not who I'm meant to be
But my loyalty and my love for someone has left me in this world I don't
recognize - full of so many lies. I want to run away. It hurts my very soul, but
nobody knows, and there's nothing I can do.

Don't you know I'm socialising, socialising with misery.
Don't you know I'm socialising, socializing with misery.



I THOUGHT I SAW YOUR HEART

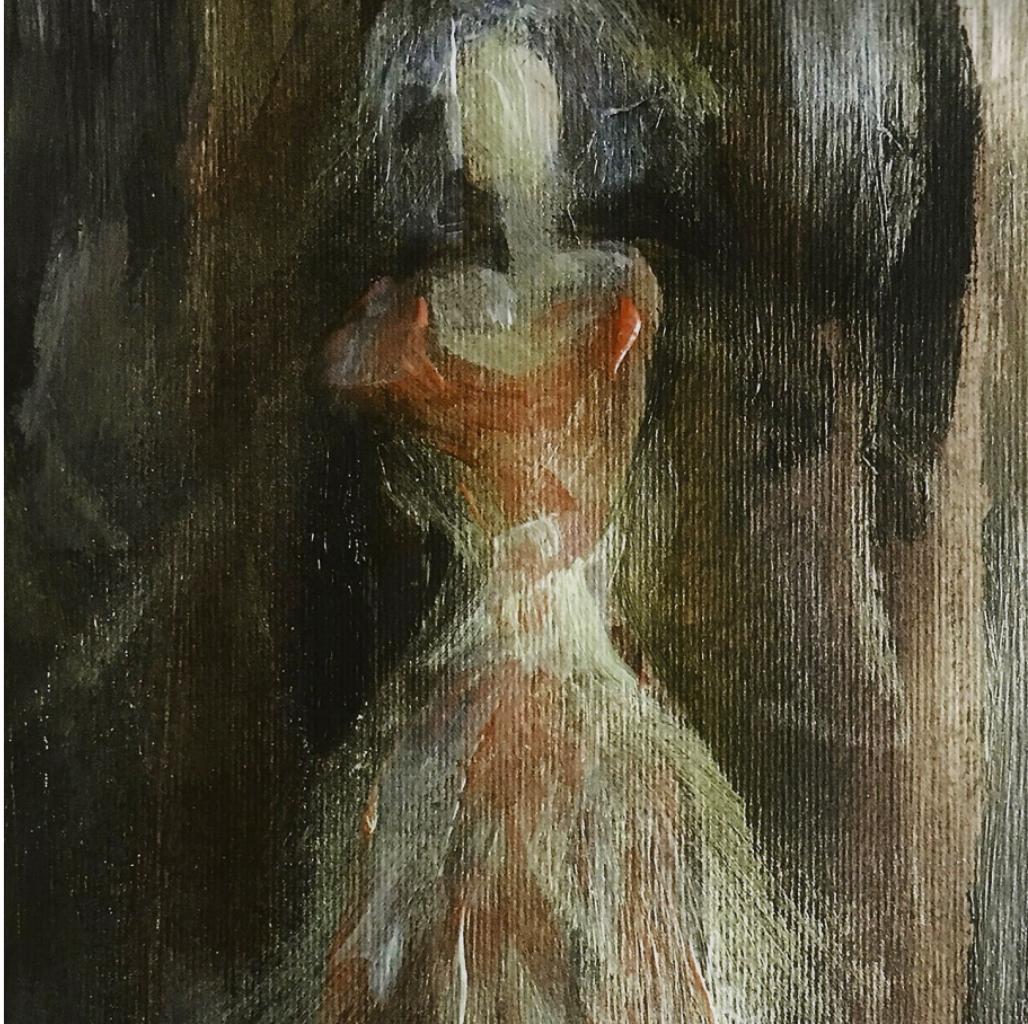
You came along, I thought you were something.
But it turned out I was so wrong
How could you be so cold, so cruel?
Thought that I knew you, I was so wrong
You were never true to me

I thought I saw your heart, saw your heart
I looked right in and thought I saw your heart
I looked right in but then you didn't see, didn't see me

I thought that you could maybe reach me
Thought that I could reach you
I was so wrong
The walls that you built was just too hard
I tried to understand....thought I saw you
But you were never true to me

I thought I saw your heart, saw your heart
I looked right in and thought I saw your heart
I looked right in but then you didn't see, didn't see me

Thought I saw you.
I thought I saw you.
Thought I felt it
Thought I touched it
I thought I saw your heart.



DOING MY THING

Everyday I always try to do the best I can
Sometimes it's hard but I always try - it's the only way I know
Got things to do, things to achieve
Life's too short you know, to sit around and hold onto dreams

I get to sing my song - it makes me feel I belong
And in this world today, I feel so lucky
The people that I know, they help me search and grow
And all those games? I won't play

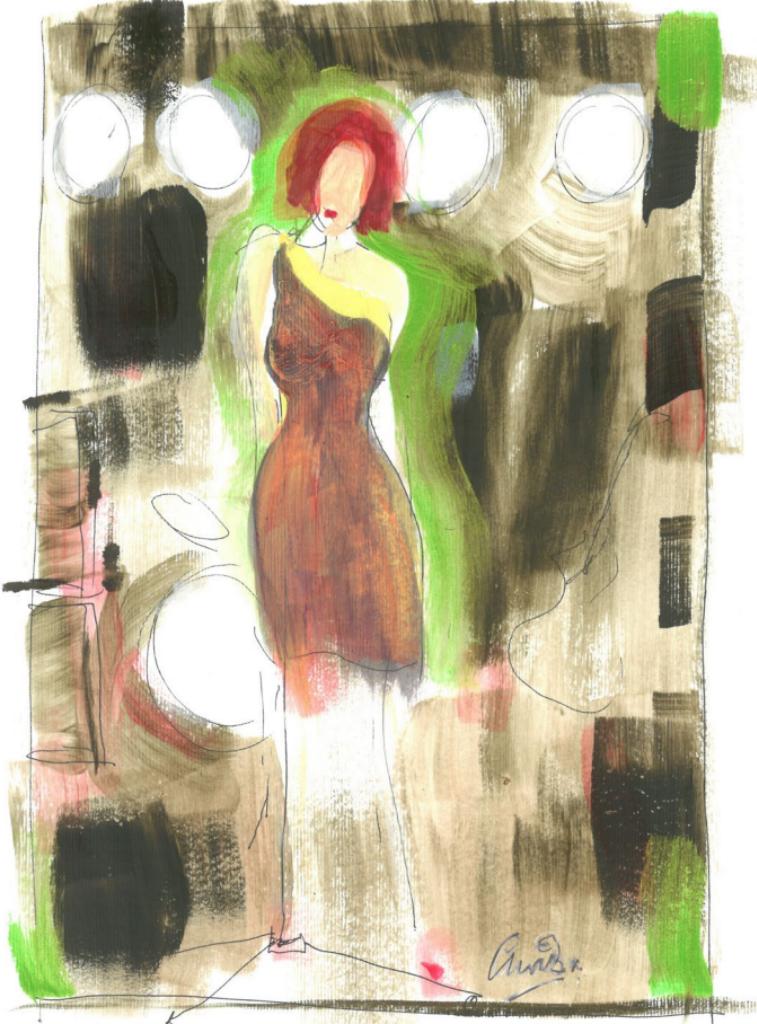
Don't you know that I'm just trying to do my thing
I'm just trying to do my thing

There's so much power in a smile - a beauty to behold
And when it's real you'll fly to so hard - your life will just unfold
Search for the truth, the truth of you
It's only way to be
That smile will come when you're set free

You'll get I get to sing your song - it'll makes you feel you belong
And in this world today, you'll feel so lucky
The people that you know, they'll help you search and grow
And all those games? You won't play.

I'm doing my thing, doing my thing, doing my thing....

Adam, do your thing
Loren, do your thing
Derek, do your thing
Now Marley, do your thing
Gibbi....
Ashaine
Doing my thing.



A handwritten signature in black ink, appearing to read "Chris Cunningham". The signature is fluid and expressive, with a large, sweeping flourish over the top of the name.

ARTWORK BY CHRIS CUNNINGHAM