- 1. Like An Old Time Country Song
- 2. Trapped On Track
- 3. Beautiful Sue
- 4. Trust Is A Choice
- 5. It's Not The Time
- 6. For Love's Sake
- 7. Ropes Of Sand
- 8. A Proposal To The Road
- 9. Lose Sleep At Night
- 10. Take This World For A Spin

Produced by Paul Q. Kolderie & Adam Taylor