

Feet: Roots

Warm-Up Song to Align the Body

Laura Sandage

Choir

Feet: roots, Knees: soft, Hips: bal - anced, Heart: o - pen, Sleeves: emp - ty,

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Detailed description: This system contains the first two lines of music for the choir. The top staff is in treble clef and the bottom staff is in bass clef. Both are in 4/4 time with a key signature of one flat (Bb). The lyrics are: "Feet: roots, Knees: soft, Hips: bal - anced, Heart: o - pen, Sleeves: emp - ty,". The melody consists of quarter and eighth notes with rests.

Choir

Shoul-ders dropped, Face: a-live, Head_ float-ing, Head_ float - ing.

Shoul-ders dropped, Face: a-live, Head_ float-ing, Head_ float - ing.

Detailed description: This system contains the second two lines of music for the choir. The top staff is in treble clef and the bottom staff is in bass clef. Both are in 4/4 time with a key signature of one flat (Bb). The lyrics are: "Shoul-ders dropped, Face: a-live, Head_ float-ing, Head_ float - ing." The first ending is marked with a bracket and the number "1." above it, and the second ending is marked with a bracket and the number "2." above it. The melody continues with quarter and eighth notes.