

If You Can Walk You Can Dance

Zimbabwean proverb

SAB, piano and claves



Elizabeth Alexander

Seafarer Press

If You Can Walk You Can Dance

SAB, piano, claves *

Zimbabwean Proverb

Elizabeth Alexander

(♩ = approx. 80) Marcato, with rhythmic energy

Pno

f

sempre senza pedale

5

8 *mp* smoothly, *sempre legato*

S

If you can walk you can dance, — If you can talk you can sing. — If you can

A

mp smoothly, *sempre legato*

If you can walk you can dance, — If you can talk you can sing. — If you can

B

mp smoothly, *sempre legato*

If you can walk you can dance, — If you can talk you can sing. — If you can

CLAVES

mp

The musical score is written for piano and voice (SAB). The piano part begins with a forte (f) dynamic and a marcato, rhythmic energy. The vocal parts (Soprano, Alto, and Bass) enter at measure 8 with a mezzo-piano (mp) dynamic, playing smoothly and legato. The lyrics are: 'If you can walk you can dance, — If you can talk you can sing. — If you can'. The piano part continues with a 'CLAVES' section, marked mezzo-piano (mp), which provides a rhythmic accompaniment for the vocal parts. The score is in 4/4 time and the key signature has one sharp (F#).

* If you'd like to add bass and/or marimba during the "CLAVES" sections, they may play the pianist's left and right hand parts, respectively.
For information about the claves part, see the last page of this score.

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13

S walk you can dance, — If you can talk you can sing, — If you can

A walk you can dance, — If you can talk you can sing, — If you can

B walk you can dance, — If you can talk you can sing, — If you can

17

S walk you can dance, — If you can talk you can sing, — If you can

A walk you can dance, — If you can talk you can sing, — If you can

B walk you can dance, — If you can talk you can sing, — If you can

21

S walk you can dance, — If you can talk you can sing.

A walk you can dance, — If you can talk you can sing.

B walk you can dance, — If you can talk you can sing.

NO CLAVES

25

S If you can talk you can sing, — if you can

A If you can walk you can dance, If you can talk you can sing, — if you can

B yes, you can dance, — if you can

Red. *

29

S walk then you can dance,

A walk then you can dance,

B walk then you can dance, If you can

p

33

S If you can

A If you can

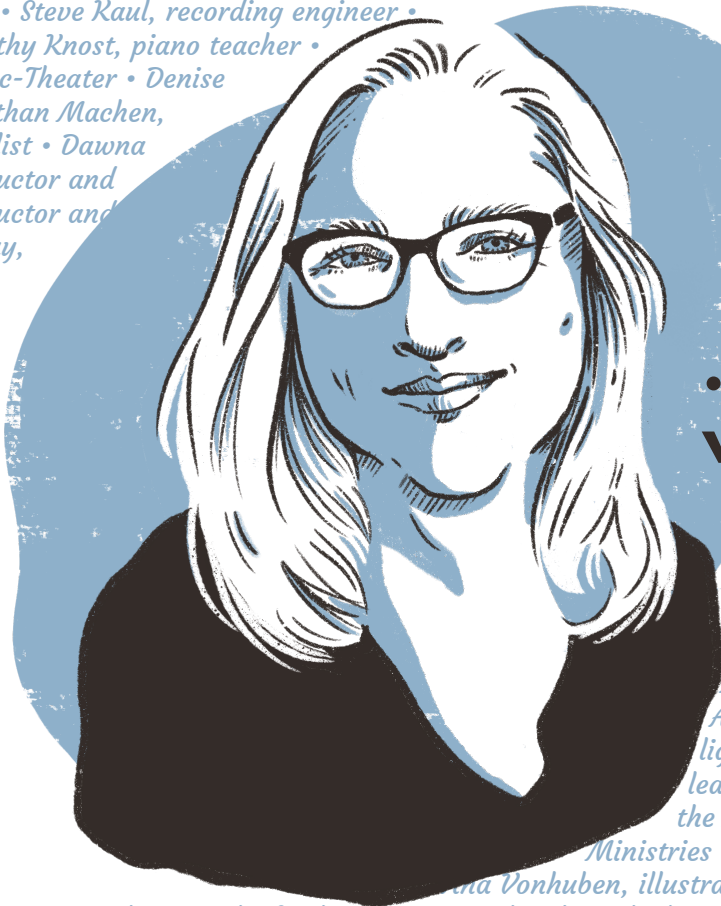
B walk you can dance, — If you can talk you can sing. —

CLAVES

mp

Opal Palmer Adisa, poet • Paul Adams, technological hero • Stephen Alexander, lyric consultant • Ginny Allen, Agile coach and friend • The great people at American Composers Forum • Yehuda Amichai, poet • A. R. Ammons, poet • Jennifer Anderson, conductor and composer advocate • Scott Bates, poet • Abbie Betinis, initiator of collaborative endeavors • Beth Norton, conductor and composer advocate • Dennis Blubaugh, more than just a music dealer • Michael deVernon Boblett, poet • Edna Busby, my first piano teacher • Ray Bradbury, writer • Augustin Cadena, translator • Norbert Capek, minister and advocate for religious freedom • Jessica Corbett, editor and composer • David Cummings, poet • Philip Dacey, poet • Catherine Dalton, composer and scrum partner • Emily Dickinson, poet • Evelyn Dudley, poet and caregiver • Rob Eller-Isaacs, minister and writer • Paul Fennell, poet and composer advocate • Ralph Waldo Emerson, philosopher and poet • Louise Erdrich, writer • David Allan Evans, poet • Sophia Lyon Fahs, writer • Richard M. Fewkes, minister and writer • Debra Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Mark Hakan, founders of Graphite Marketplace • Steve Harper, just about everything • Steve Harkins, web designer • Edie Hill, composer and friend • Langston Hughes, poet • Margaret and George Heald, printers • Martin Huby, piano technician • Karel Husa, composer and teacher • David Ignatow, poet • Kabir, mystic • Linda Kachelmeier, composer and scrum partner • Ruth Palmer, conductor and composer advocate • Joan Wolf Prefontaine, poet • Paul Rardin, conductor and composer advocate • Kalidasa, poet • Steve Raul, recording engineer • Søren Kierkegaard, philosopher and poet • Dorothy Knost, piano teacher • Ben Krywosz, artistic director of Nautilus Music-Theater • Denise Levertov, poet • George Ella Lyon, poet • Jonathan Machen, vocalist • Dawna Markova, writer • Anne Matlack, conductor and composer advocate • Nancy Menk, composer advocate • Edna St. Vincent Millay, poet • Jane Ramseyer Miller, conductor, composer, social activist • Joe Mish, conductor and composer advocate • J. David Moore, composer and friend • John M. Mott, poet • Gerald Rich, poet • Carl Sandburg, poet • George Shearing, composer and friend • King Sigismund III, religious reformer • Ann Silsbee, composer, poet and friend • Simon Alexander-Adams, sounding board, fellow creative, and awesome son • Steven Stucky, composer and teacher • Rabindranath Tagore, poet • Sister Peronne Marie Thibert, teacher and writer • Oliver Alexander-Adams, unconventional thinker and light of my life • Howard Thurman, civil rights leader and writer • Everyone whose work supports the Association for Unitarian Universalist Music Ministries • Charles Varney, high school choral director • Anna Vonhuben, illustrator and graphic designer • Nancy White, poet • John Greenleaf Whittier, poet • Theodore Chickering Williams, poet • Daniel Winter, pianist and teacher • Nancy Wood, poet • Yehudi Wyner, composer and teacher

**A lot of hard work
and creativity went
into bringing this
music to you...**



**...and some of it
was even mine.**

**This page has been intentionally omitted.
(You know why.) A complete perusal score may be
purchased through any music store or dealer.**

Elizabeth Alexander

Seafarer Press

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49

S snap fingers:

A snap fingers:

B *mp marcato*

If you, if you walk, If you walk, then you can dance,—— You can dance.

53

S

A

B

If you, if you walk, If you walk, then you can dance,—— You can dance.

57 *mp marcato*

S If you can, can talk, you can sing, you can,

A *mp marcato* If you can, can talk, you can sing, you can,

B If you, if you walk, If you walk, then you can dance,—— You can dance.

61

S If you can, can talk, you can sing, you can,

A If you can, can talk, you can sing, you can,

B If you, if you walk, If you walk, then you can dance,—— You can dance.

65

S yes, you can dance, If you can

A If you can walk you can dance, If you can talk you can sing, If you can

B If you can talk you can sing, If you can

(NO CLAVES)

mp *mf*

69

Solo and you can

Solo then you can sing,

S *p subito* walk, then you can dance, talk, then you can sing,

A *p subito* walk, then you can dance, talk, then you can sing,

B *p subito* walk, then you can dance, talk, then you can sing,

p subito

73

Solo

dance, _____

Solo

yes, you can sing, _____

S

walk, then you can dance, talk, then you can sing,

A

walk, then you can dance, talk, then you can sing,

B

walk, then you can dance, talk, then you can sing,

76

Solo

If you can walk, then you can dance, _____ *f*

Solo

— If you can walk, then you can dance, _____ *f*

S

If you can walk, then you can dance, _____ *f*

A

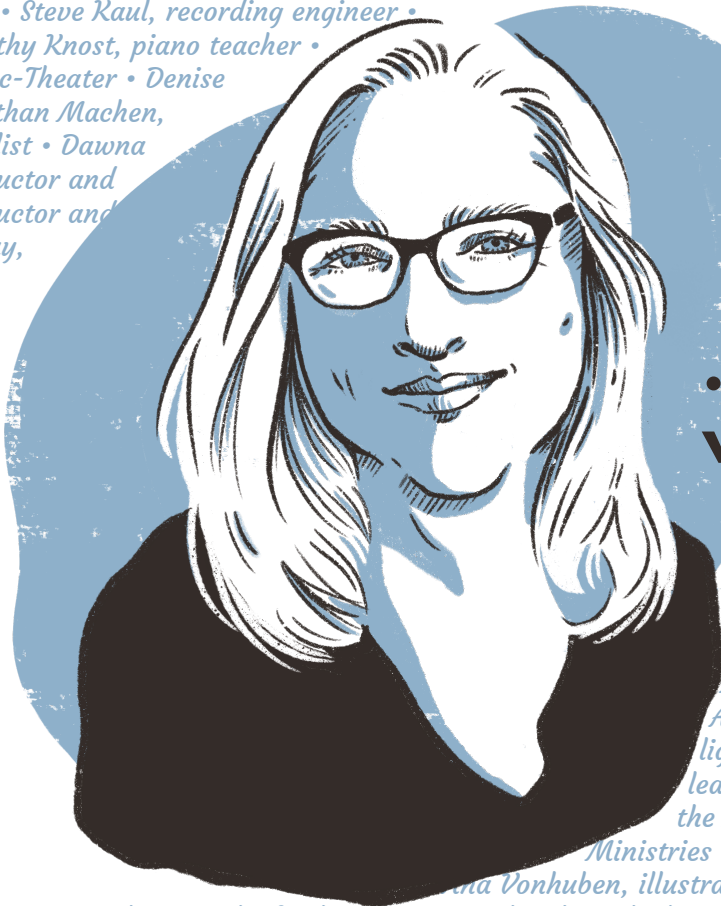
If you can walk, then you can dance, _____ *f*

B

If you can walk, then you can dance, _____ *f*

Opal Palmer Adisa, poet • Paul Adams, technological hero • Stephen Alexander, lyric consultant • Ginny Allen, Agile coach and friend • The great people at American Composers Forum • Yehuda Amichai, poet • A. R. Ammons, poet • Jennifer Anderson, conductor and composer advocate • Scott Bates, poet • Abbie Betinis, initiator of collaborative endeavors • Beth Norton, conductor and composer advocate • Dennis Blubaugh, more than just a music dealer • Michael deVernon Boblett, poet • Edna Busby, my first piano teacher • Ray Bradbury, writer • Augustin Cadena, translator • Norbert Capek, minister and advocate for religious freedom • Jessica Corbett, editor and composer • David Cummings, poet • Philip Dacey, poet • Catherine Dalton, composer and scrum partner • Emily Dickinson, poet • Evelyn Dudley, poet and caregiver • Rob Eller-Isaacs, minister and writer • Paul Fennell, poet and composer advocate • Ralph Waldo Emerson, philosopher and poet • Louise Erdrich, writer • David Allan Evans, poet • Sophia Lyon Fahs, writer • Richard M. Fewkes, minister and writer • Debra Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Mark Hakan, founders of Graphite Marketplace • Steve Harper, just about everything • Steve Harkins, web designer • Edie Hill, composer and friend • Langston Hughes, poet • Margaret and George Heald, printers • Martin Huby, piano technician • Karel Husa, composer and teacher • David Ignatow, poet • Kabir, mystic • Linda Kachelmeier, composer and scrum partner • Ruth Palmer, conductor and composer advocate • Joan Wolf Prefontaine, poet • Paul Rardin, conductor and composer advocate • Kalidasa, poet • Steve Raul, recording engineer • Søren Kierkegaard, philosopher and poet • Dorothy Knost, piano teacher • Ben Krywosz, artistic director of Nautilus Music-Theater • Denise Levertov, poet • George Ella Lyon, poet • Jonathan Machen, vocalist • Dawna Markova, writer • Anne Matlack, conductor and composer advocate • Nancy Menk, composer advocate • Edna St. Vincent Millay, poet • Jane Ramseyer Miller, conductor, composer, social activist • Joe Mish, conductor and composer advocate • J. David Moore, composer and friend • John M. O'Brien, poet • Gerald Rich, poet • Carl Sandburg, poet • George Shearing, composer and friend • King Sigismund III, religious reformer • Ann Silsbee, composer, poet and friend • Simon Alexander-Adams, sounding board, fellow creative, and awesome son • Steven Stucky, composer and teacher • Rabindranath Tagore, poet • Sister Peronne Marie Thibert, teacher and writer • Oliver Alexander-Adams, unconventional thinker and light of my life • Howard Thurman, civil rights leader and writer • Everyone whose work supports the Association for Unitarian Universalist Music Ministries • Charles Varney, high school choral director • Anna Vonhuben, illustrator and graphic designer • Nancy White, poet • John Greenleaf Whittier, poet • Theodore Chickering Williams, poet • Daniel Winter, pianist and teacher • Nancy Wood, poet • Yehudi Wyner, composer and teacher

**A lot of hard work
and creativity went
into bringing this
music to you...**



**...and some of it
was even mine.**

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Elizabeth Alexander

Seafarer Press

The Music of Elizabeth Alexander
www.seafarerpress.com

REPEAT AD LIB. AUDIENCE SINGING IS WELCOME!

95 *mf* (Solo or Small Group) *

Solo *mf* (Solo or Small Group) *

Solo *mf* (Solo or Small Group) *

S

A

B

(CLAVES)

The musical score is written for five parts: Solo, Soprano (S), Alto (A), Bass (B), and Claves. The Solo part is marked *mf* (Solo or Small Group) * and consists of two staves. The S, A, and B parts are also marked *mf* (Solo or Small Group) * and consist of three staves each. The Claves part is marked (CLAVES) and consists of two staves. The lyrics are: "If you can, can talk, you can sing, you can, If you, if you walk, If you walk, then you can dance, — You can dance. walk you can dance, — If you can talk you can sing. — If you can walk you can dance, — If you can talk you can sing. — If you can". The score includes musical notation for measures 95-100, with a repeat sign at the end of measure 100.

* Soloists: Enunciation of text is less important than rhythm. Pretend you are claves!

Senza misura
lunga: 5-8 seconds

99

Solo

If you can, can talk,

Solo

If you, if you walk, if you walk

S

walk you can dance, — If you can talk,

A

walk you can dance, — If you can talk,

B

walk you can dance, — If you can talk,

NO CLAVES

Red.

102 **a tempo**

S If you can talk you can sing!_____

A If you can talk you can sing!_____

B If you can talk you can sing!_____

^
↓
*

105

S

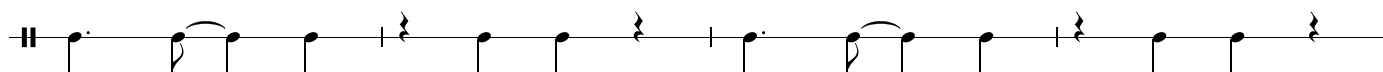
A

B

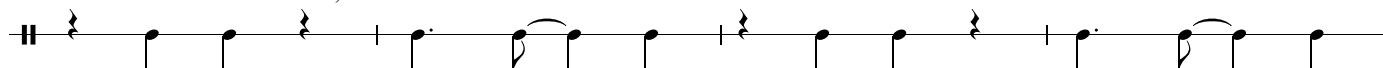
How can I keep from singing?

ABOUT THE CLAVES PART:

The claves are played during the chorus of this song. They may either be played like this:



Or with the measures reversed, like this:



If You Can Walk You Can Dance (SAB): SEA-022-03
If You Can Walk You Can Dance (SSA): SEA-022-06

If You Can Walk You Can Dance (TBB): SEA-022-05
If You Can Walk You Can Dance (SATB): SEA-022-07

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