

# If You Can Walk You Can Dance

Zimbabwean proverb

SSA, piano and claves



## Elizabeth Alexander

*Seafarer Press*

Commissioned by Farmington High School Friends of Music in honor of Teacher of the Year Scott Campbell  
Commissioned for SSA Chorus by Gumpoldskirchner Spatzen, Elisabeth Ziegler, conductor

# If You Can Walk You Can Dance

SSA, piano, claves \*

Zimbabwean Proverb

Elizabeth Alexander

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

Piano

*f*

*p*

sempre senza pedale

8 *mp smoothly, sempre legato*

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

S II  
*mp smoothly, sempre legato*  
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

CLAVES

*mp*

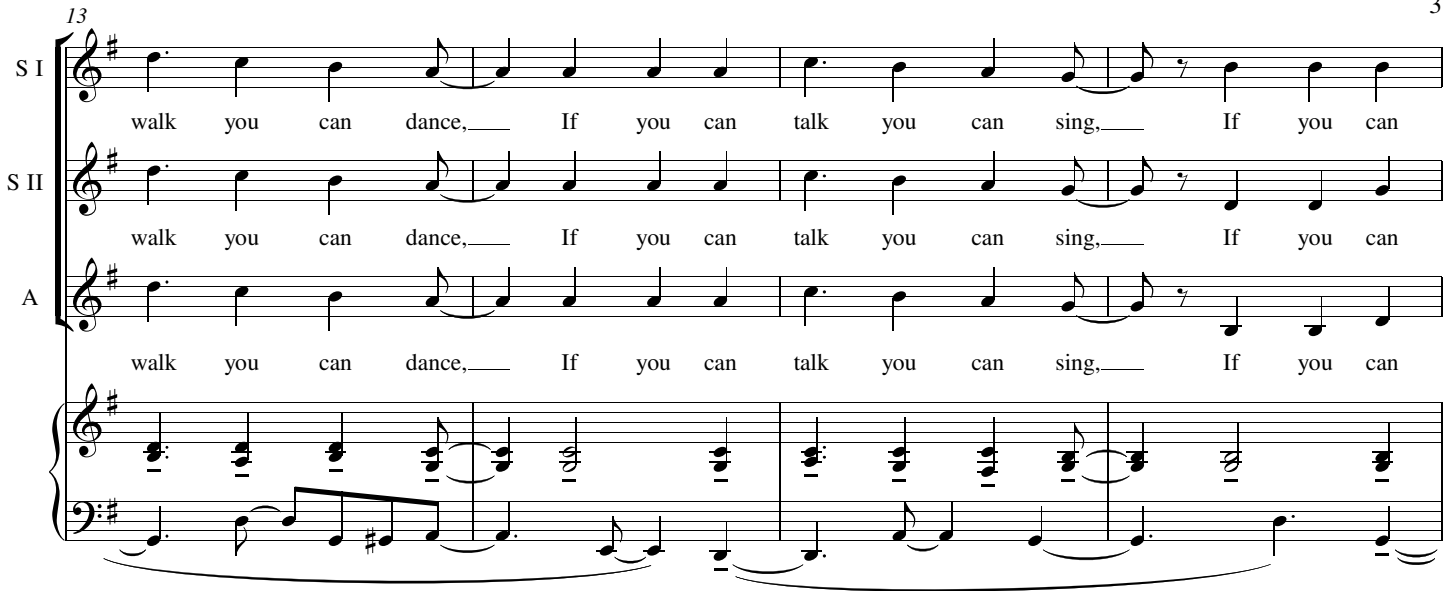
\* If you'd like to add bass and/or marimba during the "CLAVES" sections, they may play the pianist's left and right hand parts, respectively.  
For information about the claves part, see the last page of this score.

13

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

S II 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

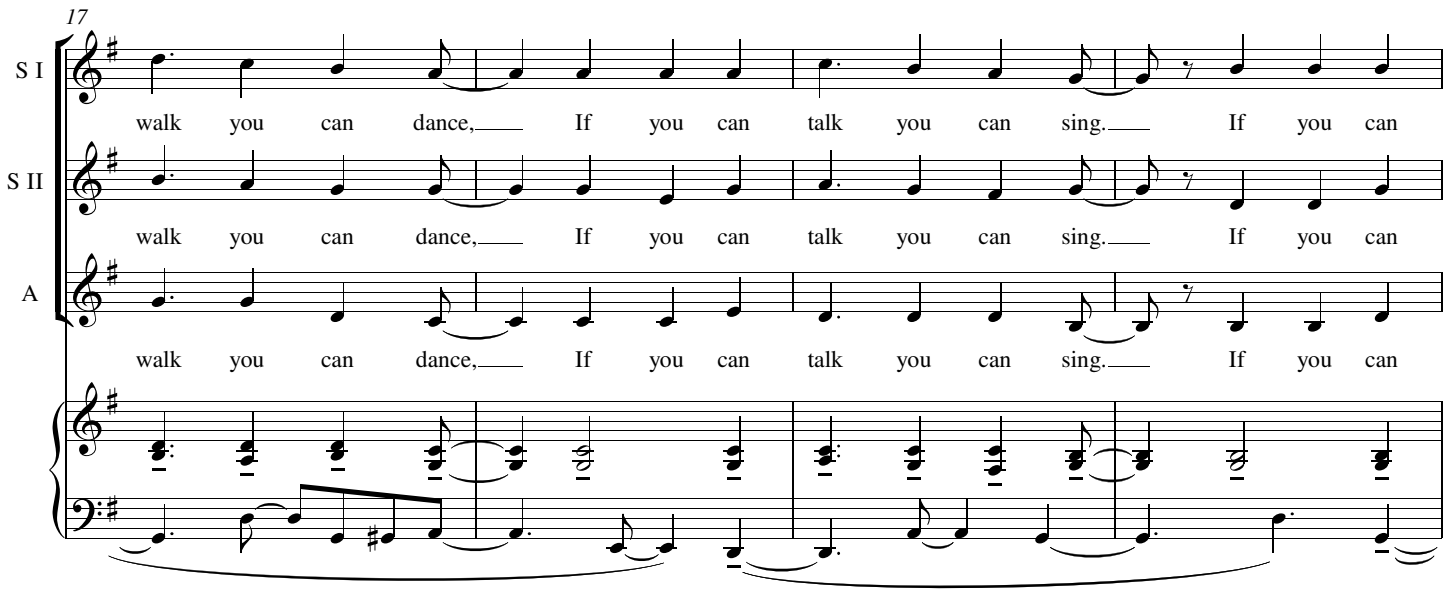


17

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

S II 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



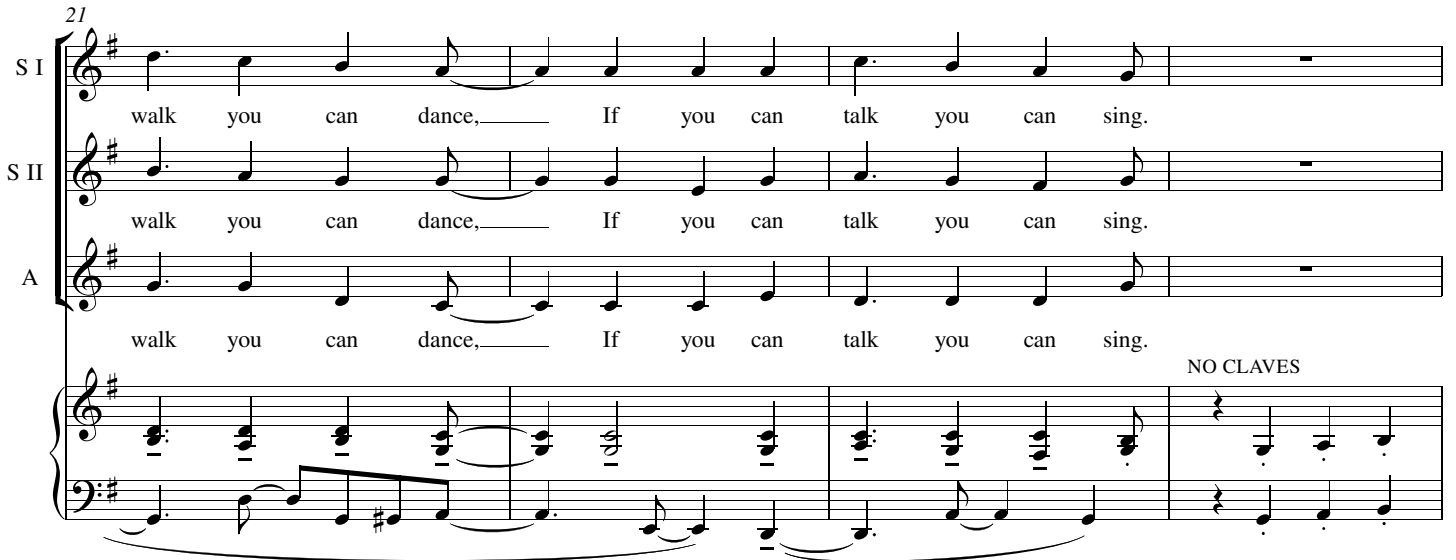
21

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

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

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

NO CLAVES



If You Can Walk You Can Dance (SSA, piano, claves) - Choral Score

4

25

S I

S II

A

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

yes, you can dance, — if you can

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

(NO CLAVES)

*Red.* \*

29

S I

S II

A

walk, then you can dance, If you can

walk, then you can dance, If you can

walk, then you can dance,

*p*

33

S I

S II

A

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

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

If you can

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 • 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 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 • Pasha Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Michael Hagan, 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, 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 Kaul, 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 • Gerald Rich, poet • Carl Sandburg, poet • 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**  
**The Music of Elizabeth Alexander**  
**www.seafarerpress.com**

If You Can Walk You Can Dance (SSA, piano, claves) - Choral Score

6

49

S I snap fingers:

S II *mp un poco marcato*

A snap fingers:

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

53

S I

S II

A

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

57

S I

S II *mp marcato*

A *mp marcato*

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

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

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

61

S I

S II

A

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

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

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

If You Can Walk You Can Dance (SSA, piano, claves) - Choral Score

65 *mf* 7

S I  
yes, you can dance, If you can

S II  
If you can walk you can dance, 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

(NO CLAVES)  
*mp* *mf*

69 Solo or Small Group: *mp*

S Solo  
and you can

A Solo  
Solo or Small Group: *mp*  
then you can sing,

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

S II  
*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,

*p subito*

If You Can Walk You Can Dance (SSA, piano, claves) - Choral Score

8

73

S Solo  
dance,

A Solo  
yes, you can sing,

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

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

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

76

S Solo *f*  
If you can walk, then you can dance,

A Solo *f*  
If you can walk, then you can dance,

S I *f*  
If you can walk, then you can dance,

S II *f*  
If you can walk, then you can dance,

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

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 • 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 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 • Pasha Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Michael Hagan, 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, 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 Kaul, 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 • Gerald Rich, poet • Carl Sandburg, poet • 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*

The Music of Elizabeth Alexander  
www.seafarerpress.com

**REPEAT AD LIBITUM - AUDIENCE SINGING IS WELCOME!**

Descant parts may come in at any point during the repeating measures

95 *mf* (Solo or Small Group) \*

S Solo

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

*mf* Solo or Small Group:

A Solo

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

S I

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

S II

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

(CLAVES)

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

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

**Senza misura  
lunga: 5-8 seconds**

99

S Solo

If you can, can talk,

A Solo

If you, if you walk, if you walk

***NOW EVERYBODY TALK,  
SPEAKING OUT CLEARLY, AND  
CUT OFF RIGHT WITH THE CONDUCTOR!***

S I

walk you can dance, — If you can talk,

S II

walk you can dance, — If you can talk,

A

walk you can dance, — If you can talk,

NO CLAVES

*Ped.*

12 *102 a tempo*

S I *f* If you can talk you can sing! —

S II *f* If you can talk you can sing! —

A *f* If you can talk you can sing! —

*\**

105

S I

S II

A

*f* 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:

<i>If You Can Walk You Can Dance (SAB): SEA-022-03</i>	<i>If You Can Walk You Can Dance (TBB): SEA-022-05</i>
<i>If You Can Walk You Can Dance (SSA): SEA-022-06</i>	<i>If You Can Walk You Can Dance (SATB): SEA-022-07</i>

Cover image adapted from images by Simple Line, Valenty, and OneLineStock.com. Licensed by Shutterstock