

If You Can Walk You Can Dance

Zimbabwean proverb

SATB, piano and claves

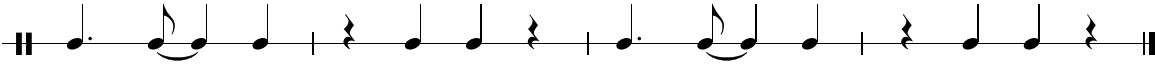


Elizabeth Alexander

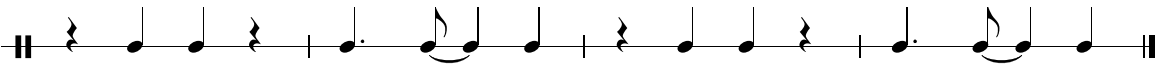
Seafarer Press

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'd like to add bass and/or marimba during the "CLAVES" sections, they may play the pianist's left and right hand parts, respectively.

Composer Note: *If You Can Walk You Can Dance* was commissioned by Farmington High School Friends of Music in honor of Scott Campbell, the district's Teacher of the Year. During his twenty-five year tenure, Scott not only built a stellar music program in the high school where he worked, but also fostered strong programs in the elementary and middle schools.

During a conversation early in the process of composition, he spoke to me about the role of music in his life and in his students' lives. He was proud that at every school concert one of the teachers would lead all concert attendees in lively "group singing." And he shared that his favorite song was *How Can I Keep From Singing*, which he himself had sung at his father's funeral a few years earlier.

In keeping with Farmington's "group singing" tradition, the music teachers requested that *If You Can Walk You Can Dance* include a sing-along part for the audience, which I gladly provided. (The "group talking" was an extra idea of my own!)

Special thanks Molly MacMillan for sharing her knowledge and love of Latin jazz, as well as her creative spirit.

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If You Can Walk You Can Dance

SATB, piano, claves

Zimbabwean Proverb

Elizabeth Alexander

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

Piano

f
sempre senza pedale

Pno

8 *mp smoothly, sempre legato*

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

mp smoothly, sempre legato

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

mp smoothly, sempre legato

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

mp smoothly, sempre legato

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

CLAVES

Pno

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

T
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

Pno

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

T
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

Pno

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 • Sasha Gertler, poet • Jack Gallagher, composer and teacher • Paul Gerike, proofreader • Jocelyn Hagen and Michael 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, 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

29

S walk, then you can dance, If you can

A walk, then you can dance, If you can

T walk, then you can dance,

B walk, then you can dance,

Pno *p*

33

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

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

T

B If you can

Pno CLAVES *mp*

37

T *p* you — can dance, — you — can sing.

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

Pno NO CLAVES

41

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

A
If you can talk you can sing, — yes, you can

T *mp*
If you can walk you can dance, — yes, you can

B
yes, you can dance, — yes, you can

Pno

45

S *f*
sing, oh you can sing, — oh you can sing, — oh you can sing, — oh you can sing,

A *f*
sing, oh you can sing, — oh you can sing, — oh you can sing, — oh you can sing,

T *f*
sing, oh you can sing, — oh you can sing, — oh you can sing, — oh you can sing,

B
sing,

Pno *f*

49 snap fingers:

S

A

T

mp un poco marcato

B

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

53

S

A

mp un poco marcato

T

B

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

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

57 *mp marcato*

S

mp marcato

A

T

B

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

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.

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,

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

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

T yes, you can dance, — If you can

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

Pno *mp* *mf*

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

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Elizabeth Alexander

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The Music of Elizabeth Alexander

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f

76

B Solo

If you can walk, then you can dance, _____

S

If you can walk, then you can dance, _____

A

If you can walk, then you can dance, _____

T

If you can walk, then you can dance, _____

B

If you can walk, then you can dance, _____

Pno

f

79

Pno

f

82

Pno

86 *mp*

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

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

T *mp*
If you can walk you can dance, — If you can talk you can sing, — If you can

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

Pno CLAVES *mp*

91 *mf*

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

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

T *mf*
walk you can dance, — If you can talk you can sing, — If you can

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

Pno *mf*

REPEAT AD LIB. 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 can, can talk, you can sing, you can,

mf (Solo or Small Group)

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

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

T
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

(CLAVES)

Pno

* 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 can, can talk,

T Solo
If you, if you walk, If you walk,

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

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

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

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

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

Pno
NO CLAVES

Ped.

102 **a tempo** *f*

S If you can talk you can sing!_____

A If you can talk you can sing!_____

T If you can talk you can sing!_____

B If you can talk you can sing!_____

Pno

105

S _____

A _____

T _____

B _____

Pno *f* (How can I keep from singing?)

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

Selected Choral Music by Elizabeth Alexander

A Palette To Paint Us As We Are (Gerald Rich)
SATB, piano • SEA-014-01
SSA, piano • SEA-014-02

Beware the Winter Settin' In (Alexander)
SATB, Celtic band, opt. children's choir • SEA-139-00

Blessed Be the Flower That Triumphs (Boblett)
SATB • SEA-078-00

Cherish Your Doubt (Alexander)
SATB, piano • SEA-063-01
SSAA, piano • SEA-063-02

Die Gedanken Sind Frei (German protest song, arr.)
SATB, piano • SEA-087-00

Do Not Leave Your Cares at the Door (Norman Naylor)
SATB • SEA-071-00

Even a Fist Was Once an Open Palm (Yehuda Amichai)
SATB • SEA-026-01

Faith Is the Bird That Feels the Light (Tagore)
SSA • SEA-068-00

Fighting Over What We Believe (Alexander)
SATB, soloists, piano • SEA-099-01

Finally On My Way To Yes (Pesha Gertler)
SSATB, piano • SEA-019-00

Folks, I'm Telling You (Langston Hughes)
SSATB, piano • SEA-027-00

Glen Song (Scott Bates)
SSATB, piano • SEA-025-00

Handles (Alexander)
SSA, piano • SEA-148-00

How To Sing Like a Planet (Alexander)
SATB, piano • SEA-105-01

If You Can Walk You Can Dance (Zimbabwean Proverb)
SAB, piano • SEA-022-03
TBB • SEA-022-05
SSA • SEA-022-06
SATB • SEA-022-07

Immortal Love (John Greenleaf Whittier)
SATB • SEA-017-00

Infant Holy, Infant Lowly (Polish carol, arr.)
SSA • SEA-020-00

Jump! (Ray Bradbury)
SSA, string quartet • SEA-090-00

Kindling (Alexander)
SATB, chamber ensemble • SEA-123-00
SATB, piano • SEA-123-09

Let it Matter (Alexander)
SSA, piano • SEA-125-03
SATB, piano • SEA-125-04

No Other People's Children (Alexander)
1-4 part choir, soloist, piano • SEA-141-03

...or a musician (Philip Dacey)
SATB, orchestra • SEA-007-00

A Palette To Paint Us As We Are (Gerald Rich)
SA, piano • SEA-014-00
SATB, piano • SEA-014-01

Praise Wet Snow Falling Early (Denise Levertov)
SATB, piano • SEA-015-00

Reasons for the Perpetuation of Slavery (Alexander)
SSAA • SEA-091-00

Same Birds (David Allen Evans)
SATB • SEA-128-00

Song of Kabir (Kabir)
SATB • SEA-119-00

The Gate is Open (Sister Peronne Marie Thibert)
SATB • SEA-097-01

They Have Freckles Everywhere (Alexander)
SSAA, piano • SEA-076-00

To Make a Prairie (Emily Dickinson)
SSA, piano • SEA-016-00

We Lift Up Our Hearts (Richard Fewkes)
Unison children's choir, SATB, piano • SEA-021-00

We Remember Them (Sylvan Kamens, Jack Riemer)
SATB, piano • SEA-083-01

Where There Is Light in the Soul (Chinese proverb)
SAB • SEA-070-00
SATB • SEA-070-01
SSA • SEA-070-02
TBB • SEA-062-03

When the Song of the Angels Is Stilled (Thurman)
SATB • SEA-062-00
TTBB • SEA-062-02
SSAA • SEA-062-04
SATB, flute • SEA-062-05

Why I Pity the Woman Who Never Spills (Prefontaine)
SSAA • SEA-058-00