

# Caterpillars Crawl

Children's choir (SA) and piano



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Elizabeth Alexander

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*Seafarer Press*

## Caterpillars Crawl

Caterpillars crawl and that's okay for them.  
It gets them where they need to go and keeps them slim.  
They inch along and roll around,  
And pretty much stay on the ground,  
And from a very early age they learn to blend right in.  
And like I said, that's okay for them.

Caterpillars crawl and that's okay for them.  
They rarely think beyond their local flower stem.  
Upon their bellies day and night,  
They do not often dream of flight.  
They live their caterpillar lives and munch on blades of grass.  
And like I said, that's okay for them.

Caterpillars crawl and that's okay for them.  
Except for some who take a lonely interim.  
To search their caterpillar souls,  
Imagine ever higher goals,  
And nurture what they have inside in hopes of finding more.  
And, so to speak, go out on a limb.

Elizabeth Alexander

Poem copyright 1998, 2006 by Elizabeth Alexander.

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**Elizabeth Alexander's** passion for language is reflected in her catalogue of over 60 choral works, which have collectively received a dozen national and international awards and been performed by more than a thousand choirs. Reviews of her music have referred to "the close personal resonance between the composer and the words," as well as her music's "delicacy and sincerity," "elegance," and "freshness within a well-known language."

Alexander spent her childhood in the Carolinas and the Appalachian region of Ohio. She studied composition with Steven Stucky, Karel Husa, Jack Gallagher and Yehudi Wyner, receiving her bachelors degree from The College of Wooster and her doctoral degree from Cornell University. Currently a freelance composer in St. Paul, MN, she has served as a composer-in-residence in a variety of public schools and arts programs, and has written many songs for children. She lives in St. Paul, MN, where her frequent commissions include works for orchestra, chorus, chamber ensembles and solo musicians.

*For more information on Alexander's music and current projects, visit  
[www.elizabethalexander.com](http://www.elizabethalexander.com)*

# Caterpillars Crawl

for two-part treble choir and piano

Elizabeth Alexander

(♩ = 80) *Inching right along...*

Piano *mp*



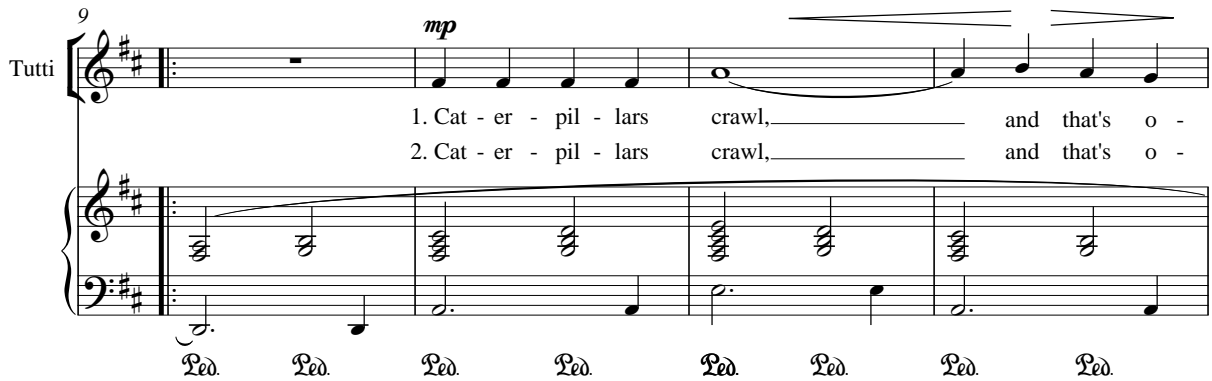
5



9 *mp*

Tutti

1. Cat - er - pil - lars crawl, \_\_\_\_\_ and that's o -  
2. Cat - er - pil - lars crawl, \_\_\_\_\_ and that's o -

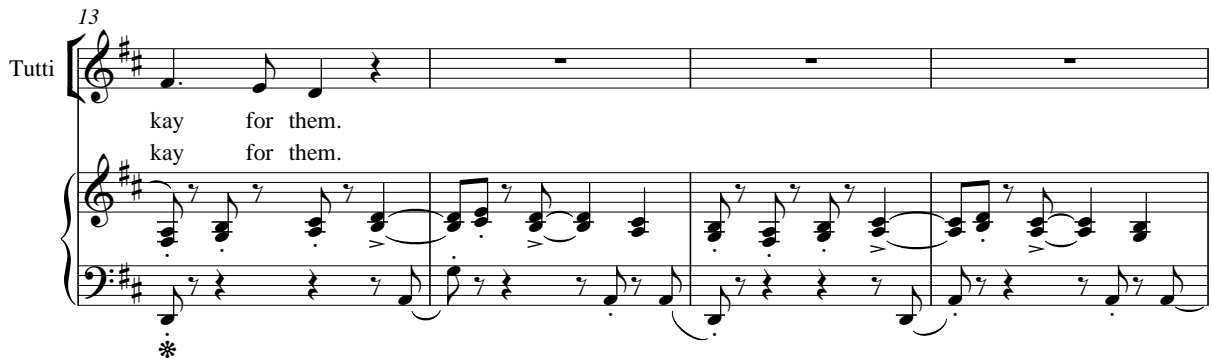


Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

13

Tutti

kay for them.  
kay for them.

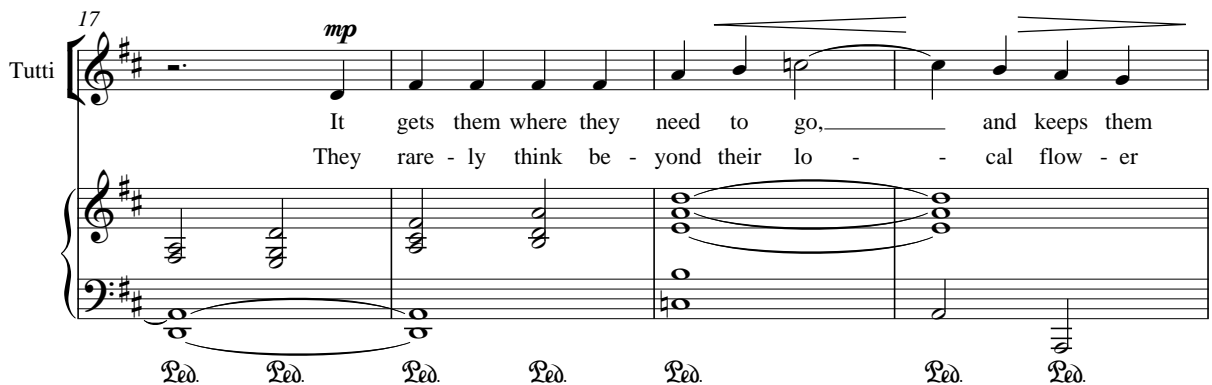


\*

17 *mp*

Tutti

It gets them where they need to go, \_\_\_\_\_ and keeps them  
They rare - ly think be - yond their lo - - cal flow - er



Ped. Ped. Ped. Ped. Ped. Ped. Ped.

21 Tutti

slim.  
stem.

25 Tutti *mp*

They inch a - long and roll a - round,  
Up - on their bel - lies day and night,

Ped. Ped.

27 Tutti

and pret - ty much stay on the ground,  
they do not of - ten dream of flight,

Ped.

29 Tutti

— And from a ver - y  
— They live their cat - er -

dp. Ped.

31 Tutti

ear - ly age they learn to blend right  
pil - lar lives and munch on blades of

Ped. Ped.

33 Tutti

1. in.

*8va*

Ped.

37

I Like I said,

II (8) And like I said, and like I

Ped. \*

42

I like I said, that's o - kay for

II said, and like I said, that's o - kay for

Ped. \*

46

*mf* them.

*mf* them.

50 Unvoiced, marcato: *mf*

Tutti *grass.* (s) *chmp, chmp, chmp,*

Ped. \*

54 *mp*

I *chmp, chmp, chmp, chmp, chmp,* Like I said,

II *chmp, chmp, chmp, chmp, chmp,* And like I said, and like I

Ped. \*

59

I like I said, that's o - kay for

II said, and like I said, that's o - kay for

Ped. \* Ped. \*

63 *mf*

I them.

II them.

Opal Palmer Adisa, poet ◦ Margaret & George Alexander, parents ◦ Yehuda Amichai, poet ◦ Bjorn Arneson, generous web designer ◦ Scott Bates, poet ◦ Abbie Betinis, composer/colleague ◦ Dennis Blubaugh, music dealer ◦ Michael deVernon Boblett, poet ◦ Ray Bradbury, writer ◦ Norbert Capek, visionary ◦ e. e. cummings, poet ◦ Philip Dacey, poet ◦ Emily Dickinson, poet ◦ Evelyn Dudley, poet ◦ Rob Eller-Isaacs, minister/writer ◦ Sophia Lyon Fahs, writer ◦ Richard M. Fewkes, writer ◦ Peshia Gertler, poet ◦ Richard S. Gilbert, minister/writer ◦ Jack Gallagher, composer/teacher ◦ Paul Gerike, proofreader ◦ Steve Harper, technical advisor ◦ Steve Hawkins, generous web designer ◦ Edie Hill, composer/colleague ◦ Langston Hughes, poet ◦ Mark Humphrey, piano technician ◦ Karel Husa, composer/teacher ◦ Kalidasa, poet ◦ Garrison Keillor, storyteller ◦ Denise Levertov, poet ◦ George Ella Lyon, poet ◦ Jonathan Machen, artist ◦ Edna St. Vincent Millay, poet ◦ J. David Moore, composer/colleague ◦ Joan Wolf Prefontaine, poet ◦ Gerald Rich, poet ◦ Carl Sandburg, poet ◦ King Sigismund III, religious reformer ◦ Steven Stucky, composer/teacher ◦ Rabindranath Tagore, poet ◦ Howard Thurman, civil rights leader/writer ◦ John Greenleaf Whittier, poet ◦ Theodore S. Wickerings Williams, poet ◦ Daniel Winter, pianist/teacher ◦ Nancy Wood, poet ◦ Yehudi Wyner, composer/teacher ◦ Paul Adams, technical advisor

**A LOT OF HARD WORK & CREATIVITY WENT INTO BRINGING THIS MUSIC TO YOU...**



**...AND SOME OF IT WAS EVEN MINE.**

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**(YOU KNOW WHY.)**

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85  
Tutti

im - a - gine ev - er high - er goals, \_\_\_\_\_

Ped. Ped.

88

I  
and nur - ture what they have in - side, \_\_\_\_\_ in hopes of find - ing

II  
and nur - ture what they have in - side, \_\_\_\_\_ in hopes of find - ing

Ped. Ped. Ped.

91

I  
*mf* more. \_\_\_\_\_

II  
*mf* more. \_\_\_\_\_

*mf* Ped. Ped. Ped. Ped. Ped. Ped. \*

95

I  
*mp* So to speak,

II  
*mp* And, so to speak, and so to

*mp* Ped. \*



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116

Tutti

Cat - er - pil - lars crawl un - less they go out on a

Ped. Ped. Ped. Ped. Ped. Ped. Ped. Ped.

120

Tutti

*mf*

limb.

\* Ped.

124

Tutti

Go out on a

126

Tutti

limb. (m)

*8va*

Ped.

# Music for Children's Choirs

by Elizabeth Alexander

## Being Who You Are (SA, piano, percussion instruments)

*Winner of KidSing 2000 Composer's Competition*

SEA-003-00

This lighthearted romp includes such unlikely *compadres* as the Ugly Duckling, Rudolph the Reindeer, Susan B. Anthony, the Wright Brothers and Shakespeare, in a delightful affirmation of our individual differences.

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## Faith Is the Bird That Feels the Light (SSA)

SEA-058-00

A soulful rendering of **Rabindranath Tagore's** poetic aphorism, "Faith is the bird that feels the light, and sings when the dawn is still dark," featuring a rich alto solo, jazz and blues inflections, and a dazzling final chord.

---

## If You Can Walk You Can Dance (SSA, piano, claves)

*Winner of Euphonia Vocal Composition Competition*

SEA-022-06

A contagiously lighthearted Latin dance on this optimistic **Zimbabwean proverb**.

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## A Palette To Paint Us As We Are (SA, piano)

SEA-014-00

A rich and varied tapestry of sound, on poet **Gerald Rich's** moving tribute to our skins' true colors.

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## Those Who Wish To Sing Always Find a Song (SSS, oboe, piano)

SEA-022-01

This rhythmically engaging song, based on a **Swedish** proverb, features singing syllables (vocables) from around the world, including such gems as "tra-la-la-le-ru-la," "la déri don," "ay dam tarradam," and "su-de-rut-tan-tei."

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## To Make a Prairie (SSA, piano)

SEA-016-00

A delicate setting of **Emily Dickinson's** timeless poem about the power of dreams, the crucial ingredients of creation.

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## Choral Music by Elizabeth Alexander

<b>April Rain Song</b> (Langston Hughes)	SATB	SEA-006-01
<b>Before the Bread</b> (English folk prayer)	SSSS	SEA-023-00
<b>Blessed Be the Flower That Triumphs</b> (Boblett)	SATB	SEA-078-00
<b>Cherish Your Doubt</b> (Alexander)	SSAA, pno	SEA-063-02
<b>Climb</b> (Edna St. Vincent Millay)	SATB, pno	SEA-059-00
<b>Dragon Dance</b> (Elizabeth Alexander)	S, pno	SEA-001-00
<b>The Earth Called To My Friend</b> (Nancy Wood)	SSA, pno	SEA-057-00
<b>Even a Fist Was Once an Open Palm</b> (Amichai)	SATB	SEA-026-01
<b>Faith Is the Bird That Feels the Light</b> (Tagore)	SSA	SEA-068-00
<b>Fighting Over What We Believe</b> (Alexander)	SAB youth choir, SATB	SEA-099-00
<b>Finally On My Way To Yes</b> (Pesha Gertler)	SSATB, pno	SEA-019-00
<b>Folks, I'm Telling You</b> (Langston Hughes)	SSATB, pno	SEA-027-00
<b>For So the Children Come</b> (Sophia Fahs)	SATB, pno	SEA-010-00
<b>Glen Song</b> (Scott Bates)	SSATB, pno	SEA-025-00
<b>I Write This Poem Out of Darkness</b> (George Ella Lyon)	SSA, fl, vln, pno	SEA-024-00
<b>If You Can Walk You Can Dance</b> (Zimbabwean Proverb)	SAB, pno	SEA-022-03
<b>Immortal Love</b> (John Greenleaf Whittier)	SATB	SEA-017-00
<b>Infant Holy, Infant Lowly</b> (arr. Polish carol)	SSA	SEA-020-00
<b>The Journey</b> (Evelyn Dudley)	TTBB	SEA-075-00
<b>Jump!</b> (Ray Bradbury)	SSA	SEA-090-00
<b>Life is not a Garden</b> (Alexander)	SATB, pno	SEA-064-00
<b>May This Be a Working Alleluia</b> (Alexander)	Children's choir & SATB	SEA-098-00
<b>Morning Bread</b> (Amy Lowell)	SATB	SEA-060-00
<b>...or a musician</b> (Philip Dacey)	SATB, orchestra	SEA-007-00
<b>A Palette To Paint Us As We Are</b> (Gerald Rich)	SA, pno	SEA-014-00
<b>Praise Wet Snow Falling Early</b> (Denise Levertov)	SATB, pno	SEA-015-00
<b>Reasons for the Perpetuation of Slavery</b> (Alexander)	SSAA	SEA-091-00
<b>Spring Grass</b> (Carl Sandburg)	SATB	SEA-006-03
<b>They Have Freckles Everywhere</b>	SSAA	SEA-076-00
<b>Those Who Wish To Sing Always Find a Song</b>	SSS, pno, oboe	SEA-022-01
<b>To Make a Prairie</b> (Emily Dickinson)	SSA, pno	SEA-016-00
<b>Tomorrow, God Willing</b> (Garrison Keillor)	TTBB	SEA-077-00
<b>Trust the Seeds</b> (Alexander)	SATB	SEA-009-00
<b>We Lift Up Our Hearts</b> (Richard Fewkes)	Children's choir & SATB	SEA-021-00
<b>We Remember Them</b> (Sylvan Kamens & Jack Riemer)	SATB	SEA-083-01
<b>Where There Is Light in the Soul</b> (Chinese proverb)	SAB	SEA-070-00
<b>When the Song of the Angels Is Stilled</b> (Thurman)	SSAA	SEA-062-04
<b>Why I Pity the Woman Who Never Spills</b> (Prefontaine)	SSAA	SEA-058-00
<b>CD: <i>Finally On My Way To Yes</i></b> - Award-winning choral works by Elizabeth Alexander		SEA-CD-001

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