

Winner of the Euphonia! Choral Composition Competition

If You Can Walk You Can Dance (If You Can Talk You Can Sing)

Zimbabwean proverb

SSA choir, piano and claves



Elizabeth Alexander

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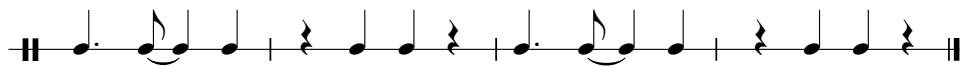


“If you can walk you can dance, if you can talk you can sing.”

Zimbabwean proverb

NOTE TO THE CLAVES PLAYER:

The claves part in this song, which may be played during the chorus, consists of a repeating two-measure ostinato pattern. It may either be played like this:



Or with the measures reversed, like this:



You may wish to alternate between these two pattern variations each time you begin a new chorus of the song!

* If you have bass and marimba players available, they may join in during the sections marked "CLAVES," playing the pianist's left and right hand parts, respectively.

Commissioned for SSA Chorus by Gumpoldskirchner Spatzen,
Elisabeth Ziegler, conductor (Vienna, Austria),
on the occasion of its 55th Anniversary

If you can walk you can dance (If you can talk you can sing)

Zimbabwean Proverb

Elizabeth Alexander

(♩ = 80) **With gentle marcato and precise rhythmic energy**

Piano

f

sempre senza pedale

8 *smoothly, sempre legato*
mp

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

smoothly, sempre legato
mp

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

smoothly, sempre legato
mp

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

CLAVES

mp

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

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

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

25

(mp)

S I If you can talk you censing, — if you can

(mp)

S II yes, you can dance, — if you can

(mp)

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

(NO CLAVES)

(mp)

Ped. *

29

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

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

A walk, then you can dance,

p

33

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. — If you can

A — — — — — If you can

CLAVES

mp

6

49 snap fingers:

S I *un poco marcato*
mp

S II If you, if you walk, If you walk, then you can dance,— you can dance.

A snap fingers:

53 snap fingers:

S I

S II If you, if you walk, If you walk, then you can dance,— you can dance.

A snap fingers:

57

S I If you, if you walk, If you walk, then you can dance,— you can dance.

S II *mp marcato*
If you can, can talk, you can sing, you can,

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

61

S I If you, if you walk, If you walk, then you can dance,— you can dance.

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

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

65

S I *mf* 7
yes, you can dance, If you can

S II *mf*
If you can walk you can dance, If you can talk you can sing, If you can

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

(NO CLAVES)

mp *mf*

69

S Solo *mp*
and you can

A Solo *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

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

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

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

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

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

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. Lockering Williams, poet ◦ Daniel Winter, pianist/teacher ◦ Nancy Wood, poet ◦ Yehudi Wyner, composer/teacher ◦ Paul Adams, technical advisor ◦ 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. Lockering Williams, poet ◦ Daniel Winter, pianist/teacher ◦ Nancy Wood, poet ◦ Yehudi Wyner, composer/teacher ◦ Paul Adams, technical advisor



...AND SOME OF IT WAS EVEN MINE.

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(YOU KNOW WHY.)

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

mf Solo or Small Group:
Enunciation of text is less important than rhythm (Pretend you are claves!)

95

S Solo

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

A Solo

mf Solo or Small Group:
 If you, if you walk, If you walk, then you can dance,— You can dance.

S I

(mf)
 walk you can dance,— If you can talk you can sing.— If you can

S II

(mf)
 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

(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.

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!—

(for rehearsal only)

f

*

105

S I

S II

A

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

If You Can Walk You Can Dance was commissioned by Farmington High School Friends of Music, in honor of Teacher of the Year, **Scott Campbell**. Perceptive listeners might glean in the piano's introduction and conclusion a few quotes from one of his favorite songs, *How Can I Keep From Singing?*

The composer is grateful to **Molly MacMillan** for sharing her knowledge and love of Latin jazz, and for her creative spirit.

Elizabeth Alexander spent her childhood in the Carolinas and the Appalachian region of Ohio. She studied composition with Steven Stucky, Jack Gallagher, Karel Husa, and Yehudi Wyner, receiving her bachelors degree from The College of Wooster and her doctoral degree from Cornell University.

Her many commissions include orchestral, chamber and choral works, with her passion for language reflected in her large catalogue of vocal and choral compositions. Orchestral and chamber performers of her works have included Charleston Symphony Orchestra, Central Wisconsin Symphony Orchestra, Minnesota Philharmonic Orchestra, North/South Consonance, Sounds New, Society for New Music, Women's Works and The Music Fix. Her music has been performed by hundreds of choirs, including VocalEssence, Gregg Smith Singers, Elmer Iseler Singers, New York Virtuoso Singers, and the entire student body of Waunakee Elementary School.

She has been the recipient of numerous grants, awards and fellowships from such organizations as the Jerome Foundation, New York Council on the Arts, Wisconsin Arts Board, National Orchestral Association, International League of Women Composers, and American Composers Forum, as well as receiving over a dozen national and international awards for individual works.

For more information about Elizabeth Alexander's music, CDs, commissions and current projects, visit: **www.elizabethalexander.com**

Choral Music by Elizabeth Alexander

April Rain Song (Langston Hughes)	SATB	SEA-006-01
Before the Bread (English folk prayer)	SSSS / SATB	SEA-023-00 / -01
Blessed Be the Flower That Triumphs (Boblett)	SATB	SEA-078-00
Cherish Your Doubt (Elizabeth Alexander)	SATB / SSAA, pno	SEA-063-01 / -02
Climb (Edna St. Vincent Millay)	SATB, pno	SEA-059-00
Create a Song Once More (Elizabeth Alexander)	SATB	SEA-056-00
Dragon Dance (Elizabeth Alexander)	S, pno	SEA-001-00
The Earth Called To My Friend (Nancy Wood)	SSA, pno	SEA-057-00
Even a Fist Was Once an Open Palm (Amichai)	SATB	SEA-026-01
Everyday Sorrows, Everyday Joys (Elizabeth Alexander)	SA, pno	SEA-013-01
Faith Is the Bird That Feels the Light (Tagore)	SSA	SEA-068-00
Finally On My Way To Yes (Pesha Gertler)	SSATB, pno	SEA-019-00
Folks, I'm Telling You (Langston Hughes)	SSATB, pno	SEA-027-00
For So the Children Come (Sophia Fahs)	SATB, pno	SEA-010-00
Glen Song (Scott Bates)	SSATB, pno	SEA-025-00
I Write This Poem Out of Darkness (George Ella Lyon)	SSA, fl, vln, pno	SEA-024-00
If You Can Walk You Can Dance (Proverb)	SAB / SATB, pno	SEA-022-03 / -07
Immortal Love (John Greenleaf Whittier)	SATB	SEA-017-00
Infant Holy, Infant Lowly (arr. Polish carol)	SSA	SEA-020-00
The Journey (Evelyn Dudley)	SATB / TTBB	SEA-075-01 / -00
Jump! (Ray Bradbury)	SSA	SEA-090-00
Life is not a Garden (Elizabeth Alexander)	SATB, pno	SEA-064-00
Look To This Day! (Kalidasa)	SATB, chimes, org	SEA-002-00
Morning Bread (Amy Lowell)	SATB	SEA-060-00
...or a musician (Philip Dacey)	SATB, orchestra	SEA-007-00
A Palette To Paint Us As We Are (Gerald Rich)	SA / SATB, pno	SEA-014-00 / -01
Praise Wet Snow Falling Early (Denise Levertov)	SATB, pno	SEA-015-00
Reasons (Elizabeth Alexander)	SSAA	SEA-091-00
Songs of Youth (Elizabeth Alexander)	SAB, fl, pno, vib	SEA-004-00
Spring Grass (Carl Sandburg)	SATB	SEA-006-03
Those Who Wish To Sing Always Find a Song	SSS, pno, oboe	SEA-022-01
To Make a Prairie (Emily Dickinson)	SSA, pno	SEA-016-00
Tomorrow, God Willing (Garrison Keillor)	TTBB / SATB	SEA-077-00 / -01
Trust the Seeds (Elizabeth Alexander)	SATB	SEA-009-00
We Lift Up Our Hearts (Richard Fewkes)	Children's choir, SATB, pno	SEA-021-00
Where There Is Light in the Soul (Chinese proverb)	SAB / SATB	SEA-070-00 / -01
When the Song of the Angels Is Stilled (Thurman)	SATB / SSAA	SEA-062-00 / -04
Why I Pity the Woman Who Never Spills (Prefontaine)	SSAA	SEA-058-00

CD: *Finally On My Way To Yes* - Award-winning choral works by Elizabeth Alexander SEA-CD-001

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