

The Heart is a Resilient Muscle

Words by Heather Simeney-McLeod • Music by Leila Lustig

Tempos approximate, with an often Bluesy feeling.

The singer should use a very flexible vibrato.

Bluesy ♩ = ca. 64

My

Voice

Trombone

Piano

heart is a charm - ing ves - sel. My

5

V.

Tbn.

Pno.

The musical score is written in 4/4 time and consists of two systems. The first system includes staves for Voice, Trombone, and Piano. The Voice part begins with a rest followed by a single note marked 'p'. The Trombone part has a rest followed by a melodic line starting on a whole note, marked 'p'. The Piano part features a rhythmic accompaniment of eighth notes in both hands, marked 'p'. The second system includes staves for Voice (V.), Trombone (Tbn.), and Piano (Pno.). The Voice part starts at measure 5 with the lyrics 'heart is a charm - ing ves - sel.' and ends with a note marked 'mp'. The Trombone part has a melodic line with dynamics 'mp' and 'p'. The Piano part continues the rhythmic accompaniment with dynamics 'mp' and 'p'.

heart pumps my blood _____ through my bo - dy.

9

V. *mf* *mp*

Tbn. *p* *mp*

Pno. *mp*

13 It us - es words like valve, ven - tri - cle, a - tri - um, a - or - ta, driving forward

V. *mf* *mp*

Tbn. *pp* *p*

Pno. *p*

17 and the phrase pul - mo - na - ry ar - ter - y.

V. *f* *mf*

Tbn. *pp* *mp* *f*

Pno. *f* *mp*

21

Tbn.

Pno.

mp *mf* *pp* *mf*

24

V.

Tbn.

Pno.

My
a tempo

mp

slacking off

mf *p* *mp*

26

V.

Tbn.

Pno.

heart ox - y - gen - ates my bo - dy.

mf *mp* *p* *mp* *p*

My heart holds my e - mo - tions beat - ing, beat - ing,

29

V. *mf* *f* *ff*

Tbn. *pp* *mp* *f*

Pno. *mf* *p* *mf* *p* *mp*

beat - ing in my che(ss)t.

33

V. *f* *mf*

Tbn. *mp* *p* *driving forward*

Pno. *mf*

36

My heart is a flame, which flickers,

V. *mp* *mf*

Tbn. *mf* *p* *mp* *pp*

Pno. *mp*

Voice

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piano tbn. *p* My heart is a

mp charm-ing ves-sel. *mf* My heart pumps my blood through my bo-dy. *mp*

mf It us-es words like valve, ven-tri-cle, a-tri-um, a-or-ta, *mp*

f and the phrase *mf* pul - mo-na-ry ar-ter-y. tbn.

mp My heart *mf* ox-y-gen-ates my bo-dy. *mp*

mf My heart holds my e-mo-tions beat-ing, beat-ing, beat-ing in my

34 *mf* driving forward *mp* *mf*
 che(ss)t. My heart is a flame, _____ which flick-ers,

39 *f*
 flick-ers, flick-ers, flick-ers, flick-ers, flick-ers and ig-nites my brain.

42 *mp* *mf* tbn.
 My heart is a re-sil-ient mus-cle.

48 *ff* *mf*
 My heart is a fight-er bleed-ing and sweat-ing and

53 *f* pushing ahead ♩ = 100 *mf*
 head-ing in-to the next round. — My

60 *f* *mf*
 heart is a ho-bo rid-ing the train _____ in nine-teen-thir-ty-four

64 *f* *Tempo 1* slowing down piano *mf*
 from To-ron-to to Kam-loops. My

Trombone

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The musical score is written for Trombone in bass clef, 4/4 time. It consists of seven staves of music, each starting with a measure number. The score includes various dynamics such as piano (p), mezzo-piano (mp), mezzo-forte (mf), forte (f), and pianissimo (pp), along with articulations like slurs, accents, and breath marks. The piece is characterized by a bluesy feel, with many notes beamed together and frequent use of triplets. The tempo is indicated as approximately 64 beats per minute. The score includes several changes in time signature: 4/4, 2/4, 3/4, and back to 4/4. The dynamics and articulations are as follows:

- Staff 1 (measures 1-5): *piano*, *p*
- Staff 2 (measures 6-11): *mp*, *p*, *p*
- Staff 3 (measures 12-18): *mp*, *pp*, *p*, *pp*, *driving forward*
- Staff 4 (measures 19-23): *mp*, *f*, *mp*, *mf*, *pp*
- Staff 5 (measures 24-27): *piano*, *mf*, *p*, *a tempo*, *p*, *mp*
- Staff 6 (measures 28-33): *pp*, *mp*, *f*, *mp*
- Staff 7 (measures 34-40): *p*, *mf*, *p*, *driving forward*

38 *mp* *pp* *p* *pp* *mp*

42 *f* *mp*

46 *p* *mp* *p* piano *mf*

very smooth

51 *mp* *p* *mf* *ff*

pushing ahead

57 *mp* voice

♩ = 100

My heart is a ho-bo rid-ing the train _____ in

63 *mp* *mf* *mp*

slowing down **Tempo 1** voice

nine - teen - thir - ty **2** **2/4** **3/4** My

70 *p* *mf* *p* *poco rit.*

very smooth *pushing ahead*

heart is a re - sil - ient **(6)** **(7)**

75 *piano* *p* *mf*

cup mute *pushing ahead*

80 *mp* *f* *open* voice **V.S.**

My heart is