

# Long jump

two part treble voices and piano

words and music by Sheena Phillips

duration c. 3:00

perusal score – not for rehearsal or performance

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## Long Jump

I am running,  
I am running,  
Now I leap in the air,  
And I sail on a cloud,  
And I climb up the sky,  
Now I see the Forth River below me,  
Now I see big Ben Nevis before me,  
And I land on a thistle,  
And I find a tin whistle,  
It's a long jump.

I am running,  
I am running,  
Now I leap in the air,  
And I sail on a cloud,  
And I climb up the sky,  
Now I see the Atlantic below me,  
Now I see New York City before me,  
And I land on a table,  
And I pick up a bagel,  
It's a long jump.

I am running,  
I am running,  
Now I leap in the air,  
And I sail on a cloud,  
And I climb up the sky,  
Now I see the Pacific below me,  
Now I see the coast of China before me,  
And I land in Shangahi,  
And a dragon goes by,  
It's a long jump.

Now I'm heading for Mars,  
And on to the stars,  
It's a long, long, long, long  
Long, long, long, long,  
Long jump!

Sheena Phillips

# Long Jump

based on an idea by Jamie Brew

words and music by Sheena Phillips

Presto ♩ = 196

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optional harmony line - sing in verse 2 only

long jump 2

21

And I climb up the sky, Now I see the At -  
climb up the sky, Now I see the Forth Riv - er be -  
Now I see the At - lan - tic be -

*cantabile*

27

lan - tic be - low me, Now I see New York Ci - ty be - fore me,  
low me, Now I see big Ben Ne - vis be - fore me,  
low me, Now I see New York Ci - ty be - fore me,

33

*mp* A ta - ble, *cresc.*  
And I land on a this - tle, And I find a tin  
And I land on a ta - ble, And I pick up a

long jump 3

40 *mf* *mf* *f*

A ba - gel, It's a long jump.

*mf* *mf* *f*

whis - tle, It's a long jump.  
ba - gel,

*mf* *cresc.* *f*

46

*mf* *p*

53

*cresc.* *mf*

long jump 4

60

*p* *mp* *mf*

I am run-ning, I am run-ning, Now I

*p* *mp* *mf*

I am run-ning, I am run-ning, Now I leap in the

*p* *cresc.* *mf*

66

leap in the air, And I sail on a cloud,

air, And I sail on a cloud, And I

73

And I climb up the sky, Now I see the Pa -

climb up the sky, Now I see the Pa - ci - fic be -

*cantabile*

79

ci - fic be - low me, Now I see the coast of Chi - na be - fore me,  
low me, Now I see the coast of Chi - na be - fore me,

The score for measures 79-84 consists of three systems. The first system has two vocal staves and a piano accompaniment. The vocal parts enter with the lyrics 'ci - fic be - low me, Now I see the coast of Chi - na be - fore me,'. The piano accompaniment features a melodic line in the right hand and a bass line in the left hand, with a crescendo hairpin at the end of the system.

85

Yes, Shang-hai!  
And I land in Shang-hai, And a

The score for measures 85-90 consists of three systems. The vocal parts enter with the lyrics 'Yes, Shang-hai!' and 'And I land in Shang-hai, And a'. Dynamic markings include *mf* for the vocal entry, *mp* for the piano accompaniment, and *f* for the vocal part. The piano accompaniment has a melodic line in the right hand and a bass line in the left hand, with a crescendo hairpin at the end of the system.

91

Yes, a dra-gon! It's a  
dra-gon goes by, It's a

The score for measures 91-96 consists of three systems. The vocal parts enter with the lyrics 'Yes, a dra-gon! It's a' and 'dra-gon goes by, It's a'. Dynamic markings include *f* for the vocal entry and *mf* for the piano accompaniment. The piano accompaniment has a melodic line in the right hand and a bass line in the left hand, with a *cresc.* marking and a crescendo hairpin at the end of the system.

long jump 6

97 *f*

long jump.

*f*

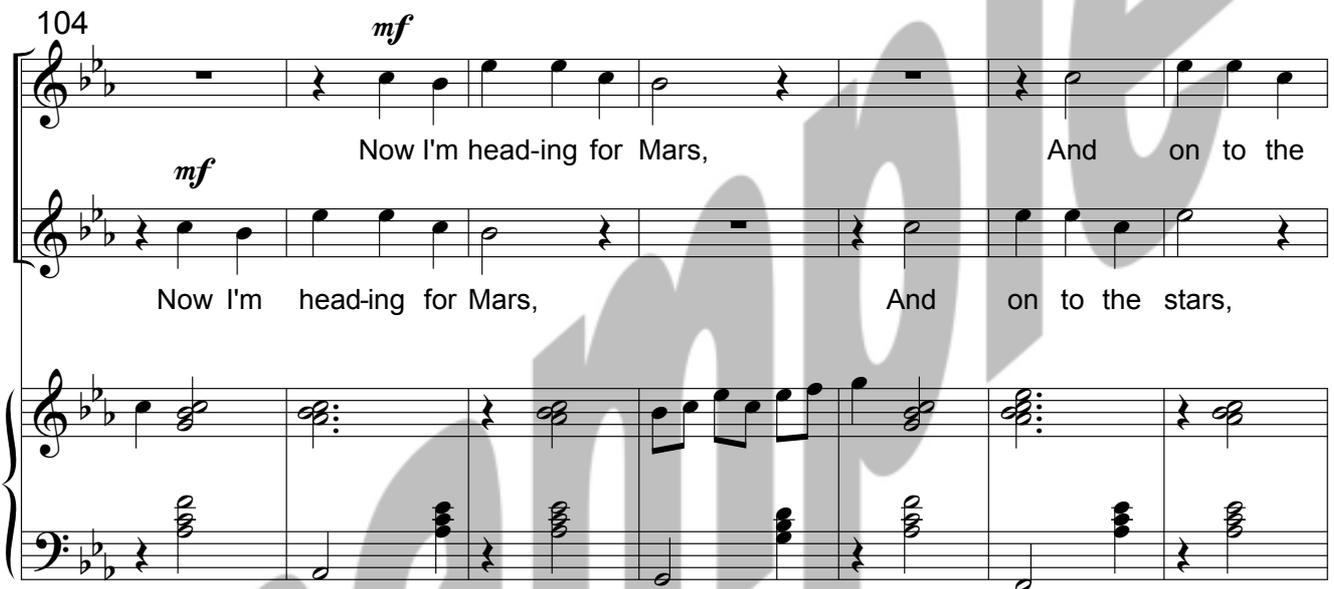
long jump.



104 *mf*

*mf* Now I'm head-ing for Mars, And on to the

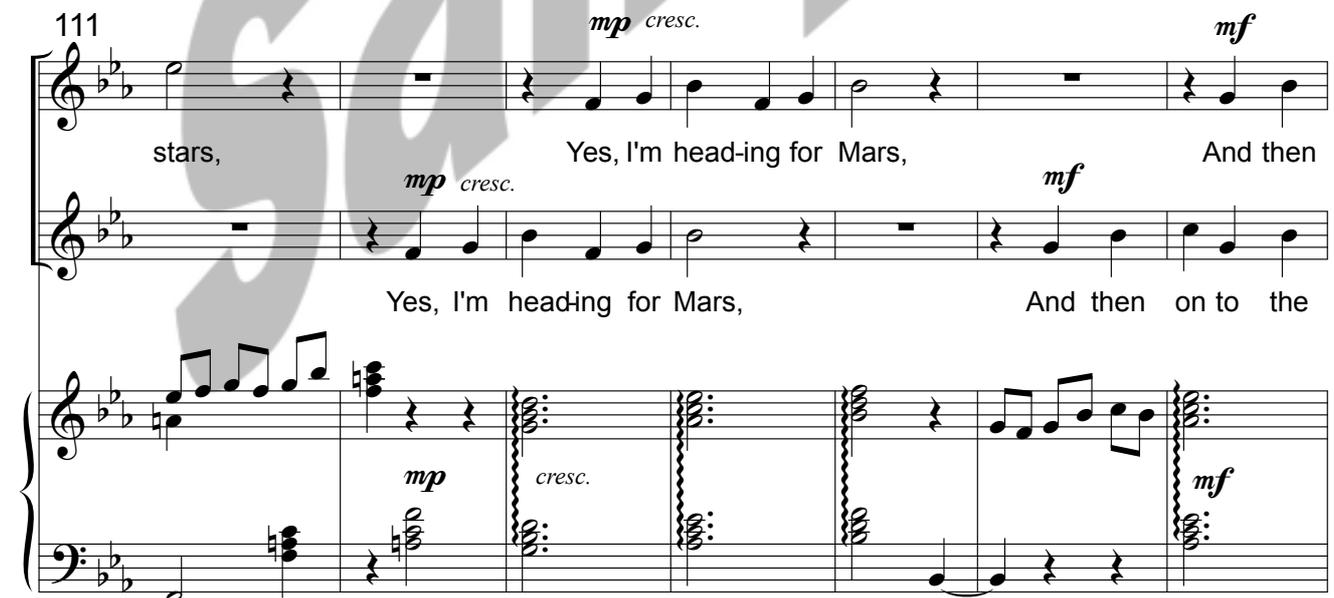
Now I'm head-ing for Mars, And on to the stars,



111 *mp cresc.* *mf*

stars, *mp cresc.* Yes, I'm head-ing for Mars, *mf* And then

Yes, I'm heading for Mars, And then on to the



long jump 7

\* if singing without the upper harmony line, all singers should sing both parts from bar 122 to the end

118 *mp*

on to the stars, long,\*

*mf*

stars, It's a long,

*8<sup>va</sup>*

*mp*

125 *mf* *mp* *mf*

long, long, long,

*mf* *f* *mf*

long, long, long,

*f* *mp*

131 *f* *f* (land on the downbeat)

long jump! all jump *f* (land on the downbeat)

long jump! all jump *f* (land on the downbeat)

*f* *mp* *f*