

# INSIDE

SSA and body percussion

*\*see kathrynparrottamusic.com for the choreography video guide*

Kathryn Parrotta

♩ = 98-102 With energy!

Soprano

Soprano 2

Alto

*mf* \*with choreographed movements

In - side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. In -

5

S1

S2

A

\*with choreographed movements, all parts

In - side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. In -

side we're all the same. In - side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. In -

9

S1

S2 Perc.

S2

Alto Perc.

A

\*S2 and A to tacet choreography

\*S1 continue choreography

side we're all the same. In -

\*stomp

side we're all the same. In - In - side, in - side, In - side, in - side,

\*clap \*snap

side we're all the same. In - side, in - side, in - side, in - side, in -



12

S1 Perc.

S1

side, in - side, in - side. My lungs, my heart, my brain. In - side, in - side, in - side. In -

12

S2 Perc.

S2

In - side, in - side, In - side, in - side, In - side, in - side,

12

Alto Perc.

A

side, in - side, in - side, in - side, in - side, in - side, in - side, in -

15

S1 Perc.

S1

side we're all the same. In - side, in - side, in - side. My lungs, my heart, my brain. In - side, in - side, in - side. In -

15

S2 Perc.

S2

In - side, in - side, In - side, in - side, In - side, in - side, In - side, in - side,

15

Alto Perc.

A

side, in - side, in - side, in - side, in - side, in - side, in - side, in - side, in -

**SAMPLE COPY**

To Coda [C]  
m.57

25

S1 Perc. *sub. p* **ff** **f**

S1  
pa - tience be - neath us. We grow! In -

S2 Perc. *sub. p* **ff** **f**

S2  
pa - tience be - neath us. We grow! In -

Alto Perc. *sub. p* **ff** **f**

A  
pa - tience be - neath us. We grow! In -

[D]

30

S1 Perc. *\*stomp* *\*snap*

S1  
side, in - side, in - side. My lungs, my heart, my brain. In - side, in - side, in - side. In -

S2 Perc. *\*stomp* *\*clap*

S2  
side, in - side, in - side. My lungs, my heart, my brain. In - side, in - side, in - side. In -

Alto Perc. *\*stomp*

A  
side, in - side, in - side. In - lungs, my heart, my brain. In - side, in - side, in - side. In -

39

S1 Perc. *mf*

S1

Our

S2 Perc.

S2

In - side, in - side, In - side, in - side, In - side, in - side.

Alto Perc. *mf*

A

side, in - side, in - side, in - side, in - side, in - side, Our

**E**

S1 Perc. *f*

S1

blood runs red, our veins are blue, we all breathe in and I see you. Our

S2 Perc. *mf* *f*

S2

Blood red, our veins are blue, we all breathe in and I see you. Our

Alto Perc. *f*

A

blood runs red, our veins are blue, we all breathe in and I see you. Our

46 *\*stomp* *\*snap*

S1 Perc.

S1

S2 Perc. *\*stomp* *\*clap*

S2

Alto Perc. *\*stomp*

A

49 **F** D.S. al Coda

S1 Perc.

S1

S2 Perc.

S2

Alto Perc.

A

⊕ CODA

**G** with gravitas

S1 Perc. **ff**

S1 grow! We grow, we

S2 Perc. **ff**

S2 grow! We grow, we

Alto Perc. **ff**

A grow! We grow, we

S1 Perc. **H** \*stomp \*snare

S1 grow! In - side, in-side, in-side. In - lungs, my heart, my brain. In - side, in-side, in-side. In-

S2 Perc. \*stomp \*clap

S2 grow! In - side, in-side, in-side. In - lungs, my heart, my brain. In - side, in-side, in-side. In-

Alto Perc. \*stomp

A grow! In - side, in-side, in-side. In - lungs, my heart, my brain. In - side, in-side, in-side. In-