

Do Not Carry a Heavy Heart

Introduction

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70 bpm

Four staves of music in 4/4 time, key of B-flat major. The melody is a simple, repetitive phrase: "We are the turn-ing tide". The lyrics are written below each staff.

We are the turn-ing tide We are the turn-ing tide We are the turn-ing tide

We are the turn-ing tide We are the turn-ing tide We are the turn-ing tide

We are the turn-ing tide We are the turn-ing tide We are the turn-ing tide

We are the turn-ing tide We are the turn-ing tide We are the turn-ing tide

7

Section A

Four staves of music in 4/4 time, key of B-flat major. The melody continues from the introduction. The lyrics are written below each staff.

We are the turn-ing tide Do not car-ry a hea vy heart Do not

We are the turn-ing tide Do oh do not car-ry oh

We are the turn-ing tide Do not car-ry a hea vy heart Do not

We are the turn-ing tide Do do not car-ry such a heart

12

Four staves of music in 4/4 time, key of B-flat major. The melody continues from the previous section. The lyrics are written below each staff.

car-ry such a hea-vy heart or the weight of the whole dark moun-tain Do not

do do not car-ry such a heart or the weight of the whole dark moun-tain

car-ry such a hea - vy heart or the weight of the whole dark moun-tain

do do not car ry such a heart weight of the whole dark moun-tain

16 *

car-ry such a hea-vy heart But tend the earth in all its glo-ry Ri-ver

Do do not car-ry such a heart tend the earth all its glo-ry

car-ry such a hea-vy heart But tend the earth in all its glo-ry Ri-ver

Do do not car-ry such a heart tend the earth all its glo-ry

20

deep and o-cean wide 'cos on this blue pearl that charms the moon

ri-ver deep and o-cean wide blue pearl that charms the moon

deep and o-cean wide 'cos on this blue pearl that charms the moon

ri-ver deep and o-cean wide blue pearl charms the moon

25 *Section B - repeat as desired*

We are the turn-ing tide We are the turn-ing tide

We are the turn-ing tide We are the turn-ing tide

We are the turn-ing tide We are the turn-ing tide

We are the turn-ing * tide We are the turn-ing * tide

* lower notes 1st time, upper note on repeat
as written out in introduction

Section C - repeat as desired, perhaps returning to section B

29

All and ev - ery one of us and all and ev - ery one

All and ev - ery one of us and all and ev - ery one

All and ev - ery one of us and all and ev - ery one

All and ev - ery one of us and * all and ev - ery one

31

All and ev - ry one of us and all and ev - ry one

All and ev - ry one of us and all and ev - ry one

All and ev - ry one of us and all and ev - ry one

All and ev - ry one of us and all and ev - ry one