

Your Heart Is A Muscle (The Size of a Fist)

by Tracy Spring

Piano Arrangement by Karen FitzGerald

*Arranged for
Soprano/Alto Choirs (SAA)*



*Whitebark Press
Bellingham, WA*

Your Heart Is a Muscle (the Size of a Fist) ©2019 Tracy Spring

Available Arrangements:

SATB

SAA

TTBB

Simple 2-Part

All rights reserved. International Copyright Secured. No part of this music may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems without permission in writing from the publishers.

For permission in writing, email AziZSpring@aol.com with the requested number of copies.

As your budget allows, please consider making a donation by paypal or check to the P.O.B. below.

Recordings and youtubes of your choir's performances are much appreciated! Please email links to: AziZSpring@aol.com.

Visit the *Music In The Community* tab at TracySpring.com for more information and updates about the Songs of Hope and Humanity project!

**Privately published by Whitebark Press; Bellingham, WA
Printed in the United States of America**

**Tracy Spring
P.O. Box 4230
Bellingham, WA 98227**

www.TracySpring.com

Your Heart Is A Muscle (the Size of a Fist!)

Written and Arranged by Tracy Spring

Piano Arr. by Karen Fitzgerald

$\text{♩} = 140$ *With Conviction*

mf

Soprano
Your heart is a mus-cle the size

Alto 1
Your heart is a mus-cle the size

Alto 2
Your heart is a mus-cle the size

Piano
mf

Dm7 C/E F Gsus4 G C

6

f

S
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

A 1
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

A 2
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

Pno.
6 F/C C F/C C F/C G C F/C C

Your Heart Is A Muscle (the Size of a Fist!)

11

S heart is a mus-cle _____ the size of a fist! _____

A 1 heart is a mus-cle _____ the size of a fist! _____

A 2 heart is a mus-cle _____ the size of a fist! _____ *f* 1.Dark - ness _____

Pno. *mp*

F/C C F G C Gm/C

17

S _____ *f* On - ly ___ light! _____ On - ly ___ light!

A 1 _____ *f* On - ly ___ light! _____ On - ly ___ light!

A 2 _____ *ff* _____ can-not drive out dark - ness. Oh, light! _____ On - ly ___ light!

Pno. *mf*

F/C C F/C C C F/C C

Your Heart Is A Muscle (the Size of a Fist!)

23 *mf* *f*

S Speak this truth, truth to pow - er! Where there's

A 1 *mf* *f* *mf*

A 2 *mf* *f* *mf*

23 G m/C F/C D m7 *cresc.*

Pno.

29 *f* *ff* *f*

S dark - ness, shine your light! Your heart is a mus-cle the size ___ of a fist. Beat strong,

A 1 *f* *ff* *f*

A 2 *ff* *f*

29 C/E F G sus4 G C F/C C F/C C

Pno.

Your Heart Is A Muscle (the Size of a Fist!)

35 *f*

S per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle _____ the size of a

A 1 *ff* *f*
per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle _____ the size of a

A 2 *ff*
per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle _____ the size of a

Pno. 35 F/C G C F/C C F/C C F G

41 *f*

S fist! _____ 2. Ha - tred _____ can - not drive out ha - tred.

A 1 *mf*
fist! _____ Ah _____ Ah _____

A 2 *mf*
fist! _____ Ah _____ Ah _____

Pno. 41 C G m/C F/C *mp*

Your Heart Is A Muscle (the Size of a Fist!)

47 *ff*

S On - ly ___ love! ___ On - ly ___ love! ___ Speak this truth, ___

A 1 *f*
On - ly ___ love! ___ On - ly ___ love! ___ Speak this truth, ___

A 2 *f*
On - ly ___ love! ___ On - ly ___ love! ___ Speak this truth, ___

Pno. *mf*

C F/C C C F/C C G m/C

53 *f*

S truth to pow - er! Where there's ha - tred, show your love! ___ Your heart is a mus-cle the size

A 1 *ff* *ff*
truth to pow - er! Where there's ha - tred, show your love! Your heart is a mus-cle the size

A 2 *ff* *f*
truth to pow - er! Where there's ha - tred, show ___ your love! Your heart is a mus-cle the size

Pno. *cresc.* *f*

F/C C F/C Dm7 C/E F G sus4 G C

Your Heart Is A Muscle (the Size of a Fist!)

60

S *ff* *f*
 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

A 1 *f* *ff*
 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

A 2 *f*
 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

Pno. 60 F/C C F/C C F/C G C F/C C F/C C

66

S *mf*
 _____ the size of a fist! _____ 3.No - one's free _____ 'til

A 1 *mf*
 _____ the size of a fist! _____ 3.No - one's free _____ 'til

A 2 *mf*
 _____ the size of a fist! _____ 3.No - one's free _____ 'til

Pno. 66 F G C G m/C *mp*

Your Heart Is A Muscle (the Size of a Fist!)

72

S *f* all are free! *ff* Us and them. *f* You and me! Speak this truth,

A 1 *ff* all are free! *f* Us and them. You and me! Speak this truth,

A 2 *f* all are free! Us and them. You and me! Speak this truth,

Pno. *mf* F/C C F/C C C F/C C Gm/C

79

S *ff* truth to pow - er! Where there's suf - fer - ing,

A 1 truth to pow - er! Where there's suf - fer - ing,

A 2 truth to pow - er! Where there's suf - fer - ing,

Pno. *cresc.* F/C C F/C Dm7 C/E

Your Heart Is A Muscle (the Size of a Fist!)

84

S
stand as one! Our hearts are a mus-cle the size ___ of a fist. Beat strong,

A 1
stand as one! Our hearts are a mus-cle the size ___ of a fist. Beat strong,

A 2
stand as one! Our hearts are a mus-cle the size ___ of a fist. Beat strong,

Pno.

F Gsus4 G C

89

S
per-sist! Where there's in-jus-tice, re-sist! Your heart is a mus-cle _____ the size of a

A 1
per-sist! Where there's in-jus-tice, re-sist! Your heart is a mus-cle _____ the size of a

A 2
per-sist! Where there's in-jus-tice, re-sist! Your heart is a mus-cle _____ the size of a

Pno.

C C F G

Your Heart Is A Muscle (the Size of a Fist!)

95 *f*

S fist! Be strong, right the wrong,

A 1 fist! Be strong, right the wrong,

A 2 fist! Be strong, right the wrong,

Pno. *mf* C G/C Bb/C F/C

101 *f*

S hold on, hold on! Be strong,

A 1 *ff* hold on, hold on! Be strong,

A 2 *f* hold on, hold on! Be strong,

Pno. 101 *cresc.* *f* Ab/C Eb G C G/C

Your Heart Is A Muscle (the Size of a Fist!)

107 *ff*

S
right the wrong, _____ hold on, _____ hold on!

A 1
right the wrong, _____ hold _____ hold on!

A 2
right the wrong, _____ hold on, _____ hold on!

Pno. *ff*

107 B \flat /C F/C A \flat /C E \flat G

113 *ff*

S
Be strong, _____ right the wrong, _____ hold on,

A 1
Be strong, _____ right the wrong, _____ hold on,

A 2
Be _____ strong, _____ right the wrong, _____ hold on,

Pno. *ff*

113 C G/C B \flat /C F/C A \flat /C E \flat

Your Heart Is A Muscle (the Size of a Fist!)

118

S
hold on! Be strong, right the wrong, *fff*

A 1
hold on! Be strong, right the wrong, *fff*

A 2
hold on! Be strong, right the wrong, *fff*

Pno.
cresc. *ff*
G C G/C Bb/C F/C

124

S
hold on, hold on! Your heart is a mus-cle the size *rit.* *ff a tempo*

A 1
hold on, hold on! Your heart is a mus-cle the size *ff*

A 2
hold on, hold on! Your heart is a mus-cle the size *ff*

Pno.
rit. *cresc.* *f* *a tempo*
Ab/C Eb G Gsus4 G C

Your Heart Is A Muscle (the Size of a Fist!)

12

130

S
— of a fist. Beat strong, per - sist! Where there's in - jus-tice, re - sist! Your

A 1
— of a fist. Beat strong, per - sist! Where there's in - jus-tice, re - sist! Your

A 2
— of a fist. Beat strong, per - sist! Where there's in - jus-tice, re - sist! Your

Pno.

130 F/C C F/C C F/C G C F/C C

135

S
heart is a mus-cle _____ the size of a fist! _____

A 1
heart is a mus-cle _____ the size of a fist! _____

A 2
heart is a mus-cle _____ the size of a fist! _____

Pno.

135 F/C C F G C

fff *cresc.* *ff*

About this piece and Tracy Spring's Songs of Hope and Humanity project...

"Your Heart Is a Muscle (the Size of a Fist)" was composed by Tracy Spring in 2018, inspired by Sunil Yapa's book of the same title (SunilYapa.com) and memorable words of Martin Luther King, Jr.

It is part of her "Songs of Hope and Humanity Project," choral arrangements of songs written by Tracy or her late partner, TR Ritchie (TRRitchie.com). She is arranging these songs for performances with philanthropic organizations, community choirs and progressive church services.

Each piece will be arranged for SATB, Soprano/Alto, Tenor/Bass and beginning range choirs, and all carry a positive message about the power of human beings working together to create harmony.

About Karen FitzGerald, composer-pianist...

Tracy is thrilled to collaborate on this project with composer-pianist Karen FitzGerald. Karen's solo piano compositions range from delicate and soothing to passionate and soul-stirring, evoking the beauty of nature, the subtle shades of human emotion and a longing for spiritual wholeness. Karen also brings to the project a lifetime of choral singing, arranging and directing, blessing numerous singer-songwriters and vocal groups with her unique piano style. For more about Karen's work, please visit www.KarenFitzGerald.com.

