

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

*by Tracy Spring*

*Piano Arrangement by Karen FitzGerald*

*Arranged for  
Simple 2-part Choirs*



*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**

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

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Bellingham, WA 98227**

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# 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*

Higher Voice

Lower Voice

Piano

*mf*

*mf*

*mf*

Dm7 C/E F Gsus4 G C

Hi

Lo

Pno.

*f* *mf* *f*

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

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

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

Hi

Lo

Pno.

*ff*

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

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

F/C C F G C

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

2

16 *mf* *f*

Hi  
1. Dark - ness can - not drive out dark - ness. On - ly light!

Lo  
*mf*  
On - ly light!

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

22 *mf*

Hi  
On - ly light! Speak this truth, truth to pow - er!

Lo  
*ff* *f*  
On - ly light! Speak this truth, truth to pow - er!

Pno.  
C F/C C G m/C F/C  
*ff*

28 *f* *f*

Hi  
Where there's dark - ness, shine your light! Your heart is a mus-cle the size

Lo  
*mf* *ff* *ff*  
Where there's dark - ness, shine your light! Your heart is a mus-cle the size

Pno.  
Dm7 C/E F Gsus4 G C  
*cresc.* *f*

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

33 *ff* *f* *ff*

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

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

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

Pno.

38

Hi  
 heart is a mus-cle the size of a fist!

Lo  
 heart is a mus-cle the size of a fist! 2.Ha - tred

F/C C F G C G m/C

Pno.

*mf*

*mp*

44 *f* *ff*

Hi  
 On - ly love! On - ly love!

Lo  
 — can-not drive out ha - tred. On - ly love! On - ly love!

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

Pno.

*mf*

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

4

51 *ff*

Hi Speak this truth, truth to pow - er! Where there's ha - tred,

Lo Speak this truth, truth to pow - er! Where there's ha - tred,

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

57 *f* *ff*

Hi Show your love! Your heart is a mus-cle the size of a fist. Beat strong,

Lo show your love! Your heart is a mus-cle the size of a fist. Beat strong,

Pno. *F* *Gsus4* *G* *C* *F/C* *C* *F/C* *C*

62 *f* *ff*

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

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

Pno. *F/C* *G* *C* *F/C* *C* *F/C* *C* *F* *G*

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

68 *mf* *f*

Hi fist! 3.No - one's free 'til all are free!

Lo fist! 3.No - one's free 'til all are free!

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

74 *ff* *f*

Hi Us and them. You and me! Speak this truth,

Lo Us and them. You and me! Speak this truth,

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

80 *ff* *f*

Hi truth to pow - er! Where there's suf - fer - ing, stand! Stand as one! Our

Lo truth to pow - er! Where there's suf - fer - ing, stand! Stand as one! Our

Pno. F/C C F/C Dm7 C/E F G sus4 G *cresc.*

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

86

Hi  
 hearts are a mus-cle the size of a fist. *ff* Beat strong, *f* per - sist! Where there's in - jus-tice,

Lo  
 hearts are a mus-cle the size of a fist. *f* Beat strong, *ff* per - sist! Where there's in - jus-tice,

Pno.  
*f* C

91

Hi  
*ff* re - sist! Your heart is a mus-cle the size of a fist!

Lo  
*f* re - sist! Your heart is a mus-cle the size of a fist!

Pno.  
 91 C F G C

97

Hi  
*f* Be strong, right the wrong, hold on, hold

Lo  
*f* Be strong, right the wrong, hold on, hold

Pno.  
 97 C G/C Bb/C F/C Ab/C Eb *mf*



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

103 *ff* *f*

Hi on! Be strong, right the wrong, hold on,

Lo on! Be strong, right the wrong, hold on,

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

Pno. *cresc.* *f*

110 *ff* *ff*

Hi hold on! Be strong, right the wrong,

Lo hold on! Be strong, right the wrong,

G C G/C B $\flat$ /C F/C

Pno.

117 *fff*

Hi hold on, hold on! Be strong,

Lo hold on, hold on! Be strong,

A $\flat$ /C E $\flat$  G C G/C

Pno. *cresc.* *ff*

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

123 *rit.* *ff* *a tempo*

Hi right the wrong, hold on, hold on! Your

Lo right the wrong, hold on, hold on! Your

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

129

Hi heart is a mus-cle the size of a fist. Beat strong, per-sist! Where there's in-jus-tice, re-sist! Your

Lo heart is a mus-cle the size of a fist. Beat strong, per-sist! Where there's in-jus-tice, re-sist! Your

Pno. *f* *C* *F/C* *C* *F/C* *C* *F/C* *G* *C* *F/C* *C*

135 *fff*

Hi heart is a mus-cle the size of a fist!

Lo heart is a mus-cle the size of a fist!

Pno. *F/C* *C* *F* *G* *C* *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](http://www.KarenFitzGerald.com).*

