

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

by Tracy Spring

Piano Arrangement by Karen FitzGerald

*Arranged for
Mixed Choirs (SATB)*



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Available Arrangements:

SATB

SAA

TTBB

Simple 2-Part

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

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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*

Soprano *mf*
Your heart is a mus-cle the size

Alto *mf*
Your heart is a mus-cle the size

Tenor *mf*
Your heart is a mus-cle the size

Bass *mf*
Your heart is a mus-cle the size

Piano *mf*
Dm7 C/E F Gsus4 G C

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

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

T *f* *mf* *f*
— of a fist. Beat strong, per - sist! Where there's in - jus - tice, re - sist! Your

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

Pno. *f* *mf* *f*
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 heart is a mus-cle _____ the size of a fist!

T heart is a mus-cle _____ the size of a fist! 1.Dark - ness

B heart is a mus-cle _____ the size of a fist! 1.Dark - ness

Pno. *mp*

F/C C F G C G m/C

17

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

A _____ *f* On - ly light! _____ *ff* On - ly light!

T _____ can-not drive out dark - ness. Oh, light! _____ *f* On - ly light!

B _____ can-not drive out dark - ness. Oh, light! _____ *f* 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

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

A Speak this truth, truth to pow - er! Where there's *mf*

T Speak this truth, truth to pow - er! Where there's *mf*

B Speak this truth, truth to pow - er! Where there's *mf*

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

29

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

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

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

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

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

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

35 *f* *ff*

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

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

T per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle _____ the size of a

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

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

Pno.

41 *mf* *mf* *mf* *mf*

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

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

T fist! _____ Ah _____ Ah

B fist! _____ Ah _____ Ah

41 C G m/C F/C

Pno. *mp*

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

47

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

A Oh, love! On - ly love! Speak this truth,

T 8 On - ly love! On - ly love! Speak this truth,

B On - ly love! On - ly love! Speak this truth,

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

Pno. *mf*

53

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

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

T 8 truth to pow - er! Where there's ha - tred show your love! Your heart is a mus-cle the size

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

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

Pno. *cresc.* *f*

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

60

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

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

T
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

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

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

Pno.

66

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

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

T
the size of a fist! 3.No - one's free 'til

B
the size of a fist! 3.No - one's free 'til

F G C G m/C

Pno.

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

72 *f* *ff*

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

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

T all are free! Us and them. You and me! Speak this truth,

B all are free! Us and them. You and me! Speak this truth,

F/C C F/C C C F/C C Gm/C

Pno. *mf*

79 *f* *ff*

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

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

T truth to pow - er! Where there's suf - fer - ing,

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

F/C C F/C Dm7 C/E

Pno. *cresc.*

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

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

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

Pno. F G sus4 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 per-sist! Where there's in - jus - tice, re - sist! Your heart is a mus-cle _____ the size of a

T per-sist! Where there's in - jus - tice, re - sist! Your heart is a mus-cle _____ the size of a

B 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 fist! Be strong, right the wrong,

T 8 fist! Be strong, right the wrong,

B fist! Be strong, right the wrong,

95 C C G/C Bb/C F/C

Pno. *mf*

101 *f*

S hold on, hold on! Be strong,

A hold on, hold on! Be strong,

T 8 hold on, hold on! *ff* Be strong,

B hold on, hold on! *f* Be strong,

101 Ab/C Eb G C G/C

Pno. *cresc.* *f*

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

107

S right the wrong, hold on, hold on!

A right the wrong, hold on, hold on!

T right the wrong, hold on, hold on!

B right the wrong, hold on, hold on!

ff

Bb/C F/C Ab/C Eb G

Pno.

113

S *ff* Be strong, right the wrong, hold on,

A *ff* Be strong, right the wrong, hold on,

T *ff* Be strong, right the wrong, hold on,

B *ff* Be strong, right the wrong, hold on,

C G/C Bb/C F/C Ab/C Eb

Pno.

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

118

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

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

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

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

G C G/C Bb/C F/C

118 *cresc.* *ff*

Pno.

124

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

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

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

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

Ab/C Eb G Gsus4 G C

124 *cresc.* *rit.* *a tempo*

Pno.

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

130

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

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

T
— of a fist. Beat strong, per - sist! Where there's in - jus-tice, re - sist! Your

B
— 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.

135

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

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

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

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

F/C C F G C

Pno.

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.

