

dedicated to the students at
Joseph Emerson Brown Middle School, Atlanta, GA
Roselyn Lewis, Music Teacher

SEIZE THE MOMENT

for 2-part voices and piano
with optional sign language and SoundTrax CD*

Words and Music by
SALLY K. ALBRECHT and **JAY ALTHOUSE**

Andante (♩ = ca. 84)

PART I

PART II

PIANO

Andante (♩ = ca. 84)

mp

4

mp 5

Hand in hand, _____ side by

mp

Hand in hand, _____

* Also available for S.A.T.B., Level Four (21206) and S.A.B., Level Three (21207).
SoundTrax CD available (21209). Sign language is on page 12.

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7 *cresc. poco a poco*

side. _____ Hand in hand, side by side. Here we

cresc. poco a poco

side by side. _____ Hand in hand, side by side. Here we

cresc. poco a poco

10

stand, filled with pride. Seize the mo - ment. _____

stand, filled with pride. Seize the mo - ment. _____

12

mf *decresc.*

15 *mp (opt. solo)*

Live ev-'ry mo-ment. Face ev-'ry
 Live for to - mor-row. Face ev-'ry

18 *(end solo)*

ho - ur. chal-lenge. Treas - ure each sun - set, each new
 Know what is right and what is

21

23 *mf*

day. We are the
 true. We are the

24

fu-ture;__ we are the prom-ise.__
 fu-ture;__ we are the prom-ise.__

fu-ture;__ we are the prom-ise.__
 fu-ture;__ we are the prom-ise.__

27

We have the dreams to lead the way.
 We have the dreams to see us through.

We have the dreams to lead the way.
 We have the dreams to see us through.

30

31

Hand in hand, side by side. Hand in

Hand in hand, side by side.

33

hand, side by side. Here we stand filled with pride. Seize the
(mel.)
Side by side. Here we stand filled with pride. Seize the

35

mo-ment... Stand-ing tall, stand-ing
mo-ment... Stand-ing tall, _____

37

38

proud. Stand - ing tall, stand - ing proud. Sing it
stand - ing proud. Stand - ing proud. Sing it

40

out, say it loud. Seize the mo - ment

out, say it loud. Seize the mo - ment

42

1. *decresc.*
right now.

right now.

decresc.

decresc.

45

(to m. 15, p. 4) 2.

now. There's a

now. There's a

(to m. 15, p. 4) 2.

48

world we can see where all peo - ple will be free. So

world we can see where all peo - ple will be free. So

50

let us be-gin to - day, to - day. Hand in

let us be-gin to - day, to day.

Hand in

let us be-gin to - day, to day.

Hand in

53

hand, side by side. Hand in hand, side by side. Here we

Hand in hand, side by side. Side by side. Here we

56

stand, filled with pride. Seize the mo-ment. —

(mel.)

stand, filled with pride. Seize the mo-ment. —

58

(mel.)

59

Stand-ing tall, stand-ing proud. Stand-ing

Stand-ing tall, stand-ing proud.

61

tall, stand - ing proud. Sing it out, say it loud. Seize the

Stand - ing proud. Sing it out, say it loud. Seize the

63 *decresc.*

mo-ment _____ right now. _____

mo-ment _____ right now. _____

8va
decresc.

66 *mf*

_____ Hand in hand, _____ side by

_____ Hand in hand, _____

mf

mf

69 *rit.* *Slower mp*

side. _____ The mo-ment is now. _____

side by side. _____ The mo-ment is now. _____

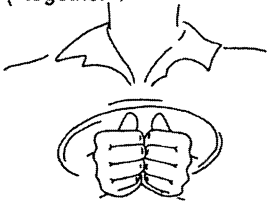
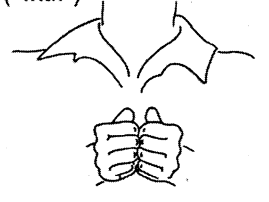

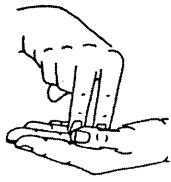




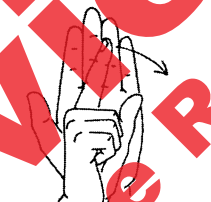


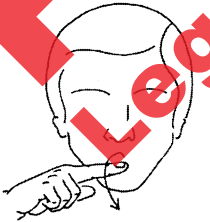
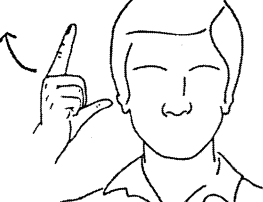

mp

rit. *Slower mp*

p

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**Note: Sign Language for *Seize The Moment* is featured on
 Sally K. Albrecht's choral movement video - *Showtime!* (Alfred #21176)**

<p><i>Seize the Moment</i></p> <p>by Sally K. Albrecht and Jay Althouse</p>	<p>HAND IN HAND ("together")</p>  <p>Place the "A" hands together or clasp them, circle from the R.</p>	<p>SIDE BY SIDE ("with")</p>  <p>Place the "A" hand close together (not quite touching) on your R, then L.</p>	<p>HERE</p>  <p>Both open hands move forward and circle out w/palms up.</p>
<p>STAND/STANDING</p>  <p>Place the R "V" in a standing position on the L palm.</p>	<p>FILLED</p>  <p>Brush R open palm across top of L fist ("S").</p>	<p>WITH</p>  <p>Place both "A" hands together, palm to palm.</p>	<p>PRIDE/PROUD</p>  <p>Place R "A" hand against chest and move slowly upward.</p>
<p>SEIZE ("catch")</p>  <p>Open R hand moves over the back of the open L hand, both close quickly.</p>	<p>MOMENT</p>  <p>L open palm faces R. R index rests against it, then moves forward.</p>	<p>TALL</p>  <p>L open palm faces R. R index moves up along L palm.</p>	<p>SING</p>  <p>Extend L arm. R fingertips move back and forth.</p>
<p>SAY</p>  <p>R index finger, pointing to the L, rolls forward from the mouth.</p>	<p>LOUD</p>  <p>R "L" moves out and up from R ear.</p>	<p>NOW</p>  <p>Both bent hands drop slightly.</p>	<p>Other Alfred Chorals with signing:</p> <p>Cover the World with Love, <i>Estes</i></p> <p>Our Gift for You, <i>Estes</i></p> <p>Peace I Leave with You, <i>Mozart/Moore</i></p> <p>Simple Song of Peace, <i>Estes</i></p> <p>Surrounded by Love, <i>Estes</i></p> <p>Where Can We Find Peace?, <i>Albrecht, Althouse</i></p>