



Con brio ♩ = 116

Kathryn Parrotta

with choreographed movements

T B

In - side, in- side, in- side. My lungs, my heart, my brain .- side, in- side. In - side we're all the same. In-

5 *choreography all parts*

S

In - side, in - side, .y lungs, my heart, my brain. In - side, in - side, in - side. In -

A

In - side, .e. My lungs, my heart, my brain. In - side, in - side, in - side. In -

T B

side, in- side, in - side. N art, my brain. In - side, in - side, in - side. In - side we're all the same. In -

9

A

S join choreography

S

side we're . In -

stomp stomp sim.

A

e all the same. in - side, in - side, in - side, in - side,

clap snap clap snap sim.

T B

side, in - side, in - side, in - side, in - side, in - side, in -

12



S
side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. In - si same. In -

(snap)

A
in - side, in-side, in - side, in-side, in - side, in - side, in-side,

(clap) (snap)

T
B
side, in - side, in - side, in - side, in - side, in - side, in - side, in -



16

S
side, in-side, in - side. y heart, my brain. In - side, in-side, in - side. In - side we're all the same. **tacet choreography*

A
in-side, in - side, in-side, in - side, in-side, in - side, in-side,

T
B
side, in - side, in - side, in - side, in - side, in - side, in - side, in - side, in -

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20

B

S *f* No dis-tance be-tween us, im - , -neath us. No

A in - side, in - side, in - side. No dis-tance be , - pa-tience be-neath us. No

T B *f* side, in - side, in - side, in - side, be-tween us, im - pa-tience be-neath us. No



24

to C
(C)

S *p sub* *ff* *f* dis-tance be-tween us, im - pa-tience be-neath us. We grow! In-

A *p sub* *ff* *f* tween us, im - pa-tience be-neath us. We grow! In-

T B *p sub* **bass split* *ff* *f* dis-tance be-tween us, im - pa-tience be-neath us. We grow! In-

stomp snap snap

stomp clap

stomp

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30 D

S
side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. all the same. In -

A
side, in-side, in - side. In - lungs, my heart, my brain. In - side, in-
tacet In - side we're all the same. In -

T
side, in-side, in - side. My lungs, my heart, my brain. - side, in - side. In - side we're all the same. In -

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34 **tacet choreography*

S *mf*
side, in-side, in - side. gs, my heart, my brain. In - side, in-side, in - side. In - side we're all the same. Our

A *mf*
side. My lungs, my heart, my brain. In - side, in-side, in - side. In - side we're all the same. Our

T *mf*
tenor only
side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. In side we're all-the same. Our

38

E

S
blood runs red, our veins are blue, we all breathe in you. Our

A
blood runs red, our veins are blue, we all bre and I see you. Our

T
B
blood runs red, our veins are blue, all breathe in and I see you. Our
add Bass

stomp stomp f

comp f

stomp stomp f

42

S
blood runs red, ins are blue, we all breathe in, I hear you too. We

A
d, our veins are blue, we all breathe in, I hear you too. We

T
B
blood runs red, our veins are blue, we all breathe in I hear you too. We

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F **D.S. al Coda** **G** \emptyset

46 *p* *ff* *f*

S grow In - grow

A grow In - grow

T B grow In

54 **H** *small group, bottom part is tenor *p*

grp We

S *ff* *f* we grow In - side, in - side, in - side. In -

A *ff* *f* We grow, we grow In - side, in - side, in - side. In -

T B *ff* *f* *unis.* We grow, we grow In - side, in - side, in - side. In -

stomp snap snap

stomp clap

stomp

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60 *mp* *mf*

grp
grow! _____ We grow _____ We

S
lungs, my heart, my brain. In - side, in - side, in - side. In - side we're all th - side, in - side, in - side. My

A
lungs, my heart, my brain. In - side, in - side, in - side. In .ne same. In - side, in - side, in - side. My

T
lungs, my heart, my brain. In - side, in - side, n - side we're all the same. In - side, in - side, in - side. My

64 *f*

grp
grow _____ We grow

S
lung brain. In - side, in - side, in - side. In - side we're all the same. In - *tacet* *mf*

A
lungs, my heart, my brain. In - side, in - side, in - side. In - side we're all the same. In - *tacet* *mf*

T
lungs, my heart, my brain. In - side, in - side, in - side. In - side we're all the same. In - *tacet* *mf*

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67 *p*

S side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. In - side we' ' the same. In -

A side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side, in - side. all the same. In -

T B side, in-side, in - side. My lungs, my heart, my brain. In - side, in-side In - side we're all the same. In -

71 *no rit.*

S side, in-side, in - side. My- lungs, my heart, my brai , in-side, in - side. In - side we're all the same.

A side, in-side, in - side. My- lungs, my ' In - side, in-side, in - side. In - side we're all the same.

T B side, in-side, in - side. .eart, my brain. In - side, in-side, in - side. In - side we're all the same.

Kathryn's suggested r is simple and very effective - easy to learn.
 Visit her Cypress pr to watch the video.
 Of course, this r ,performed with or without creative movement.



Kathryn Parrotta (b. 1981) has extensive experience in Calgary's choral community. From the age of 8 her songs were being performed and recorded by choirs around the city. She has studied piano, flute, theory, composition, and voice with mentors including Alan Riser, Tim Janz, Dawn Johnson, Pat Hrynkiw, Marnie Strome, Elaine Qulichini, Janet Youngdahl, and Malcolm Edwards. Kathryn holds a Bachelor of Music degree in Voice Performance and a Master of Music degree in Music Education, specializing in Choral Conducting. She is a director with the Youth Singers of Calgary, a large show choir and concert choir organization. She is also currently the director of the University of Calgary Chorus at a the School of Creative and Performing Arts in Calgary, Alberta. In addition to her private music studio, she is a frequent adjudicator and clinician for several schools and music festivals in and around Alberta. Several of Kathryn's choral pieces are published with Cypress Choral Music and Alliance Music Publications.

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