



PARKOUR

To Be and To Last

Parkour - l'art du deplacement - The art of moving
Traceur - (Twa-sur) Male participant
Traceuse - (Twa-surce) Female participant

For SA treble choir & piano with rapper(s)
 optional beatboxing*

Music & Lyrics by **PAUL JARMAN**

♩ = 90 Half time Hip Hop Beatboxing is optional as directed by conductor

PIANO *mf*

17 *All spoken word with excitement*

Rapper(s) Born in ev-ery one of us. It's as old as our hu-ma-ni-ty. The

S. Born in ev-ery one of us. It's as old as our hu - ma-ni-ty.

A. Born in ev-ery one of us. It's as old as our hu-ma-ni-ty.

21

Rapper(s) ul-ti-mate cre-a-tive rush. Be a-ny-thing you want to be.____

S. The ul - ti - mate cre - a-tive rush. Be a-ny-thing you want to be.____

A. The ul - ti - mate cre-a-tive rush. Be a-ny-thing you want to be.

25

Rapper(s)

S. *mp* Pa-tience, a ware-ness, re - spon-si - bi - li - ty. Lear-ning to flow with pre - ci sion and speed.

A.

mp

29

Rapper(s)

S. *cresc.* Ba-lance, en-du-rance, mo - bi - li - ty.____ Fo-llow your heart, fo-llow your dream.____

A. Fo-llow your heart, fo-llow your dream.____

cresc.

33

Rapper(s)

S. *mf*
Mas-ter-ing your bo dy, spi-rit and mind... Fa-cing your fears, de - ve lop your own style.

A. *mf*
Mas-ter-ing your bo dy, spi-rit and mind... Fa-cing your fears, de - ve lop your own style.

37

Rapper(s)

S. Par - kour. To

S. O-ver un-der loo-king be yond. No li-mi-ta-tions al-ways mo-ving on. Par - kour. *mf*

A. O-ver un-der loo-king be yond. No li-mi-ta-tions al-ways mo-ving on. To

42

Rapper(s)

S. be and to last... It's your way, a way of life... Par - kour.

S. Par - kour. Par - kour. Put your-self

A. be and to last. It's your way, a way of life... Put your-self

46

Rapper(s) to the test. Live your life to the best through Par - kour.

S. to the test. Live your life to the best through Par - kour. *f* This is my jour-ney, how

A. to the test. Live your life to the best through Par - kour. *f* This is my jour-ney, how

50

Rapper(s) — I live my life. See-ing the world through Par-kour eyes.

S. — I live my life. See-ing the world through Par-kour eyes.

A. — I live my life. See-ing the world through Par-kour eyes.

56

Rapper(s) *cresc.* Ev-ery day new obs-ta-cles to o - ver come, my su - rroun-dings and I ___ be -

S. *cresc.* Ev-ery day new obs-ta-cles to o - ver come, my su - rroun-dings and I ___ be -

A. *cresc.* Ev-ery day new obs-ta-cles to o - ver come, my su - rroun-dings and I ___ be -

60 *f*

Rapper(s) co-ming as one... Be -co-ming as one!

S. co-ming as one! *f* E - volve, a-dapt, cre - ate and ex plore...

A. co-ming as one! *f* E - volve, a-dapt, cre - ate and ex plore...

mp *f* *dim.*

64 *mf*

Rapper(s) It's your way, a way of life... In an Spoken word

S. *p* Ahh In an

A. *mf* Spoken word *mp* It's your way, a way of life... Free-dom to ex-press in an ur-ban_ jun - gle...

mp

68

Rapper(s) ur-ban jun - gle...

S. *mf* *cresc.* ur-ban jun - gle... Res - pect co - mmu - ni - ty... It's all a-bout lear-ning with hu

A. *mf* *cresc.* Res - pect co - mmu - ni - ty... It's all a-bout lear-ning with hu

cresc.

72

Rapper(s) *Par - kour. To be and to last.*

S. *mi - li - ty! Par - kour. Par -*

A. *mi - li - ty! To be and to last.*

f

76

Rapper(s) *It's your way, a way of life... Par - kour. to the test. Live your*

S. *kour. Par - kour. Put your-self to the test. Live your*

A. *It's your way, a way of life... Put your-self to the test. Live your*

80

Rapper(s) *life to the best through Par - kour.*

S. *life to the best through Par - kour.*

A. *life to the best through Par - kour.*

mf