

Shackles (Praise You)

Alto Solo

Arranged by Elaine Wilson

Mary Mary

RANGE $\text{♩} = 90$ **CHORUS**

The musical score is written for Alto Solo in a 4/4 time signature with a key signature of two flats (Bb and Eb). It begins with a 'RANGE' section consisting of two whole notes on a treble clef staff. This is followed by an 8-measure 'CHORUS' section, indicated by a large '8' above the staff. The lyrics 'In the' are written below the end of this section. The score then moves to 'VERSE 1' at measure 11. The lyrics for the first verse are: 'corn-ers of my mind I just can't seem to find a rea-son to believe that I can break free 'Cause you see I have been down for so long Feel like all hope is gone But as I lift my hands I und-er-stand That I should'. At measure 18, the 'CHORUS' section begins again, with lyrics: 'praise you through my cir-cum-stance So I can dance'. The second line of the chorus continues with 'I just wan-na praise you I just wan-na praise you'. The lyrics 'I can lift my hands No oo whoa Ev'-ry thing' are written below the next line of music. 'VERSE 2' starts at measure 27 with the lyrics: 'that could go wrong All went wrong at one time So much press-ure fell on me I thought I was gon' lose my mind'. The score concludes with a final 'CHORUS' section (8 measures) and a 'BRIDGE' section (4 measures), both indicated by large numbers above the staff.

In the

11 **VERSE 1**

corn-ers of my mind I just can't seem to find a rea-son to believe

13 that I can break free 'Cause you see I have been down for so long Feel like all

16 hope is gone But as I lift my hands I und-er-stand That I should

18 **CHORUS**

praise you through my cir-cum-stance So I can dance

21 I just wan-na praise you I just wan-na praise you

24 I can lift my hands No oo whoa Ev'-ry thing

27 **VERSE 2**

that could go wrong All went wrong at one time So much press-

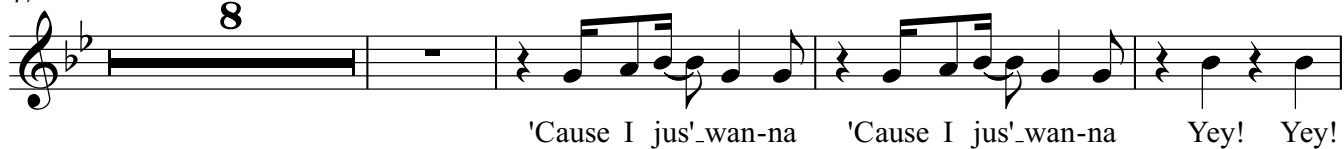
29 -ure fell on me I thought I was gon' lose my mind

35 **CHORUS** **BRIDGE**

47 CHORUS

CHORUS

8



'Cause I jus' wan-na 'Cause I jus' wan-na Yey! Yey!

59



I can lift_ my hands_ Praise ya Come on praise ba-by

63 FINAL CHORUS



So_ I can dance yeah Yes I'm free to-night Yes I'm free yey

67



I can lift_ my hands_ I'm_ gon na_ I'm_ gon na_ Yeah!