

STEP IT UP FOR SPORT RELIEF



Friday 18 March

Words and Music by Mark and Helen Johnson

With energy ♩ = 184

F B \flat C F B \flat /F

F B \flat C F B \flat /C

F B \flat C F N.C.

1. 3. Fri-day's come, let's__ have fun, it's the na-tion's fa - vou-rite sports day.

F B \flat C F

Tie your shoes, time__ to move, come on ev - ery - one!

F B \flat C F N.C.

2. 4. Run a mile, dance with style, it's the nation's fa - vou-rite sports day.

F B \flat C F

Cy - cle, swim, do your thing, come on ev - ery-one!

C⁵ C C⁷

We can make a dif - ference if we join the fun and games! -

C⁵ To Coda C F E \flat add⁹ E \flat

Kick to the left, back with a glide,

B \flat Eb E F

come on ev - ery - bo - dy do a deep - sea dive! Lim - bo for - ward,

E \flat add 9 Eb B \flat 1. Eb E F

knees up high, do the hoo - la - hoo - la for the long - est time!

2. Eb E F B \flat Eb E F

long - est time! Do the hoo - la - hoo - la for the long - est time!

B \flat C F *D. C al Coda*

D. C al Coda

♩ CODA

F F/E \flat E \flat B \flat

Kick to the left, back with a glide, come on ev-ery-bo-dy do a

E \flat E F F/E \flat E \flat

deep - sea dive! Lim - bo for - ward, knees up high,

1. 2.

B \flat E \flat E F E \flat E F

do the hoo - la - hoo - la for the long - est time! long - est time!

B \flat E \flat E F

Do the hoo-la-hoo-la for the long - est time!

Step it up, step it up, don't stop!

E_b B_b

Do your best, give it all you've got, tell your-self you can

F B_b/F F

go to the furth-est li-mit. Work it out, work it

E_b

out, let's_ go! Push your-self from your head to_ toe,

B \flat F

take it up just a notch for a per - fect fi - nish.

N.C.
(Spoken)

G Em 7 G/D G/B G Em 7 F

Take it up, take it up! Step it up, step it up, don't stop!

C

Do your best, give it all you've got, tell your-self you can

G N.C. G

go to the furth-est li-mit. Work it out, work it

Em⁷ F C

out, let's_ go! Push your-self from your head to_ toe,

Detailed description: This system contains the first two measures of the piece. The vocal line starts with a quarter rest, followed by a quarter note 'out,' and a half note 'let's_ go!'. The piano accompaniment features a steady bass line and chords in the right hand. The key signature has one sharp (F#).

G N.C.

take it up just a notch for a per-fect fi-nish.

Detailed description: This system contains the next two measures. The vocal line has a quarter rest, followed by a quarter note 'take it up', a quarter note 'just a notch', and a half note 'for a per-fect fi-nish.'. The piano accompaniment continues with similar harmonic support. The key signature remains one sharp.

G Em⁷ F

Kick to the left, back with a glide, come on ev - ery - bo - dy do a

Step it up, step it up, don't_ stop! Do your best, give it

Detailed description: This system contains the final two measures. The vocal line has a quarter rest, followed by a quarter note 'Kick to the left,', a quarter note 'back with a glide,', and a half note 'come on ev - ery - bo - dy do a'. The piano accompaniment concludes with sustained chords. The key signature remains one sharp.

C

deep - sea dive! Lim - bo for - ward, knees up high,
all you've got, tell your-self you can go to the furth - est

G N.C. G

do the hoo - la - hoo - la for the long - est time! Kick to the left,
li - mit. Work it out, work it

Em⁷ F C

back with a glide, come on ev - ery - bo - dy do a deep - sea dive!
out, let's_ go! Push your-self from your head to_ toe,

G

Lim - bo for - ward, knees up high, do the hoo - la - hoo - la for the
 take it up just a notch for a per - fect fi - nish.

N.C. G Em7 F

long - est time! Kick to the left, back with a glide,
 Step it up, step it up, don't stop!

C

come on ev - ery - bo - dy do a deep - sea dive! Lim - bo for - ward,
 Do your best, give it all you've got, tell your-self you can

G N.C.

knees up high, do the hoo - la - hoo - la for the long - est time!

go to the furth - est li - mit.

Detailed description: This system contains the first two lines of the musical score. The top staff is the vocal line with lyrics. The middle staff is a vocal line with lyrics. The bottom two staves are the piano accompaniment. Chords G and N.C. are indicated above the first two measures.

G Em⁷ F

Kick to the left, back with a glide, come on ev - ery - bo - dy do a

Work it out, work it out, let's_ go! Push your-self from your

Detailed description: This system contains the third and fourth lines of the musical score. The top staff is the vocal line with lyrics. The middle staff is a vocal line with lyrics. The bottom two staves are the piano accompaniment. Chords G, Em⁷, and F are indicated above the first three measures.

C F G

deep-sea dive! Lim - bo for - ward, knees up high, fi - nish!

head to_ toe, take it up just a notch for a per - fect fi - nish!

Detailed description: This system contains the fifth and sixth lines of the musical score. The top staff is the vocal line with lyrics. The middle staff is a vocal line with lyrics. The bottom two staves are the piano accompaniment. Chords C, F, and G are indicated above the first three measures.