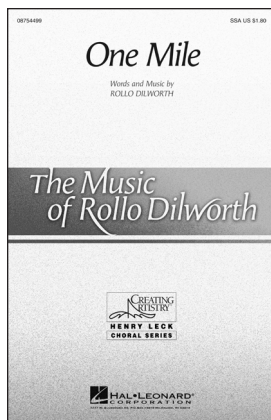


# ONE MILE

Words and Music by Rollo Dilworth



Written for the Sing a Mile High Choral Festival, this original work includes elements of both the spiritual and gospel genres and incorporates the traditional spiritual "By and By." Layered vocal lines, dynamic contrasts, rhythmic vitality and articulation convey the message of the song, that perseverance and hard work will win the victory.

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## Measure Movement

- |       |  |
|-------|--|
| 6-13  | Gospel style step touches, one per measure.  |
| 14-15 | Push both hands (palms out) from low to high (left on beat 1, right on beat 2 -- two times). |
| 16-17 | Turn hands over and reach high to low toward audience.                                       |
| 18    | Palms up and out just above head level (left on beat 1, right on beat 2).                    |
| 19    | Slowly reach hands higher.   |
| 21    | Grab L, R, then pull fists slowly down. Take repeat to m. 6.                                 |
| 23    | Grab L, R, then pull fists slowly down.  |
| 25    | Pulse twice by accenting heel -- LL.   |
| 26    | Pulse twice by accenting heel -- RR.   |
| 27    | Pulse twice by accenting heel -- LL.   |
| 28    | R rainbow arm left to right.   |
| 29    | Wavy hands left to right at waist level.   |
| 31    | Spread both hands out with palms down.   |
| 33    | Pulse twice by accented heel -- LL.  |
| 34    | Pulse twice by accented heel -- RR.  |
| 35    | Pulse twice by accented heel -- LL.  |
| 36    | R rainbow arm left to right.   |
| 39    | Stand tall.  |
| 41-44 | Gospel step touches.   |
| 45    | Stop steps. Scoop both hands low to shoulder height.   |
| 47    | Lower hands.   |
| 49-52 | Gospel style step touches, one per measure.  |
| 53    | Scoop both hands.  |
| 55    | Lower hands.   |
| 57    | Pull both fists to chest.  |
| 59-62 | Soprano I: Half-time marches, no feet (8 bars with repeat).                                  |
| 63-66 | Sop. I continues. Sop. II: Gospel step touches (8 bars with repeat).                         |
| 67-70 | Sopranos I and II continue (8 bars with repeat).   |
| 67    | Altos: L jazz hand at head level, then R.  |
| 68    | Altos: Push both hands up on "mile." Grab air with both fists on "just."                     |
| 69-70 | Altos: Slowly pull fists down.   |
| 71    | All: Scoop R jazz hand low to high, then grab the air on cut-off.                            |

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