

Cantabile Series

You Can Fly!

Words and Music by **LISA BENINCASA**

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Vocal Ranges

Part I Part II Part III



About the Composer



Lisa Benincasa is a graduate of Rollins College under the direction of Dr. John Sinclair. As a middle school choir director for the past 18 years, she enjoys working with young voices, and composing accessible repertoire for the middle school vocal range.

You Can Fly!

Lisa Benincasa's "You Can Fly!" delivers an empowering message to rise above life's challenges. Reminding singers that even in tough times, there's always more to give, this piece encourages resilience and embracing life fully. With its uplifting lyrics and inspiring perspective, this three-part mixed selection is a fantastic choice for encouraging positivity and self-belief in any concert setting.



Recordings are available on all major streaming services.

You Can Fly!

for Three-part Mixed Voices with Piano Accompaniment

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With Excitement ♩ = 82

Piano *mp*

3 Part I/II *mp*

This

5 world is mov - ing so — fast you can't think. It

7 seems like things — are hap - en - ing — as fast —

The musical score is written in 4/4 time with a key signature of two flats (Bb and Eb). It features a piano accompaniment and three vocal parts. The piano part consists of a right-hand melody and a left-hand bass line. The vocal parts are arranged in three staves. The score includes lyrics and a large diagonal watermark that reads 'Preview Only' and 'Excelcia Music Publishing'.

8 Part I/II

— as you — can blink. — Just slow — down, —

Part III *mp*

Just slow down,

10 and take a look — a round.

— and take a look — a - round.

12 *mf*

You can sit a - round here feel - ing

mf

14

sor-ry, sad, and blue, — but I think you have so — much more to

mf

but I think you have so — much more to

16

do. — So here's the — thing, — You're

f

do. — So here's the — thing, — You're

18

feel-ing like a bird — with a bro - ken — wing. —

feel-ing like — a bird — with a bro - ken — wing. —

20

mf

What would hap-pen if on - ly some - bo - dy dared — to

some - bo - dy dared — to

mf

mf

22

give a lit - tle care? — That wing could be — re - paired.

give a lit - tle care? — That wing could be — re - paired.

24

— So stand up — tall, —

— So stand up — tall, —

f

26

and find the spir - it that's in - side us ___ all. ___

and find the spir - it that's in - side us ___ all. ___

28

Take my hand, and turn, ___ and look me in ___ the eye ___

Take my hand, and turn, ___ and look me in ___ the eye, ___

30

you ___ can fly!

you ___ can fly!

32 *mp*

We still have the pow'r to make a change.

34 *mp*

We still have the pow'r to make a change.

35

Life could be so eas - y if we on - ly re - ar - ranged our pri -

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37

or - i - ties, — what we choose to see, — our re -

or - i - ties, — what we choose to see, — our re -

39

al - i - ty. —

al - i - ty. —

41

Just ig - nore the neg - a - tive and start to learn to live, — 'cause

'cause

43

I think you have so much more to give! Let me

I think you have so much more to give! Let me

45

hear you sing! Just like that bird with the

hear you sing! Just like that bird with the

47

bro - ken wing. I'll be here for you to -

bro - ken wing. to -

49

mor - row and — to - day — to help you on — the way, — and

mor - row and — to - day — to help you on — the way, — and

51

things will be — o - kay. — So

things will be o - kay. — So

53

stand up — all — em - brace the spir - it that's in

stand up — tall, — em - brace the spir - it that's in -

55

side us all. Take a breath and turn to
side us all. Take a breath and turn to

This system contains two vocal staves and a piano accompaniment. The vocal staves have lyrics: "side us all. Take a breath and turn to" on the top line and "side us all. Take a breath and turn to" on the bottom line. The piano accompaniment consists of a grand staff with treble and bass clefs.

57

look up to the sky, you can
look up to the sky you can

This system contains two vocal staves and a piano accompaniment. The vocal staves have lyrics: "look up to the sky, you can" on the top line and "look up to the sky you can" on the bottom line. The piano accompaniment consists of a grand staff with treble and bass clefs.

59

fly!
fly!

This system contains two vocal staves and a piano accompaniment. The vocal staves have lyrics: "fly!" on the top line and "fly!" on the bottom line. The piano accompaniment consists of a grand staff with treble and bass clefs.

61

Stand up tall, become the spirit that's in -

Stand up tall, become the spirit that's in -

63

side us all. Take my hand, and turn, and

side us all. Take my hand, and turn, and

65

look me in the eye, you can

look me in the eye, you can

67

mf

fly! You ___ can

fly! You ___ can

mf

69

mp

fly! You ___ can

fly! You ___ can

mp

71

rit.

fly!

fly!

p rit.

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