



For vocal group Twelve, Utrecht
Running From Myself

Music and lyrics:
ZAK ABEL

Arr.: RUBEN SMITS
November 2017

♩=108 Pop groove

Soprano 1
ooh oh ooh

Soprano 2
ooh oh ooh

Alto 1
buh b* b b b_ buh_ buh

Alto 2
ooh_ oh ooh

Tenor
oh ooh

Bas
buh b* b b b_ buh_ buh_ b b b b buh_ buh b b b b_ buh_ buh

* always keep a 'buh'-sound with loose lips

A
finger snaps on 2 and 4

S1
A -

S2
A -

A1
_ b b b b buh_ buh b b b b_ buh_ buh_ b b b b buh_

A2
A -

T
Ev-er felt like go - ing some - where else? A -

B
_ b b b b buh_ buh b b b b_ buh_ buh_ b b b b buh_

2

7 *scooping is encouraged*

S1 way from all this cha - os I've been ques - tion - ing my men

S2 way from all this cha - os ooh oh ooh.

A1 buh b b b b_ buh_ buh_ b b b b buh_ buh b b b b_ buh_ buh.

A2 way from all this cha - os ooh_ oh ooh.

T way from all this cha - os oh ooh.

B buh b b b b_ buh_ buh_ b b b b buh_ buh b b b b_ buh_ buh.

10

no finger snaps **B** *finger snaps on 2 and 4*

S1 - tal health_ Break - ing for my day_ up doo doo

S2 Break - ing for my day_ up doo doo doo doo

A1 _ b b b b buh_ Break - ing for my day_ up You give it all_ but it's

A2 Break - ing for my day_ up doo doo doo doo

T Break - ing for my day_ up doo doo

B _ b b b b buh_ Break - ing for my day_ up doo doo

14

S1 doo doo doo doo doo doo ooh

S2 doo doo doo doo doo doo doo doo doo doo ooh

A1 nev - er - e - nough I hold on but the day's nev - er done Let me go, yeah

A2 doo doo doo I hold on but the day's nev - er done let me go

T doo doo doo doo doo doo doo let me go

B doo doo doo doo doo doo doo ooh let me go

stop finger snaps
gradually open the vowel from oh to ah

18

S1 let me go let me go pa pa pa pa pow snap

S2 let me go oh pa pa pa pa pow snap

A1 Causel can't go on Run - ning from my - self,

A2 oh let me go pa pa pa pow snap

T oh let me go pa pa pa pow snap

B oh pa pa pa pa pow snap

21 **C** *finger snaps on 2 and 4*

S1
ooh wah ooh_ buh b b b b_ buh_ buh

S2
ooh wah ooh_ buh b b b b_ buh_ buh

A1
ooh wah ooh_ Run-ning from my - self_

A2
buh b b b b_ buh_ buh_ b b b b_ buh_ buh

T
ooh wah ooh_ buh b b b b_ buh_ buh

B
buh b b b b_ buh_ buh_ b b b b_ buh_ buh

24 **D**

S1
_ b b b b buh_ ooh wah ooh_

S2
_ b b b b buh_ ooh wah ooh_

A1
ooh wah ooh_ Run-ning from my - self

A2
_ b b b b buh_ buh b b b b_ buh_ buh_ b b b b_ buh_

T
_ b b b b buh_ ooh wah ooh_

B
_ b b b b buh_ buh buh b b b b_ buh_ buh_ b b b b_ buh_

27

S1 *buh b b b b_ buh_ buh_ b b b b_ buh_ my - self*

S2 *buh b b b b_ buh_ buh_ b b b b_ buh_ my - self*

A1 *ooh_ buh b b b b_ buh_ buh*

A2 *buh b b b b_ buh_ buh_ b b b b_ buh_ my - self*

T *buh b b b b_ buh_ Run - ning from my - self*

B *buh b b b b_ buh_ buh_ b b b b_ buh_ buh b b b b_ buh_ buh*

30

S1 *buh b b b b_ buh_ buh_ b b b b_ buh_ buh -*

S2 *buh b b b b_ buh_ buh_ b b b b_ buh_ buh -*

A1 *b b b b_ buh_ buh b b b b_ buh_ buh_ b b b b_ buh_ buh -*

A2 *buh b b b b_ buh_ buh_ b b b b_ buh_ buh -*

T *uh run - ning for_ my - self_ buh_ b b b b_ buh_ buh -*

B *b b b b_ buh_ buh b b b b_ buh_ buh_ b b b b_ buh_ buh -*