

This is It

For AZ Women's A Cappella Retreat October 2024

Words and Music by TROUSDALE
Arrangement by EMILY DRUM

♩ = 90

A

Solo
it's ne-ver as bad as what you're think-ing

Soprano
Right now in the crowd, take a se- cond, feel your brea- thin' Put those shoul- ders down

Soprano
Right now in the crowd, take a se- cond, feel your brea- thin' Put those shoul- ders down

Mezzo
Right now in the crowd, take a se- cond, feel your brea- thin' Put those shoul- ders down

Alto
Right now in the crowd, take a se- cond, feel your brea- thin' Put those shoul- ders down

Alto
take a se- cond, feel your brea- thin' Put those shoul- ders down

5
you've had a- noth- er day_ wond'r- ing how long it takes to get_ to where you're go- ing you're not liv- ing ev' ry mo- ment to live

S.
to get_ to where you're go- ing you're not liv- ing ev' ry mo- ment to live

S.
loo loo_ loo loo loo_ loo loo loo_ loo

M.
loo loo

A.
to get_ to where you're go- ing you're not liv- ing ev' ry mo- ment to

A.
hoo_ hoo_

8

when some-one tells_ you no_ you take it so per - son-al you're dream

oh hoo - oo - ooh

loo loo

live hoo - oo - ooh

hoo

11 B

- ing of a feel-ing but you're not gett-ing what you give_ i'mhav-ing such a

hoo - oo - ooh wuh ooh right here right now

loo loo

hoooh - oo - oo - wuh oh ooh da da da da

hoo ooh da da da da

15 C

good time___ hang-ing at the bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the time_ when_ we knew

S. loo loo___ loo loo loo___ loo loo loo___ loo

S. loo loo

M. _____

A. _____ hoo - wuh___

A. _____

18

half as much as we know now_ let's take a mo-ment to smell the ro - ses_ in case___we e-ver for-get what ha-ppi-ness

S. loo loo___ loo loo loo___ loo loo loo___ loo loo loo

S. loo loo

M. half as much as we know now_ hah ah___ hah ah___

A. half as much as we know now_ hah ah___ hah ah___

A. half as much as we know now_ hah ah___ in case___we e-ver for-get what ha-ppi-ness

D

22

is this is it ooh la la la la la la ooh this is it ooh la la la la la la ooh

S.

loo loo_ ooh la la la la la la ooh this is it ooh la la la la oh_

S.

loo loo loo loo ooh_ dm dm_ dm dm_ oh_

M.

ooh_ dm dm_ dm_ be dm be de dm dm_ dm dm_ oh_

A.

ooh la la la la la la ooh this is it ooh la la la la oh_

A.

is dm dm_ dm dm_ dm dm_ dm_ be dm be de dm dm_ dm dm_ oh

E

27

you're wak-ing up_ a-lone_ and oh God it's getting old you're look - ing for a rea-son but the rea-son ain't worth the time

S.

wak-ing up_ a-lone_ God it's gett-ing old rea-son ain't worth the time

S.

dm be dm_ dm be dm be dm_ dm be dm be dm_ dm be

M.

wak-ing up_ a-lone_ God it's gett-ing old rea-son ain't worth the time

A.

dm be dm_ dm be dm be dm_ dm be dm be dm_ dm be

A.

dm be dm_ dm be dm be dm_ dm be dm be dm_ dm be

F

30

there's o - nly so much so let's live it up trust in the mo-ment cause you'll ne-ver know when you could have such a

S.

there's o - nly so much so let's live it up trust in the mo-ment cause you'll ne-ver know when you could have such a

S.

dm be dm_ dm there's o - nly so much so let's live it up trust in the mo-ment cause you'll ne-ver know when you could have such a

M.

dm be dm_ dm be trust in the mo-ment cause you'll ne-ver know when you could have such a

A.

dm be dm_ dm be dm be dm_ dm be trust in the mo-ment cause you'll ne-ver know when you could have such a

A.

dm be dm_ dm be dm be dm_ dm be trust in the mo-ment cause you'll ne-ver know when you could have such a

G

34

good time hang-ing at the bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the_ time_ when_ we knew

S.

good time hang-ing at the bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the_ time_ when_ we knew

S.

good time hey_ yeah_ that_ time_ when

M.

good time hey_ yeah_ that_ time_ when

A.

good time hang-ing at the bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the_ time_ when_ we knew

A.

good time dm be dm dm be dm_ be dm de dm be dm_ be dm de

47

S. take a se-cond feel your breath-ing put those should-ers down it's ne-ver as bad as what you're think-ing right now in the crowd

S. take a se-cond feel your breath-ing put those should-ers down it's ne-ver as bad as what you're think-ing right now in the crowd

M. take a se-cond feel your breath-ing put those should-ers down it's ne-ver as bad as what you're think-ing right now in the crowd

A. — h m m o o h u h

A. take a se-cond feel your breath-ing h m o o h u h

51

S. take a se-cond feel your breath-ing right now look a-round eve-ry bo-dy's hav-ing such a good time— hang-ing at the

S. take a se-cond feel your breath-ing right now look a-round eve-ry bo-dy's hav-ing such a good time— hang-ing at the

M. take a se-cond feel your breath-ing right now look a-round eve-ry bo-dy's hav-ing such a good time— hang-ing at the

A. — right now look a-round eve-ry bo-dy's hav-ing such a good time— hang-ing at the

A. — right now look a-round eve-ry bo-dy's hav-ing such a good time— hang-ing at the

55

S. bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the time when_ we knewhalf as much as we know now let's take a mo-ment

S. bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the time when_ we knewhalf as much as we know now hoo wa -

M. bar talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the time when_ we knewhalf as much as we know now hoo wa -

A. bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the time when_ we knewhalf as much as we know now let's take a mo-ment

A. bar, talk-ing shit, drink-ing beer, and laugh-ing a - bout_ the time when_ we knewhalf as much as we know now dm be dm_ be dm de

59

S. to smell the ro-ses___ in case__we e-ver for-get what ha ppi-ness___ is___ this is it ooh la la la la laoh this is

S. oh ha_____ this is it ooh la la la la laoh this is

M. oh ha_____ this is dm dm dm dm dm dm dm dm dm dm

A. to smell the ro-ses___ in case__we e-ver for-get what ha ppi-ness___ is___ this is it ooh la la la la laoh this is

A. dm be dm_ be dm de dm be dm_ be dm de

64

S. it ooh la la la la la la ooh_____ this is it

S. it ooh la la la la la la ooh_____

M. dm right now in the crowd__

A. it ooh la la la la la la ooh_____

A. dm be dm__ be dm de dm be dm__ be dm de dm be dm__ be dm de

67

S. put those should-ers down hooah

S. take a se-cond feel your breath - in_____ hooah

M. it's ne-ver as bad as what you're think - ing

A. take a se-cond feel your breath - in_____ it's ne-ver as bad as what you're think - ing

A. dm be dm__ be dm de dm be dm__ be dm de dm be dm__ be dm de