

BIO RHYTHMS

By Richard Meyer

INSTRUMENTATION

Conductor Score	1
Violin I	8
Violin II	8
Viola	5
Cello	5
String Bass	5

BIO RHYTHMS

Suggested seating for *Bio Rhythms* is (clockwise from the conductor's left): Violin I, Violin II, Viola, and Cello. The string bass section should be placed behind the cello section. Bows are not used in this piece, and should be placed safely out of the way. In addition to pizzicato, there are nine sounds used:

- 1) **Palms:** With fingers pointing up, rub palms together at eye level.
- 2) **Snap:** Snap fingers at eye level. Those students who can't snap should pantomime this.
- 3) **Chest:** Slap chest like a gorilla, with flat hands.
- 4) **Clap:** Clap hands at eye level.
- 5) **Thighs:** Slap thighs with flat hands.
- 6) **Stomp:** Stomp feet on the ground. Sitting basses can stomp both feet when designated, while standing basses should stomp only one foot.
- 7) **Pop!:** Pop cheek with index finger; should sound like a champagne bottle being opened.
- 8) **Hiss:** Make a hissing sound, like air escaping from a tire.
- 9) **Scream:** Select ONE student to stand up and scream on beat 3 of measure 61.

An "R" or "L" over/under a note denotes right or left hand (chest, thigh), and right or left foot (stomp). For the most effective performance, dynamics should be strictly observed throughout!



Bio Rhythms

CONDUCTOR SCORE

Duration - 3:10

Richard Meyer

Allegretto moderato (♩ = 100)

Palms

Violins

I *f* *sim.* Snap (both hands)

II *f*

Viola

pizz. *p*

Cello

pizz. *p* Snap (both hands)

String Bass

1 2 3 *f*

Vlns.

I Chest *f* R L R L R L

II

Vla.

Cello

Str. Bass

4 5 6 7

Palms

Vlns. I *f*

Vlns. II *f* Palms

Vla. *f*

Cello *f* Palms

Str. Bass *f* Palms

8 9 10 11

13

Vlns. I pizz. *mp*

Vlns. II pizz. *mp*

Vla. Palms *f* Clap *f*

Cello *f* Clap *f*

Str. Bass pizz. *mp*

12 13 14 15

The musical score for measures 16-20 of 'The Way of the World' features the following parts and markings:

- Vlns. I & II:** Violins I and II, both in treble clef with a key signature of one sharp (F#).
- Vla.:** Viola in alto clef with a key signature of one sharp (F#). It includes percussive markings: 'Snap' and 'Clap' in measures 17 and 18, and 'Thighs' and 'Stomp' in measures 16 and 17.
- Cello:** Cello in bass clef with a key signature of one sharp (F#). It includes percussive markings: 'Thighs' and 'Stomp' in measures 16 and 17, and 'Clap' in measure 18.
- Str. Bass:** String Bass in bass clef with a key signature of one sharp (F#).

The score includes dynamic markings such as *f* (forte) and *f* (forte) in measures 17 and 18. A large red watermark 'Not for purchase' is overlaid diagonally across the score.

23

Thighs

Chest

R L R L R R R

R

I

Vlns.

II

Thighs

R L R L R L

p

f

Thighs

R L R L R L

p

f

Clap

Thighs

R L R L R L

p

f

Stomp (both feet)

f

pizz.

Cello

Thighs

R L R L R L

p

f

Stomp

f

pizz.

Str. Bass

Thighs

R L R L R L

p

f

21 22 23 24

Vlns. I *sim.* Chest Clap
 Vlns. II *sim.* Chest Stomp Clap
 Vla. Thighs Stomp Clap
 Cello Stomp (both feet) pizz. Thighs Stomp Clap
 Str. Bass Stomp pizz. Thighs Stomp Clap

25 26 27 28

Vlns. I Clap Chest Thighs Stomp Chest Clap
 Vlns. II Stomp Clap Chest Thighs Stomp Chest Clap
 Vla. Stomp Clap Chest Thighs Stomp Clap
 Cello pizz. *f* Stomp *f* Stomp *f* Stomp
 Str. Bass pizz. *f* Stomp *f* Stomp *f* Stomp

29 30 31 32

Score for measures 33-36, featuring Vlns. I & II, Vla., Cello, and Str. Bass. The score includes dynamic markings (*f*, *mf*, *p*) and performance instructions (Snap, Thighs, Chest, Stomp, Clap, Hiss, R L R L R L R L).

Measure 33: Vlns. I & II (Snap both hands, *f*), Vla. (Chest both hands, *f*), Cello (Stomp both feet, *f*), Str. Bass (Stomp, *f*).

Measure 34: Vlns. I & II (Thighs both hands, *f*), Vla. (Thighs both hands, *f*), Cello (Thighs both hands, *f*), Str. Bass (Thighs both hands, *f*).

Measure 35: Vlns. I & II (Snap both hands, *f*), Vla. (Thighs, *mf*), Cello (Thighs, *pizz.*), Str. Bass (Thighs, *pizz.*).

Measure 36: Vlns. I & II (Hiss, *f*), Vla. (Chest R L R L R L R L, *p*), Cello (Chest, *pizz.*), Str. Bass (Chest, *pizz.*).

Score for measures 37-40, featuring Vlns. I & II, Vla., Cello, and Str. Bass. The score includes dynamic markings (*ff*, *f*, *mf*, *p*) and performance instructions (Pop!*, Hiss, Chest, Thighs, sim.).

Measure 37: Vlns. I & II (sim.), Vla. (sim.), Cello (sim.), Str. Bass (sim.).

Measure 38: Vlns. I & II (sim.), Vla. (sim.), Cello (sim.), Str. Bass (sim.).

Measure 39: Vlns. I & II (Pop!*, *ff*), Vla. (Pop!*, *ff*), Cello (Pop!*, *ff*), Str. Bass (Pop!*, *ff*).

Measure 40: Vlns. I & II (Hiss, *f*), Vla. (Chest, *mf*), Cello (Chest, *p*), Str. Bass (Chest, *p*).

*Select 4 or 5 violinists to "Pop!" This group should stand up quickly before each "Pop!" and sit down immediately afterward.

Pop! Hiss 44

Vlns. I *ff* Pop! *fp* *fp*

Vlns. II *ff* *f* Clap

Vla. *f* *f* Clap

Cello *f* Stomp (both feet) *f*

Str. Bass *f* Stomp *f*

41 42 43 44

Thighs

Vlns. I *fp* *fp* *fp* *p* Thighs

Vlns. II *p* Thighs

Vla. *p* Thighs

Cello *p* Thighs

Str. Bass *p* Thighs

45 46 47 48

49 Chest

Vlns. I *f* *sim.*

Vlns. II *f* *sim.*

Vla. *f* Clap

Cello *f* Stomp (both feet) pizz. Stomp (both feet) pizz.

Str. Bass *f* Stomp pizz. Stomp pizz.

49 50 51 52

Vlns. I Chest Clap Stomp Clap

Vlns. II Chest Clap Stomp Clap

Vla. Thighs Clap Stomp Clap

Cello Thighs Clap Stomp Clap

Str. Bass Thighs Clap Stomp Clap

53 Stomp 54 55 Stomp 56

58

Chest (both hands)

Clap

p molto cresc.

Stomp

p molto cresc.

Thighs (both hands)

Chest

p molto cresc.

Thighs (both hands)

p molto cresc.

Thighs (both hands)

p molto cresc.

Thighs (both hands)

p molto cresc.

57 58 59 60

62

Solo:
Scream!
(standing) Palms

ff *fff* *f* *sim.*

Snap (both hands)

f

pizz.

p

pizz.

p

pizz.

p

ff *fff*

Solo:
Scream!
(standing)

ff *fff*

Solo:
Scream!
(standing)

ff *fff*

Solo:
Scream!
(standing)

ff *fff*

Solo:
Scream!
(standing)

ff *fff*

61 62 63 64

Score for measures 65-68, featuring Vlns. I & II, Vla., Cello, and Str. Bass. The score includes dynamic markings (*f*) and performance instructions: Clap, Snap (both hands), Chest, and Thighs.

Measures 65, 66, 67, and 68 are shown. The Vlns. I part features a continuous eighth-note pattern. The Vlns. II part has rests in measures 65 and 66, followed by a rhythmic pattern in measures 67 and 68. The Vla., Cello, and Str. Bass parts have a consistent eighth-note pattern throughout the measures.

65 66 67 68

Score for measures 69-72, featuring Vlns. I & II, Vla., Cello, and Str. Bass. The score includes dynamic markings (*f*) and performance instructions: Palms, Snap, Clap, Chest, Stomp (both feet), and Stomp.

Measures 69, 70, 71, and 72 are shown. The Vlns. I part features a continuous eighth-note pattern. The Vlns. II part has rests in measures 69 and 70, followed by a rhythmic pattern in measures 71 and 72. The Vla., Cello, and Str. Bass parts have a consistent eighth-note pattern throughout the measures.

69 70 71 72

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