

Seven Ways to Move

Emily Howard

1.

Strictly in time
Very slow ($\text{♩} < 42$)

Piano

fff *ff* *f* *mf*

ped. *ped.* *ped.*

Faster ($\text{♩} = 66$)

mp *p* *pp* *ppp* *legato*

poco ped.

p *ppp*

molto rall. - - - - - **As slow as possible**

p *ppp* *(hold pedal)* *fff*

PROGRAMME NOTE

Seven Ways to Move is a dynamic exploration of contrast and cohesion written after a wide-ranging discussion with Mick Broad. I was particularly inspired by Mick's love for the energy of pulsed music, and his wish to take part in a heavy rock physical movement class.

I have responded with music for solo piano – at times fluid and lyrical, at others abrupt, pulsing, or fragmented. The piece plays with shifting pulses: the hypnotic and driving alongside the grounded and deliberate. It unfolds as seven interconnected musical sections that flow seamlessly into one another. Despite their diverse characters, the seven sections are bound together by the same harmonic thread, celebrating movement in all its forms – both expected and surprising.

Seven Ways to Move is dedicated to Mick Broad. I am grateful to both Mick and pianist Yuanfan Yang for the many helpful conversations along the way.

Emily Howard, January 2025

Duration: 7 minutes approx.

Commissioned by the Royal Northern College of Music's Principal's Circle

*First performed on 30 January 2025 by Yuanfan Yang (piano) at the
Royal Northern College of Music, Manchester, in the Music for Parkinson's
Relaxed Performance, curated by Michelle Phillips, part of RNCM Disability Week*