

I Fall and Then I Rise Again

SSATB a cappella

Michael East
(1585-1620)

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Cantus: I fall and then I rise a - gain a - loft,
Quintus: I fall and then I rise a - gain a - loft,
Tenore: I fall and then I rise a - gain a -
Altus: I fall and then I rise a - gain a - loft,
Bassus: I

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Cantus: I fall and then I rise a - gain a - loft, a
Quintus: gain a - loft, I fall and then I rise a - gain a -
Tenore: loft, a - gain a - loft, I fall and then I rise a -
Altus: a - gain a - loft, I fall and then I rise a - gain a -
Bassus: fall and then I rise a - gain a - loft, a - loft, I

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Cantus: gain a - loft, I fall and then I rise a - gain a - loft, I sing and sigh,
Quintus: loft, I fall and then I rise a - gain a - loft, I sing and sigh, I
Tenore: gain a - loft, a - gain a - loft, I sing and sigh, I
Altus: loft, a - gain a - loft, I
Bassus: fall and then I rise a - gain a - loft, I

and all with-in a- stound, I slept on stones,
sing and sigh, and all with-in a- stound, I slept on stones,
sing and sigh, and all with-in a- stound, I slept on stones, I
sing and sigh, and all with-in a- stound, I slept on
sing and sigh, and all with-in a- stound, I slept on

al- though my bed be soft, I slept on stones, on stones, al- though my
al- though my bed be soft, I slept on stones, al- though my
slept on stones, al- though my bed be soft, I slept on stones, al- though
stones, al- though my bed be soft, I slept on stones, al-
stones, al- though my bed be soft, I slept on stones, al- though my

bed be soft, I climb full high, I climb full high, I climb full
bed be soft, I climb full high, I climb full high, I climb full
my bed be soft, I climb full high, I climb full high,
though my bed be soft,
bed be soft,

high, then tum - ble to the ground,
 high, then tum - ble to the ground,
 I climb full high, full high, then tum - ble to the ground, I climbfull high, I climb full high, I climb full
 I climbfull high, I climb full high, I climb full

I climb full high, I climb full high,

then tum - ble to the ground,
 then tum - ble to the ground,
 high, then tum - ble to the ground, then tum-ble to the ground, then
 high then tum - ble to the ground, then tum - ble
 I climbfullhigh, full high, then tum - bleto the ground, then tum - - ble to the ground, then tum - ble

then tum - ble to the ground, thus my poor
 then tum - ble, tum - ble to the ground, thus my poor
 tum - ble to the ground, to the ground, thus my poor
 to the ground, then tum - ble to the ground, thus my poor
 to the ground, then tum - - ble to the ground, thus my poor

heart with Cu - pid's dart sore wound - ed, doth tire it - self, doth
 heart with Cu - pid's dart sore wound - ed, doth tire it - self doth
 heart with Cu - pid's dart sore wound - ed, doth tire it - self, doth tire it - self, doth
 heart with Cu - pid's dart sore wound - ed, doth tire it - self,
 heart with Cu - pid's dart sore wound - ed, doth tire it - self,

tire it - self, and thus sweet love is found - ed, and thus sweet love is found - ed,
 tire it - self, and thus sweet love is found - ed, is found - ed, and thus sweet
 tire it - self, doth tire it - self, and thus sweet love is found - ed, and
 doth tire it - self, and thus sweet love is found - ed, and thus sweet love is found - ed,
 doth tire it - self, and thus sweet love is found - ed, sweet love is found - ed, and

and thus sweet love is found - ed, is found - ed, and thus sweet love is found - ed.
 love is found - ed, and thus sweet love is found - ed, and thus sweet love is found - ed.
 thus sweet love is found - ed, and thus sweet love is found - ed, sweet love is found - ed.
 and thus sweet love is found - ed, and thus sweet love is found - ed.
 thus sweet love is found - ed, sweet love is found - ed, sweet love is found - ed.