

# Arise and Shine Forth

(Flute - use with duet version)

Sally DeFord

♩ = 76

3 4 6 3 10

(Intro) (Verse 1)

3 14 16 10

(Chorus)

26

3 30 3 34 36 9

(Verse 2) (Chorus)

*mf* 46 48

3 52 54 3 58

(Verse 3)

*f* (Chorus) 60 64

62 64

*rit.* *a tempo* 66 70 2

*molto rit.* 70 74