

# Call yourself beautiful

**SSA with piano**

laura hawley

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LAH PUBLICATIONS

EDMONTON, CANADA

[www.laurahawley.ca](http://www.laurahawley.ca)

**Original text by AKR:**

Nobody tells you  
it is ok to call yourself beautiful  
it is ok to smile at mirrors  
and it is perfectly fine  
to say your own eyes are pretty

it is wonderful to love your waist  
and your legs  
regardless of their size  
and you are not conceited  
if you use your fingers to list  
everything you're good at  
rather than point at all your own flaws

you can acknowledge you're smart  
and that you will go places  
and you will be someone  
greater than your mistakes

you can't always expect  
other people to believe in yourself  
for you

*Attr: AKR (Amanda Katherine Rickertson)*

Commissioned by the *WVSD Treble Honour Choir* in 2019 under the direction of Suzanne Fulton in Vancouver, BC. This piece is also available for SSATBB with piano.

**Duration: 5:30**

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# Call yourself beautiful

AKR (Amanda Katherine Rickertson)

laura hawley

**Bold and brave** ♩ = 82

Soprano 1 & 2  
Alto  
Piano

4  
S 1 & 2  
A  
Pno.

8  
S 1 & 2  
A  
Pno.

No-bo-dy tells you, No - bo-dy tells you that it's o - kay to  
No-bo-dy tells you, No - bo-dy tells you that it's o - kay to  
call your-self beau-ti-ful that it's o - kay to smile at mir - rors and it is per-fect-ly, per-fect-ly fine  
call your-self beau-ti-ful that it's o - kay to smile at mir - rors and it is per-fect-ly, per-fect-ly fine  
to say your own eyes are pret-ty No-bo-dy tells you, No - bo-dy tells you  
to say your own eyes are pret-ty No-bo-dy tells you, No - bo-dy tells you

Performance note: use a pop approach to diction throughout, for example, avoiding a hard "t" in the word "pretty."

S 1 & 2  
 it is won - der - ful to love your waist it is won - der ful to  
 A  
 it is won - der - ful to love your waist it is won - der ful to

Pno.

*mp*

you can't al - ways

This space is left blank intentionally.

*mp*

18 *poco a poco cresc.*  
 S 1 & 2  
 ex - pect *mp* you can't al - ways ex - pect *poco a poco cresc.* you can't al - ways  
 A  
 o - ther peo - ple o - ther peo - ple

Pno.

22 *mf*

S 1  
ex - spect o - ther peo - ple no, no you can't al - ways

S 2  
ex - spect o - ther peo - ple no, no you can't al - ways

A  
o - ther peo - ple o - ther peo - ple, no, no

Pno. *mf*

26

S 1  
ex - spect you can't al - ways ex - spect you can't al - ways

S 2  
ex - spect you can't al - ways ex - spect you can't al - ways

A  
*mf* o - ther peo - ple o - ther peo - ple

Pno. *mf*

Call yourself beautiful

S 1  
ex - pect o - ther peo - ple peo - ple, peo - ple to be-lieve *f*

S 2  
ex - pect o - ther peo - ple peo - ple, peo - ple to be-lieve *f*

A  
o - ther peo - ple o - ther peo - ple, peo - ple, peo - ple to be-lieve *f*

Pno.

S 1  
to be-lieve to be-lieve

S 2  
to be-lieve to be-lieve

A  
to be-lieve

Pno.

36

S 1  
to be-lieve to be-lieve in your -

S 2  
to be-lieve to be-lieve in your -

A  
to be-lieve to be-lieve in your -

Pno.

40

S 1  
self for you *mp* you can ack-now - ledge that you're smart and *f*

S 2  
self for you *mp* you can ack-now - ledge that you're smart and *f*

A  
self for you *mp* you can ack - know - ledge that you're smart and *f*

Pno.

44

S 1 & 2

that you will go pla - ces and you will be some - one great - er than your mis - takes

A

that you will go pla - ces and you will be some - one great - er than your mis - takes

Pno.

47

S 1 & 2

and you are not con - ceit - ed if you use all your fin - gers to list ev - ery - thing you're good at ra - ther than

A

and you are not con - ceit - ed if you use all your fin - gers to list ev - ery - thing you're good at ra - ther than

Pno.

50

\*SOLO  
or a few voices: *f*

SOLI

be - lieve

S 1 & 2

point at all your own flaws you can ack - now - ledge that you're smart and that you will go pla - ces

A

point at all your own flaws you can ack - now - ledge that you're smart and that you will go pla - ces

Pno.

optional piano ad lib m. 51-58

\*Soloist is welcome to improvise here or use suggested descant



This page is left blank intentionally.

Clap on beats 2 and 4

59

S 1  
&2

you can ack-nov - ledge that you're smart and that you will go pla-ces and you will be some-one great - er

A

you can ack-nov - ledge that you're smart and that you will go pla-ces and you will be some-one great - er

Pno.

62

S 1  
&2

than your mis - takes and you are not con - ceit - ed if you use all your fin - gers to

A

than your mis - takes and you are not con - ceit - ed if you use all your fin - gers to

*The words should be called out by individual voices taking turns, and singers are encouraged to choose their own ideas to list - these are just examples!*

65

S 1  
&2

list ev - ery - thing you're good at *swimming!* *kindness!*

A

list ev - ery - thing you're good at *physics!* *yoga!*

*Continue with every musician calling out something they are good at, letting the voices gradually overlap in an exciting cacophony. Keep the clapping going as this is happening, and continue this way for only one or 2 bars before proceeding to m. 68. (Keep rocking the claps on beats 2 and 4)*

**Singers - you may wish to use this space to pencil in a few ideas for the "stuff I'm good at" section if you prefer that to deciding what to say during performance. If you'd like to think of something "on the spot," that's good too!**

Clapping stops here\*

# Call yourself beautiful

S 1 & 2

*f*

No - bo - dy tells you, No - bo - dy tells you that it's o - kay to

A

*f*

No - bo - dy tells you, No - bo - dy tells you that it's o - kay to

Pno.

S 1 & 2

call your-self beau-ti-ful that it's o - kay to smile at mir - rors and it is per-fect-ly, per-fect-ly fine

A

call your-self beau-ti-ful, to be-lieve to be-lieve

Pno.

S 1 & 2

*mf* to say your own eyes are pret-ty *mp* to say your own eyes are pret-ty

A

*mf* to say your own eyes *mp* be - lieve in your - self

Pno.

*p*

\*if the audience is clapping and they keep going and it's awesome, that's fine!

79 *p*

All *be - lieve in your - self be -*

Pno.

82 AUDIENCE JOINS HERE:  
*repeat this phrase at least 3 times*

All *lieve in your - self be - lieve in your - self*

Pno.

85 *mp*

All *be - lieve in your - self be -*

Pno.

88 *poco a poco cresc.* *mf*

All *lieve in your - self be - lieve in your - self be -*

Pno.

92 *mf*

S 1  
lieve in your - self be - lieve

S 2  
lieve in your - self be - lieve in your - self

A  
lieve in your - self be - lieve in your - self

Pno.

AUDIENCE STOPS HERE

95 *f*

S 1  
and call

S 2  
*f*  
be - lieve in your - self be -

A  
and say your own eyes are pret - ty and say your own eyes are pret - ty

Pno.  
*mp* *f*

98 *mf*

S 1 and call your - self

S 2 lieve in your - self *mf* be - lieve in your - self

A and say your own eyes are pret - ty

Pno. *dim.*

101 *senza rit.*

S 1 call your-self beau - ti - ful *mm*

S 2 say your own eyes are pret - ty

A say your own eyes are pret - ty

Pno. *mp*



## Select works by **laura hawley**:

A house of prayer  
SATB with piano or string quartet

Absence  
SSAATTBB + alto solo a cappella

Angels in the Snow  
SSA with piano

Au champ d'honneur  
Unison/2-part with piano

Be music, night  
SSAATBB a cappella

Call yourself beautiful  
SSA with piano

Carol Trilogy  
SSAA divisi with piano

Chelsea Morning  
SSSAAA a cappella

Christmas Snowflakes  
SSAA a cappella

Earth Voices  
Unison/2-part/SSA or SAB with piano

Gohyangui bon  
2-part/SSA with piano

In Flanders Fields  
SSAA a cappella

In Song  
SSATBB with piano or with bassoon, piano,  
vibraphone, and viola

Loon, Crane, Land  
SATB with piano, oboe, vibraphone and marimba

Maid on the Shore  
SSAA a cappella

Meadowlarks  
SSATB with piano

Music Makers  
2-part with piano

O come, let us sing  
2-part with piano

Pentecost  
SSATTBB a cappella

Qaujimavunga Kinaummangaarma I know who I am  
SSA with piano, violin, cello

Remember, woman  
SSAA a cappella with drum

Rise up, my love  
SSAATBB a cappella

Salutation to the dawn  
SSSAA with piano

Sonnet 43  
SSATBB a cappella

Sonnet 113  
SSATBB a cappella

Strong Women's Song  
SSAA a cappella

The Arrow and the Song  
SSSAA a cappella

The commendation  
SATB + mezzo solo with piano or organ

The people you love  
SSATB a cappella

The sun is mine  
Unison/2-part/SSA or SAB with piano

Versicles and Responses  
SSAA a cappella

Vivre, Aimer, Partager Live, Love, Share (formerly  
titled "Alhamdoulillah")  
2-part with piano and doumbek