

Mp3 Santa Cruz Shape Note Society - Saints Bound For Heaven



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An exercise CD of acappella American folk shape note singing in walking tempo. 33 MP3 Songs FOLK: Traditional Folk, GOSPEL: Traditional Gospel Details: It's time to get back in shape. Walking is a great way to do it. Want to listen to shape note singing too? Try "Saints Bound For Heaven", the walking recording sung by the Santa Cruz Shape Note Society. Shape up with shape notes! Our local Sacred Harp group has produced a delightful studio recording of Sacred Harp songs to accompany walking (though honestly we think it's fun to listen from the couch as well). The recording is 60 minutes long; cassette or our brand new CD! When you walk with it, if you start with your right foot on the downbeats your right hand will practice leading! The music starts at 100 beats per minute (bpm) and speeds up to 120 bpm by the beginning of the second side. Then it slows back down again towards the end for a cool down. Turn around at the end of the first side and you'll be back where you started by the end of the second side. Listening to the recording also provides a good way to practice your part on over 30 SH songs. The bible verses at the beginning of the songs are there too; read while the song is being shaped. Only \$5/cassette and \$10/CD and all proceeds benefit the Community Music School of Santa Cruz.

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