

# I Fall and Then I Rise Again

SSATB a cappella

Michael East  
(1585-1620)

5

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

This system begins with a melodic line in the Cantus part. The Quintus part enters later, followed by the Tenore, Altus, and Bassus parts. The lyrics describe a repetitive cycle of falling and rising.

10

I fall and then I rise a - gain a - loft, a  
gain a - loft, I fall and then I rise a - gain a  
loft, a - gain a - loft, I fall and then I rise a -  
gain a - loft, I fall and then I rise a - gain a -  
fall and then I rise a - gain a - loft, a - loft, I

This system continues the melodic line, with the lyrics becoming more complex and including some internal repetitions.

15

gain a - loft, I fall and then I rise a - gain a - loft, I sing and sigh,  
loft, I fall and then I rise a - gain a - - - loft, I sing and sigh, I  
gain a - loft, a - gain a - loft, I sing and sigh, I  
loft, a - gain a - loft, I  
fall and then I rise a - gain a - - - loft, I

This system concludes the piece with a final statement of the melody and lyrics.

20

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

25

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

30

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,

35

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 high,  
I climbfull high, I climb full high, I climb full high,

40

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

45

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

50

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

60

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

65

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.