

# SIP YOUR TEA



(Nice and Slow)

SATB A Capella

Composed by Geoff Allan

Lyrics by Lee Tzu Pheng

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Written 31 July - 6 August 2020

A beautiful poem by Lee Tzu Pheng (Singapore Cultural Medallion winner)

Sip your Tea  
Nice and Slow,  
No one Ever knows  
when it's Time to Go,  
There'll be no Time  
to enjoy the Glow,  
So sip your Tea  
Nice and Slow...  
Life is too Short but  
feels pretty Long,  
There's too Much to do , so much going Wrong,  
And Most of the Time You Struggle to be Strong,  
Before it's too Late  
and it's time to Go,  
Sip your Tea  
Nice and Slow...  
Some Friends stay,  
others Go away,  
Loved ones are Cherished, but not all will Stay ,  
Kids will Grow up  
and Fly away,  
There's really no Saying how Things will Go,  
So sip your Tea  
Nice and Slow...  
In the End it's really  
all about Understanding Love,  
For this World  
and in the Stars above,  
Appreciate and Value who truly Cares,  
Smile and Breathe  
and let your Worries go,  
So, Just Sip your Tea  
Nice and Slow....

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You will find this and other compositions at <http://cpdl.org>

# Sip your Tea

Lee Tzu Pheng

Geoff Allan

*Calmly* (♩=65) *mf*

Sop  
Sip your Tea Nice and Slow, No one E - ver knows when it's

*mf*

Alto  
Sip your Tea Nice and Slow, No one E - ver knows when it's

*mf*

Ten  
Sip your Tea Nice and Slow, No one E - ver knows when it's

*mf*

Bass  
Sip your Tea Nice and Slow, No one E - ver knows when it's

*Calmly* (♩=65) *mf*

Piano  
Sip your Tea Nice and Slow, No one E - ver knows when it's

For practice only

6

*mf* *f*

Time to Go, There'll be no Time to en - joy the Glow, So

*mf* *f*

Time to Go, There'll be no Time to en - joy the Glow, So

*mf* *f*

Time to Go, There'll be no Time to en - joy the Glow, So

*mf* *f*

Time to Go, There'll be no Time to en - joy the Glow, So

10

*mf* sip your Tea Nice and Slow.

*mf* sip your Tea Nice and Slow.

*mf* sip your Tea Nice and Slow. *f* Life is too Short but

*mf* sip your Tea Nice and Slow.

15

*p* Long *f* so much go-ing Wrong, *p* And

*p* Long *f* There's too Much to do, *p* And *f*

*p* feels pret-ty Long, *f* And

*p* Long *f* And

20

Most of the Time You Strug-ple to be Strong, Mmmmmmmmm

Most of the Time You Strug-ple to be Strong, Mmmmmmmmm

Most of the Time You Strug-ple to be Strong, Mmmmmmmmm

Most of the Time You Strug-ple to be Strong, Be - fore it's too Late

25

and it's time to Go, Sip your Tea Nice and Slow, Some Friends stay,

and it's time to Go, Sip your Tea Nice and Slow, o - thers Go a-

and it's time to Go, Sip your Tea Nice and Slow,

and it's time to Go, Sip your Tea Nice and Slow,

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*f* and Fly a - way, *mf* There's real-ly no Say - ing how Things

- way, *f* Kids will Grow up *mf* There's real-ly no Say - ing how Things

*mf* Loved ones are Che-rished, *f* Fly a - way *mf* There's real-ly no Say - ing how Things

*mf* but not all will Stay, *f* Fly a - way *mf* There's real-ly no Say - ing how Things

34

*mf* will Go, so sip your Tea Nice and Slow.

*mf* will Go, so sip your Tea Nice and Slow.

*mf* will Go, so sip your Tea Nice and Slow. In the End it's real-ly

*mf* will Go, so sip your Tea Nice and Slow.

39 *mf* all a - bout Un - der - stan - ding Love, *f* and in the Stars a - bove,

*mf* all a - bout Un - der - stan - ding Love, *f* For this World Stars a - bove,

8 *mf* all a - bout Un - der - stan - ding Love, *f* and in the Stars a - bove,

*mf* all a - bout Un - der - stan - ding Love, *f* and in the Stars a - bove,

44 *f* Ap - pre - ci - ate and Va - lue who tru - ly Cares, *mp* Smile and Breathe

*mp* Cares *mf* Smile and *f* Breathe

8 *mp* Cares *mf* Smile and *f* Breathe

*mp* Cares *mf* Smile and *f* Breathe

*f* *mp* *mf* *f*

49

*mp* and let your Wor - ries go, *mf* So, Just *mp rall.* Sip your Tea

*mp* and let your Wor - ries go, *mf* So, Just *mp* Sip your Tea

*mp* and let your Wor - ries go, *mf* So, Just *mp* Sip your Tea

*mp* and let your Wor - ries go, *mf* So, Just *mp* Sip your Tea

*mp* *mf* *mp rall.*

Written 31 July - 2 Aug 2020

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Nice and Slow

Nice and Slow

Nice and Slow

Nice and Slow





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UK