

Like a Rock

Words: Keri Wehlander
Adapted to music: Linnea Good

Firmly & tenderly $\text{♩} = 35$

The musical score is written in C major, 4/4 time, with a tempo of 35 beats per minute. It consists of four systems of music, each with a vocal line and a bass line. The lyrics are: "Like a rock, like a rock, God is un - der our feet. Like the star - ry night sky God is o - ver our head. Like the sun on the hor - i - zon God is ev - er be - fore. Like the riv - er runs to o - cean, our home is in God ev - er - more." The chords are: C, G/C, F/C, C, F, C, G, Am, F, C/E, Dm, Am, G/B, C, F, C/G, G, C, F, C.

Actions:

- "Like a Rock": Extend both forearms forward, palms facing down in one movement
- "Like the starry night sky": Wiggle fingers while slowly raising arms to head height
- "Like the sun": Extend one forearm, palm up. With palm down, slowly extend the other hand 6" over the length of the first arm, arcing up at the end, so that the palm is facing away from the body.
- "Like the river": Leave first forearm as before. Other hand makes a "swimming" motion close to it, by weaving it gently in handshake position.
- "Evermore": End with "God's hug" - crossing arms over chest, hands to shoulders.