

Casio Guitar Part II

TREBUCHET

With determination ($\text{♩} = 116$)

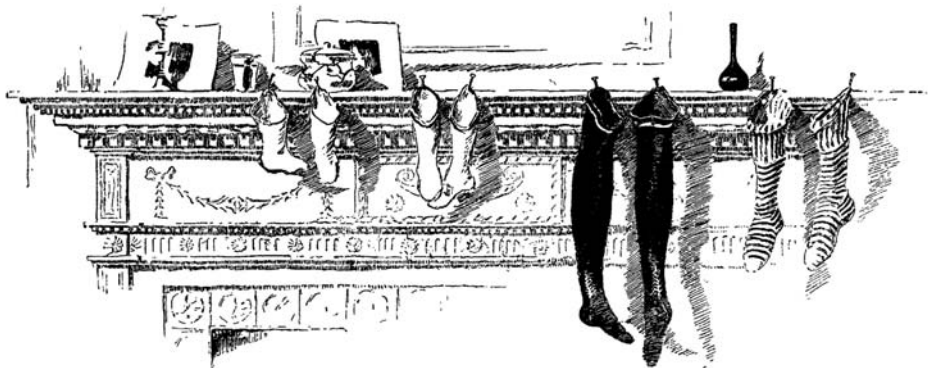
The first system of music is in 3/4 time. The treble clef staff contains a melodic line starting with a quarter note G4, followed by a dotted quarter note A4, and then a half note B4. The bass clef staff provides a harmonic accompaniment with a quarter note G2, a dotted quarter note A2, and a half note B2. The dynamic marking *mf* is present. The system concludes with a double bar line.

The second system continues the piece. The treble clef staff features a melodic line with a quarter note G4, a dotted quarter note A4, and a half note B4. The bass clef staff has a quarter note G2, a dotted quarter note A2, and a half note B2. The system ends with a double bar line.

The third system shows the continuation of the melody. The treble clef staff has a quarter note G4, a dotted quarter note A4, and a half note B4. The bass clef staff has a quarter note G2, a dotted quarter note A2, and a half note B2. The system ends with a double bar line.

The fourth system continues the piece. The treble clef staff has a quarter note G4, a dotted quarter note A4, and a half note B4. The bass clef staff has a quarter note G2, a dotted quarter note A2, and a half note B2. The system ends with a double bar line.

The fifth system concludes the piece. The treble clef staff has a quarter note G4, a dotted quarter note A4, and a half note B4. The bass clef staff has a quarter note G2, a dotted quarter note A2, and a half note B2. The system ends with a double bar line. The dynamic marking *sfz* is present.



*Every year for the last 6 years
we've written and recorded an original Christmas song.
For years we talked about doing an over-the-top R&B XMAS jam
to add to our small catalog of ridiculous songs for the holidays.*

*So it finally came, the year to do a soulfully silly
yet strangely sexy Christmas Song.
Unfortunately, it was not meant to be.
We tried and tried and it just didn't feel right*

*(we would go on to write that song the following year.
Can you guess which one it is?)*

*Luckily, Navid had what he thought to be
a throw-away beat/chord progression on his computer
that he half jokingly played for us.
We immediately saw images of Santa doing bicep curls,
dead-lifts and heavy bench press,
spotted by his number one gal, Mrs. Claus.*

Lauren starting singing a melody and the song really started to take shape. Even though this song is written in the perspective of our deary-old Santa, having Lauren sing it just felt so right.

The next week, we went into the studio dressed in short shorts, long white beards that we grew, and leather boots, and started laying down vocals, dumbbells in hand.

The result of our efforts is of course, "Dashing to the Gym" a song about cookies, gifting, and of course, Santa getting hella swole with the help of Mrs. Claus. We hope that this song will inspire early New Years Resolutions of fitness on Christmas Day.

...Or maybe it will just inspire you to eat every kind of cookie imaginable. Or at least all the ones we could search up on google.

