

Anything Worth Holding On To

Music and Lyrics by Scott Alan

First system of musical notation (measures 1-4). The key signature is three flats (B-flat major/C minor) and the time signature is 4/4. The music is in piano (*p*). Chords are Eb, Bb, Cm7, Ab, Bb(sus4), and Bb. The melody features eighth-note runs and rests.

Second system of musical notation (measures 5-8). Chords are Eb, Bb, Cm7, Ab, and Bb. The melody continues with eighth-note patterns and rests.

Third system of musical notation (measures 9-11). Chords are Eb, Bb(sus4), and Cm7. The melody includes triplets. Lyrics: "Late-ly it seems. I've lost in spi-ra tion. It feels like it's miles a- way." The piano accompaniment features sustained chords and moving bass lines.

Fourth system of musical notation (measures 12-14). Chords are Ab(sus2), Bb(sus4), Bb, Eb, Bb(sus4), and Bb. The melody includes triplets. Lyrics: "I sleep through the day. I cry through the night time." The piano accompaniment continues with sustained chords and moving bass lines.

15 Cm⁷ Ab(sus2) Bb(sus4) Bb Fm⁷

I'm caught in an emp-ty space... It takes ef-fort to fight... I

18 Eb(add9)/G Ab(sus2) Bb(sus4) Bb

don't have_ strength. I'm hold-ing on_ to what's still left_ of me. When the

21 Eb Cm⁷ Ab

life you had planned, slow-ly slips through your hands. When it feels like you just slept through all_the

24 Bb(sus4) Bb Eb Cm⁷

best years of your life. When you can't find your way,_ when each day ends the same.____ When you

27 $A\flat(\text{sus}2)$ $B\flat(\text{sus}4)$ $B\flat$ $E\flat$

lost the fight in-side of you. Is there an-y- thing worth hold-ing on_____ to?

p

30 $B\flat$ Cm^7 $A\flat$ $B\flat(\text{sus}4)$ $B\flat$ $E\flat$ 3

It's hard_ to be strong.
More groove

mf

34 $B\flat(\text{sus}4)$ $B\flat$ Cm^7 $A\flat(\text{sus}2)$ $B\flat(\text{sus}4)$ $B\flat$

When weak- ness is strong-er, I'm a prison er_ in my own skin.

37 $E\flat(\text{add}2)$ $B\flat(\text{sus}4)$ $B\flat$ Cm^7

I'm not good on my own. I need to be cared for. Some one__help these days__

40 $A\flat(\text{sus}2)$ $B\flat(\text{sus}4)$ $B\flat$ Fm^7 $E\flat(\text{add}9)/G$

be- gin. There are dreams I've let die... That I just pushed a side. I

43 $A\flat(\text{sus}2)$ $B\flat(\text{sus}4)$ $B\flat$

need to find_ out how to turn_ the dark_ back in - to light. When all

45 $E\flat$ Cm^7

warmth dis - ap - pears... When it's been one of those years. When you're

47 $A\flat(\text{sus}2)$ $B\flat(\text{sus}4)$ $B\flat$

run- ning from_ the truth_ be- cause you're scared what you_ might find. When the

49 E_b Cm^7

heart's be yond re- pair. When you wake and no - one's there. When your

51 $A_b(sus2)$ $Bb^7(sus4)$ Bb $E_b(add9)$

home con- sists of on - ly you. Is there an-y- thing worth hold- ing on to?_

54 Db/F $A_b(sus2)$ E_b/G

May-be to-mor-row my heart will re-a wak - en, and I can find what I've been

57 $Bb(sus4)$ Bb Db/F $E_b(add9)/G$ E_b/G

_search- ing for. But to- day I'm tired and I'm run-ning out of strength. All I

60 $A\flat(\text{sus}2)$ $B\flat7(\text{sus}4)$ $A\flat/B\flat$ Fm^7 $E\flat/G$ $A\flat$ $A\flat(\text{add}9)/B\flat$

know is I___ can't live___ like this an-y- more._____ When you're

64 $F(\text{add}2)$ Dm^{11} $B\flat(\text{sus}9)$

so far from home, and you've lost all signs of hope. When you're search-ing for sal-va-tion, but it
Solid Groove

67 $C(\text{sus}4)$ C $F(\text{add}2)$

feels so___ far a- way._____ When the words have dis- ap- peared, and the

69 Dm^{11} $B\flat(\text{sus}9)$

mel-o- die's___ un- clear._____ When there's no-thing left___ in- side_ of you,___ Is there

71 C(sus4) C Dm7 C/E

an - y- thing worth hold-ing on _____ to? _____ Cause

74 rit. Bb(sus2) C7(sus4) F

I will still be hold-ing on to eve-ry-thing worth hold-ing on to _____

77 C Dm7 Bb C(sus4) C F