**Mountain**

Caroline’s Tips: Sam Ryder wrote & released ‘Mountain’ in 2023 and through its narrative he described how, in the face of adversity, we can find strength & overcome life-obstacles. With music, friendships & support, Rock Choir is famous for empowering us all hence choosing this song. There’s nothing we can’t achieve together! Sing it loud Rockies! Cx

*Choir version created for Rock Choir by Head of Creative Sam Smith 2024 (v2)*

**Verse 1**

**(U.Alto/Sop)** Rough seas might pull me un-der and, ˇ

dark clouds might dim my days, ˇ

but there’s al-ways bright to-mor-rows when ˇ I close my eyes and say: ˇ

**(L.Alto/Bass)** Re-mem-ber how you’ve made it through the fire, ˇ

re-mem-ber how you’ve come so far, ˇ an un-stop-pa-ble force of na-ture, ˇ

yeah, that’s what you are. ˇ

**Pre Chorus 1**

|  |  |
| --- | --- |
| **(L.Alto/Bass)**  I know all that I have lost, ˇ  has giv-en me the pur-pose of ˇ  con-quer-ing my pain through love I’ll sing this hymn to rise a-bove.. ˇ | **(U.Alto/Sop)**  Ooh……… ˇ  Woah…. ˇ  sing this hymn to rise a-bove.. ˇ |

**Chorus 1**

|  |  |
| --- | --- |
| **(L.Alto/Bass)**  I am a mount-ain ˇ  and down in the val-ley be-low is all that I’ve o-ver-come, ˇ  all that I’ve o-ver-come, ˇ woah. ˇ  I am a mount-ain ˇ  and down in the val-ley be-low is all that I’ve o-ver-come, ˇ | **(U.Alto/Sop)**  I am a mount-ain ˇ  Oh… be-low is all that I’ve o-ver-come,ˇ  all that I’ve o-ver-come, ˇ woah. ˇ  I am a mount-ain ˇ  Oh… be-low is all that I’ve o-ver-come,ˇ |

**(All)** all that I’ve o *\**o *\**o-ver come, ˇ ‘ome ˇ

*\*Add a slight ‘w’ sound on the 2nd and 3rd ‘o’.*

o *\**o *\**o-ver come, ˇ ‘ome ˇ

I’m a fight-er, it’s like I was born to be one. ˇ

**Verse 2**

**(U.Alto/Sop)** What-ev-er life may throw I’ll pass the test. ˇ

What-ev-er fate might dream up-on me next. ˇ

**(All)** I’ll stand with my head to the sky, ˇ

Not sha-ken by thun-der nor winds and the tide. ˇ

|  |  |
| --- | --- |
| **(L.Alto/Bass)**  I know all that I have lost, ˇ  has giv-en me the pur-pose of ˇ  con-quer-ing my pain through love I’ll sing this hymn to rise a-bove.. ˇ | **(U.Alto/Sop)**  Ooh……… ˇ  Woah…. ˇ  sing this hymn to rise a-bove.. ˇ |

**Pre Chorus 2**

**Chorus 2**

|  |  |
| --- | --- |
| **(L.Alto/Bass)**  I am a mount-ain ˇ  and down in the val-ley be-low is all that I’ve o-ver-come, ˇ  all that I’ve o-ver-come, ˇ woah. ˇ  I am a mount-ain ˇ  and down in the val-ley be-low is all that I’ve o-ver-come, ˇ | **(U.Alto/Sop)**  I am a mount-ain ˇ  Oh… be-low is all that I’ve o-ver-come,ˇ  all that I’ve o-ver-come, ˇ woah. ˇ  I am a mount-ain ˇ  Oh… be-low is all that I’ve o-ver-come,ˇ |

**(All)** all that I’ve o *\**o *\**o-ver come, ˇ ‘ome ˇ

*\*Add a slight ‘w’ sound on the 2nd and 3rd ‘o’.*

o *\**o *\**o-ver come, ˇ ‘ome ˇ

**(Altos/Bass)** ₁Woah…….ˇ **(Sop)** ₂Woah….. ˇ

**(All)** Woah…ˇ

**Chorus 3**

|  |  |
| --- | --- |
| **(L.Alto/Bass)**  I am a mount-ain ˇ  and down in the val-ley be-low is all that I’ve o-ver-come, ˇ  all that I’ve o-ver-come, ˇ woah. ˇ  I am a mount-ain ˇ  and down in the val-ley be-low is all that I’ve o-ver-come, ˇ | **(U.Alto/Sop)**  I am a mount-ain ˇ  Oh… be-low is all that I’ve o-ver-come,ˇ  all that I’ve o-ver-come, ˇ woah. ˇ  I am a mount-ain ˇ  Oh… be-low is all that I’ve o-ver-come,ˇ |

**(All)** all that I’ve o *\**o *\**o-ver come, ˇ ‘ome ˇ

*\*Add a slight ‘w’ sound on the 2nd and 3rd ‘o’.*

o *\**o *\**o-ver come, ˇ ‘ome ˇ

o *\**o *\**o-ver come, ˇ ‘ome ˇ

o *\**o *\**o-ver come, ˇ ‘ome ˇ

I’m a fight-er, it’s like I was born to be one. ˇ