

Wave Rider

As heard on Commodore Callahan's
Love Is Here, available on [iTunes](#)

Lyrics by Lauren Speeth
Music by Tammy Hall

Rubato
N.C. 3 3 3 3

The musical score is written in 4/4 time with a key signature of two flats (Bb and Eb). It features a melody line with lyrics and guitar accompaniment. The score is divided into systems of five lines each. The first system (lines 1-5) includes a 'Rubato' marking and a 'N.C.' (no capo) instruction. The second system (lines 6-10) includes a tempo marking of quarter note = 80 and guitar chords: Bb, Bbsus (w/ low-strung guitar), and Bb. The third system (lines 11-15) includes guitar chords: Bb, Bbsus, Bb, Bbsus, and Bb. The fourth system (lines 16-20) includes guitar chords: Bb, Bbsus, Bb, Bb, Bbsus, and Bb. The fifth system (lines 21-25) includes guitar chords: Bb, Bbsus, Bb, Bb, Bbsus, Bb, and Bbsus. The sixth system (lines 26-30) includes guitar chords: Bb, Bbsus, Bb, and Bb. The lyrics are: 'Rid - ing the waves of my breath - ing fol - low it in and back out a - gain. gent - ly ris - ing and fal - ling ris - ing and fal ling. Rid - ing the waves of my breath - ing. With each new breath, a fresh new start, nour - ish - ing my bod - y and my heart. And ev - 'ry breath out a chance to let it be. Re - lease the wor - ry, re - lease the fear. Back to my breath, I am pres - ent here. Fear and pain, that's not my whole stor - y. I won't let my mind take me down, won't let the past or fut - ure toss me a - round. There is

32 Bbsus Bb B Bbsus Bb

free- dom right here in side of me. I can come right

36 Bb Bbsus Bb Bbsus Bb Bbsus

back to breath if I'm swept a-way and each time I prac-tice I'm learn-ing

39 Bb Bbsus Bb Bb Bbsus Bb

to stay. Gain a sense of in-ner har-mon-y

44 Bb Bbsus Bb Bbsus Bb Bb Bbsus

Rid ing the waves of my breath-ing fol-low it in and back out a-

48 Bb Bbsus Bb

gain. gent-ly ris-ing and fal-ling ris-ing and fal ling. Rid-ing the

52 Bb Bbsus Bb Bb Bbsus Bb Bb Bbsus Bb

waves of my breath-ing.