FOCUS ON YOUR HANDS
from DIATHESIS (Working Title)
r. 12/5/19

MADELINE: They say when you're seasick, you should focus on your hands. Just focus on your hands, you'll be okay. That's the thing about seasickness that no one understands: if you focus on your hands, it fades away.

Allegro

Music & Lyrics
By Rae Covey
So when the world is spinning and you can't take in air — and you can't feel your fingers, if you just stare...

If you focus on your hands, focus on your hands.
FOCUS ON YOUR HANDS - © Rae Covey 2019

rall.

fo-cus on your hands, it's like you're not there.

A tempo

could-n't say what time it must have been. I must have walked a mile._

I don't re-mem-ber when I got there, I don't rem-em ber how. I
can't re-mem-ber now. I just re-mem-ber wat-er, and go-ing in. and feel-ing

ice in-side my chest free-zing in my hair, sting-ing in my eye-lids, sand

in stead of air. But if you fo-cus on your hands,
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focus on your hands, focus on your hands,

it's like you're not there.

But there was

glass at the bottom and blood in my mouth, and my vision got darker and grey.
and the world kept getting farther away. You can’t choke under water. Your body starts to sink. Your thoughts race and your mind slows and strengthens.

all you can think... is "Is this how he felt?"
Did his heart-beat slow? Did he change his mind?

Would we even know?" But if you focus on your hands,

focus on your hands,
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accel. e cresc

Focus on your hands, focus on your hands, focus on your hands,

There's something about looking towards a sky that you can't reach.
You can't reach so you let go. You float up to the surface and you float up on the beach. You wonder where you are. You don't know. And you'll never get to ask him if that was how he felt.
And you focus on your hands,

And you focus on your hands

And you focus on your hands,

And you focus on your hands

And you focus on your hands,

And you focus on your hands,

And you focus on your hands,

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And you focus on your hands,

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