Music Take-Home Packet
Inside

About the Songbook
Song Facts & Lyrics
Music & Movement
Additional Viewing

YouTube playlist

Perfect Harmony

This packet was created by Board-Certified Music Therapist, Allegra Hein (MT-BC) who consults with the Perfect Harmony program.
The “Great American Songbook” is the canon of the most important and influential American popular songs and jazz standards from the early 20th century that have stood the test of time in their life and legacy. Often referred to as "American Standards", the songs published during the Golden Age of this genre include those popular and enduring tunes from the 1920s to the 1950s that were created for Broadway theatre, musical theatre, and Hollywood musical film.

The times in which much of this music was written were tumultuous ones for a rapidly growing and changing America. The music of the Great American Songbook offered hope of better days during the Great Depression, built morale during two world wars, helped build social bridges within our culture, and whistled beside us during unprecedented economic growth.
We defended our country, raised families, and built a nation while singing these songs.

There are a number of recognizable singers who are noted as prominent contributors to the Songbook genre. Ella Fitzgerald, Fred Astaire, Rosemary Clooney, Nat King Cole, Sammy Davis Jr., Judy Garland, Billie Holiday, Lena Horne, Al Jolson, Dean Martin, Frank Sinatra, Mel Tormé, Margaret Whiting, and Andy Williams are widely recognized for their performances and recordings which defined the genre. This is by no means an exhaustive list; there are countless others who are widely recognized for their performances of music from the Great American Songbook.
Nice 'N' Easy

- Nice 'n' Easy is a 1960 album by Frank Sinatra.

- All the songs, with the notable exception of the title song, are sung as ballads and were arranged and conducted by Nelson Riddle. The title song was a last-minute substitute for the originally planned "The Nearness of You," which did not appear on the original LP.

- The album spent nine weeks at number one on the Billboard stereo album chart, and one week at number one on the corresponding mono album chart. At the 1960 Grammy Awards, Nice 'n' Easy was nominated for the Grammy Award as Album of the Year, Best Male Vocal Performance, Best Arrangement. The song "Nice 'n' Easy" was released as a single in 1960 and made it to number 60 on the charts. It was also recorded by Charlie Rich in 1964, Peggy Lee in 1966, Alex Chilton in 1989, Michael Buble in 2004, Natalie Cole in 2008, and Barbra Streisand in 2011.
Nice 'N' Easy

Let's take it nice and easy
It's gonna be so easy
For us to fall in love

Hey baby what's your hurry
Relax and don't you worry
We're gonna fall in love

We're on the road to romance -
that's safe to say
But let's make all the stops
along the way

The problem now of course is
To simply hold your horses
To rush would be a crime
'Cause nice and easy does it
Nice 'n' easy does it
Nice 'n' easy does it every time

"Like the man says, 'one more time' "
Nice 'n' easy does it
Nice 'n' easy does it
Nice 'n' easy does it every time
"Long Ago (and Far Away)" is a popular song with music by Jerome Kern, and lyrics by Ira Gershwin, about nostalgia from the 1944 Technicolor film musical Cover Girl starring Rita Hayworth and Gene Kelly and released by Columbia Pictures.

The song was nominated for the Academy Award for Best Original Song in 1944 but lost out to “Swinging on a Star”.

The song was published in 1944 and sold over 600,000 copies in sheet music in a year. In 2004 it finished #92 in AFI's 100 Years...100 Songs survey of top tunes in American cinema.
Long ago and far away,
I dreamed a dream one day
And now that dream is here beside me
Long the skies were overcast
but now the clouds have passed
You're here at last

Chills run up and down my spine,
Aladdin's lamp is mine
The dream I dreamed was not denied me
Just one look and then I knew
That all I longed for long ago was you

Chills run up and down my spine,
Aladdin's lamp is mine
The dream I dreamed was not denied me
Just one look and then I knew
That all I longed for long ago was you
If I Were a Bell

- In the show Guys and Dolls, it is sung by the character Sister Sarah, originally performed by Isabel Bigley on Broadway, and memorialized on the original cast album.

- On a bet, Sky Masterson takes Sarah Brown to Havana to have dinner and gets her very drunk. Sarah's stiff social barriers fall away and she realizes she is in love with Sky, and he with her. She sings this after they have an eventful dinner but Sky refuses to take advantage of her drunkenness.

- It was also recorded by Lizbeth Webb who created the part in the original London production in 1953 at the London Coliseum.
Ask me how do I feel
Ask me now that we're cozy and clinging
Well sir, all I can say, is if I were a bell I'd be ringing!
From the moment we kissed tonight
That's the way I've just gotta behave
Boy, if I were a lamp I'd light
And If I were a banner I'd wave!

Ask me how do I feel,
little me with my quiet upbringing
Well sir, all I can say is if I were a gate
I'd be swinging!
And if I were a watch
I'd start popping my springs!
Or if I were a bell,
I'd go ding dong, ding dong ding!

Ask me how do I feel
from this chemistry lesson I'm learning.
Well sir, all I can say is if I were a bridge
I'd be burning!
If I Were a Bell

Yes, I knew my moral would crack
From the wonderful way that you looked!
Boy, if I were a duck I'd quack!
Or if I were a goose I'd be cooked!

Ask me how do I feel,
ask me now that we're fondly caressing
Well, if I were a salad
I know I'd be splashing my dressing
Ask me how to describe
this whole beautiful thing
Well, if I were a bell I'd go ding dong, ding
donk ding ding!
"Basin Street Blues" is a song often performed by Dixieland jazz bands, written by Spencer Williams in 1928 and recorded that year by Louis Armstrong. The verse with the lyric "Won't you come along with me / To the Mississippi..." was later added by Glenn Miller and Jack Teagarden.

The Basin Street of the title refers to the main street of Storyville, the red-light district of early 20th-century New Orleans, north of the French Quarter. It became a red light district in 1897.

SUGGESTED SEATED MOVEMENTS:
- March
- Kick
- Sway
- Move arms/hands side-to-side
- Jazz hands!
"As Time Goes By" is a song written by Herman Hupfeld in 1931. It became famous when it was featured in the 1942 Warner Bros. film Casablanca performed by Dooley Wilson as Sam.

The song was voted No. 2 on the AFI's 100 Years...100 Songs special, commemorating the best songs in film (only surpassed by "Over the Rainbow" by Judy Garland). The song has since become the signature tune of Warner Bros. and used as such in the production logos at the beginning of many Warner Bros. films since 1999, as well as the closing logos to most Warner Bros. Television shows since 2003.

It was also the title and theme song of the 1990s British romantic comedy series As Time Goes By. The AFI listed it among its "top 100" movie songs. National Public Radio included it in its "NPR 100", a 1999 list of the most important American musical works of the 20th century as compiled by NPR's music editors. The song is a popular reflection of nostalgia and often used in films and series reflecting this feeling.
As Time Goes By

You must remember this
A kiss is just a kiss
A sigh is just a sigh
The fundamental things apply
As time goes by

And when two lovers woo
They still say "I love you"
On that you can rely
No matter what the future brings
As time goes by

Moonlight and love songs never out of date
Hearts full of passion, jealousy and hate
Woman needs man,
and man must have his mate
That no one can deny
It's still the same old story
A fight for love and glory, a case of do or die
The world will always welcome lovers
As time goes by
"Night and Day" is a popular song by Cole Porter that was written for the 1932 musical Gay Divorce. It is perhaps Porter's most popular contribution to the Great American Songbook and has been recorded by dozens of musicians.

Fred Astaire introduced "Night and Day" on stage. His recording of the song with the Leo Reisman orchestra was a No. 1 hit, topping the charts of the day for ten weeks. He performed it again in the 1934 film version of the show, renamed The Gay Divorcee, and it became one of his signature songs.
Like the beat, beat, beat of the tom-tom
When the jungle shadows fall
Like the tick, tick, tock of the stately clock
As it stands against the wall

Like the drip, drip, drip of the raindrops
When the summer shower is through
So a voice within me keeps repeating you, you, you

Night and day, you are the one
Only you beneath the moon or under the sun
Whether near to me or far
It's no matter, darling, where you are
I think of you
Night and day

Day and night, why is it so
That this longing for you follows wherever I go?
In the roaring traffic's boom
In the silence of my lonely room
I think of you
Night and day
Night and Day
Under the hide of me
There's an, oh, such a hungry yearning
burning inside of me
And its torment won't be through
'Till you let me spend my life
making love to you
Day and night, night and day

Night and day
Under the hide of me
There's an, oh, such a hungry yearning
burning inside of me
And its torment won't be through
'Till you let me spend my life
making love to you
Day and night, night and day
"Pick Yourself Up" is a popular song composed in 1936 by Jerome Kern, with lyrics by Dorothy Fields.

The song was written for the film Swing Time (1936), where it was introduced by Fred Astaire and Ginger Rogers. Rogers plays a dance instructor whom Astaire follows into her studio; he pretends to have "two left feet" in order to get her to dance with him. Astaire sings the verse to her and she responds with the chorus. After an interlude, they dance to the tune.
Pick Yourself Up

Pick yourself up,
Take a deep breath,
Dust yourself off
And start all over again.

Nothing's impossible, I have found
For when my chin is on the ground.
I pick myself up, Dust myself off
And start all over again.

Don't lose your confidence if you slip
Be grateful for a pleasant trip
And pick yourself up,
Dust yourself off
And start all over again.

Work like a soul inspired
Until the battle of the day is won.
You may be sick and tired,
But you'll be a man, my son.
Will you remember the famous men
Who had to fall to rise again
They picked themselves up
Dust themselves off
And start'd all over again.

Work like a soul inspired
Till the battle of the day is won.
You may be sick and tired,
But you'll be a man, my son.

Will you remember the famous men
Who had to fall to rise again?
So take a deep breath
Pick yourself up
Dust yourself off
And start all over again.
Additional Viewing

- At the end of your playlist, find a performance from “Jazz at Lincoln Center” celebrating The Great American Songbook

- Make sure to check out The Great American Songbook Foundation’s YouTube Channel, for some more great performances!
  - https://www.youtube.com/user/FeinsteinInitiative

A Special Thank You

To our sponsor, American Senior Communities, for supporting Perfect Harmony's mission to promote holistic well-being and social engagement through the power of music.

American Senior Communities
ASCCare.com