Summer Music

Take-Home Packet
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This packet was created by Board-Certified Music Therapist, Allegra Hein (MT-BC) who consults with the Perfect Harmony program.
Summer

Summer is the hottest of the four temperate seasons, falling after spring and before autumn. At or around the summer solstice (about 3 days before Midsummer Day), the earliest sunrise and latest sunset occurs, the days are longest and the nights are shortest, with day length decreasing as the season progresses after the solstice. The date of the beginning of summer varies according to climate, tradition, and culture. When it is summer in the Northern Hemisphere, it is winter in the Southern Hemisphere, and vice versa.

From an astronomical view, the equinoxes and solstices would be the middle of the respective seasons, but sometimes astronomical summer is defined as starting at the solstice, the time of maximal insolation, often identified with the 21st day of June or December. A variable seasonal lag means that the meteorological centre of the season, which is based on average temperature patterns, occurs several weeks after the time of maximal insolation. The meteorological convention is to define summer as comprising the months of June, July, and August in the northern hemisphere and the months of December, January, and February in the southern hemisphere.
"Summer in the City" is a song recorded by The Lovin' Spoonful and written by John Sebastian, Mark Sebastian, and Steve Boone.

It appeared on their album Hums of the Lovin' Spoonful and reached No. 1 on the Billboard Hot 100, in August 1966, for three consecutive weeks.

The song features car horns and jackhammer noises during the instrumental bridge, to represent the sounds of a noisy city street.

It is ranked #401 on Rolling Stone's list of The 500 Greatest Songs of All Time.
Hot town, summer in the city
Back of my neck getting dirty and gritty
Been down, isn't it a pity
Doesn't seem to be a shadow in the city
All around, people looking half dead
Walking on the sidewalk, hotter than a match head
But at night it's a different world
Go out and find a girl
Come-on come-on and dance all night
Despite the heat it'll be alright
And babe, don't you know it's a pity
That the days can't be like the nights
In the summer, in the city
In the summer, in the city
Cool town, evening in the city
Dressing so fine and looking so pretty
Cool cat, looking for a kitty
Gonna look in every corner of the city
Till I'm wheezing like a bus stop
Running up the stairs, gonna meet you on the rooftop
But at night it's a different world
Go out and find a girl
Come-on come-on and dance all night
Despite the heat it'll be alright
And babe, don't you know it's a pity
That the days can't be like the nights
In the summer, in the city
In the summer, in the city
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That the days can't be like the nights
In the summer, in the city
In the summer, in the city
"Heat Wave" is a 1963 song written by the Holland–Dozier–Holland songwriting team. It was first made popular by the Motown vocal group Martha and the Vandellas.

Released as a 45 rpm single on July 9, 1963, on the Motown subsidiary Gordy label, it hit number 1 on the Billboard Hot R&B chart—where it stayed for four weeks—and peaking at number 4 on the Billboard Hot 100.

It was recorded 12 years later by country vocalist Linda Ronstadt on her Platinum-selling 1975 album Prisoner in Disguise. Ronstadt's version of the song was released as a single in September 1975, reaching number 5 in Billboard, 4 in Cash Box, and 6 in Record World. In 2010, British musician Phil Collins spent a single week (number 28) on the Billboard Adult Contemporary listing with his retooling of the song—a smooth combination of both versions.
Whenever I'm with him
Something inside
Starts to burning
And I'm filled with desire
Could it be a devil in me
Or is this the way love's supposed to be?
It's like a heat wave
Burning in my heart (It's like a heat wave)
I can't keep from crying (It's like a heat wave)
It's tearing me apart
Whenever he calls my name
Soft, low, sweet, and plain
Right then, right there, I feel that burning flame
Has high blood pressure got a hold on me
Or is this the way love's supposed to be?
It's like a heat wave
Burning in my heart (It's like a heat wave)
I can't keep from crying (It's like a heat wave)
It's tearing me apart
Ooh-ooh-ooh-ooh-ooh
Ooh, heat wave
Ooh-ooh-ooh-ooh-ooh
Ooh, heat wave
Sometimes I stare in space
Tears all over my face
I can't explain it, don't understand it
I ain't never felt like this before
Now that funny feeling has me amazed
Don't know what to do, my head's in a haze
It's like a heat wave
Yeah, yeah, yeah, yeah
(But it's all right, girl) Oh
(Go ahead, girl)
Yeah, yeah
(Well, it's all right, girl) Oh
(Can't miss it, that's love, girl)
I feel it burning
(Don't pass up this chance)
Right here in my heart
(It sounds like a true romance)
Don't you know it's like a heat wave?
"Summer Nights" is a popular song from the musical Grease. Written by Jim Jacobs and Warren Casey, its best-known version was recorded by John Travolta and Olivia Newton-John for the big-screen adaptation of the musical, and released as a single that same year.

"Summer Nights" became a massive hit in both the United States and United Kingdom during the summer of 1978.

Included on the movie's soundtrack album, the song was one of several hit singles from the movie.
Summer Nights

Summer loving had me a blast
Summer loving happened so fast
I met a girl crazy for me
Met a boy cute as can be
Summer days drifting away to oh oh the summer nights
Tell me more, tell me more
Did you get very far
Tell me more, tell me more
Like does he have a car
She swam by me she got a cramp
He ran by me got my suit damp
I saved her life she nearly drowned
He showed off splashing around
Summer sun somethings begun but oh oh the summer nights
Tell me more, tell me more
Was it love at first sight?
Tell me more, tell me more
Did she put up a fight?
Took her bowling in the arcade
We went strolling drank lemonade
We made out under the dock
We stayed out till 10 o'clock
Summer fling don't mean a thing but oh oh the summer nights.
Tell me more, tell me more
But you don't gotta brag
Tell me more, tell me more
Cause he sounds like a drag
He got friendly holding my hand
She got friendly down in the sand
He was sweet just turned eighteen
Well she was good you know what I mean
Summer heat boy and girl meet but oh oh the summer nights.
Tell me more, tell me more
How much dough did he spend?
Tell me more, tell me more
Could she get me a friend?
It turned colder that's where it ends
So I told her we'd still be friends
Then we made our true love vow
Wonder what she's doing now
Summer dreams ripped at the seams but oh those summer nights
"Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini" is a novelty song telling the story of a shy girl wearing a revealing polka dot bikini at the beach. It was written by Paul Vance and Lee Pockriss and first released in June 1960 by Brian Hyland, with orchestra conducted by John Dixon.

The Hyland version reached number one on the Billboard Hot 100, selling a million copies in the US, and was a worldwide hit.

The song has been adapted into French as "Itsy bitsy petit bikini" and into German as "Itsy Bitsy Teenie Weenie Honolulu-Strand-Bikini", reaching number one on national charts in both languages.
She was afraid to come out of the locker
She was as nervous as she could be
She was afraid to come out of the locker
She was afraid that somebody would see
Two, three, four, tell the people what she wore!
It was an itsy bitsy teenie weenie yellow polka-dot bikini
That she wore for the first time today.
An itsy bitsy teenie weenie yellow polka-dot bikini
So in the locker she wanted to stay.
Two, three, four, stick around we'll tell you more!
She was afraid to come out in the open
And so a blanket around her she wore.
She was afraid to come out in the open.
And so she sat bundled up on the shore.
Two, three, four, tell the people what she wore!
It was an itsy bitsy teenie weenie yellow polka-dot bikini.
That she wore for the first time today.
An itsy bitsy teenie weenie yellow polka-dot bikini.
So in the blanket she wanted to stay.
Two, three, four, stick around we'll tell you more!
Now she is afraid to come out of the water.
And I wonder what she's gonna do.
'Cause she's afraid to come out of the water.
And now the poor little girl's turning blue.
Two, three, four, tell the people what she wore!
It was an itsy bitsy teenie weenie yellow polka-dot bikini.
That she wore for the first time today.
An itsy bitsy teenie weenie yellow polka-dot bikini.
So in the water she wanted to stay.
From the locker to the blanket,
From the blanket to the shore,
From the shore to the water
Guess there isn't any more.
"Surfin' U.S.A." is a song by the American rock band the Beach Boys credited to Chuck Berry and Brian Wilson. It is a rewritten version of Berry's "Sweet Little Sixteen" set to new lyrics penned by Wilson and an uncredited Mike Love. The song was released as a single on March 4, 1963, backed with "Shut Down". It was then placed as the opening track on their album of the same name.

The single peaked at number two in the chart of the Music Vendor trade paper (within a year renamed Record World) and at number three on the Billboard and Cash Box. Billboard ranked "Surfin' U.S.A." the number 1 song of 1963. Although this song was Billboard's original number 1 song of that year, later lists from Billboard rank "Sugar Shack" by Jimmy Gilmer and the Fireballs as the number 1 song of 1963. It has since become emblematic of the California Sound. The song "Surfin' U.S.A." is part of The Rock and Roll Hall of Fame's 500 Songs that Shaped Rock and Roll list.

Pretend you're at the beach and swim along to this great summertime song!
"Summer of '69" is a song recorded by the Canadian musician Bryan Adams, from his fourth album, Reckless.

The song is about a dilemma between settling down or trying to become a rock star.

The song was written by Adams and Jim Vallance, a long-time writing partner of Adams. "Summer of '69" was produced by Adams and Bob Clearmountain.

It was released in June 1985 under A&M Records as the fourth single from Reckless.
I got my first real six-string
Bought it at the five-and-dime
Played it till my fingers bled
Was the summer of '69
Me and some guys from school
Had a band and we tried real hard
Jimmy quit, Jody got married
Shoulda known, we'd never get far
Oh when I look back now
That summer seemed to last forever
And if I had the choice
Yeah, I'd always want to be there
Those were the best days of my life
Ain't no use in complainin'
When you got a job to do
Spent my evenings down at the drive-in
And that's when I met you
Standin' on your mama's porch
You told me that you'd wait forever
Oh and when you held my hand
I knew that it was now or never
Those were the best days of my life
Back in the summer of '69
Man we were killin' time
We were young and restless
We needed to unwind
I guess nothin' can last forever, forever, no
And now the times are changin'
Look at everything that's come and gone
Sometimes when I play that old six-string
Think about you wonder what went wrong
Standin' on your mama's porch
You told me it would last forever
Oh and when you held my hand
I knew that it was now or never
Those were the best days of my life
Back in the summer of '69
It was the summer of '69, oh yeah
Me and my baby in '69, oh
It was the summer, the summer, summer of '69
"Those Lazy-Hazy-Crazy Days of Summer" is a popular song composed by Hans Carste. It was originally written as "Du spielst 'ne tolle Rolle", with German lyrics by Hans Bradtke, and was first recorded under that title in 1962 by Willy Hagara.

In 1963, it was recorded by Nat King Cole, with English lyrics written by Charles Tobias on a theme of nostalgia.

Cole's version, arranged by Ralph Carmichael and produced by Lee Gillette, reached number 6 on the US pop chart.
Roll out those lazy, hazy, crazy days of summer
Those days of soda and pretzels and beer
Roll out those lazy, hazy, crazy days of summer
Dust off the sun and moon and sing a song of cheer
Just fill your basket full of sandwiches and weenies
Then lock the house up, now you're set
And on the beach you'll see the girls in their bikinis
As cute as ever but they never get 'em wet
Roll out those lazy, hazy, crazy days of summer
Those days of soda and pretzels and beer
Roll out those lazy, hazy, crazy days of summer
You'll wish that summer could always be here
Roll out those lazy, hazy, crazy days of summer
Those days of soda and pretzels and beer
Roll out those lazy, hazy, crazy days of summer
Dust off the sun and moon and sing a song of cheer
Don't have to tell a girl and fella about a drive-in
Are some romantic movie scene
Right from the moment that those lovers start arrivin'
You'll see more kissin' in the car than on the screen
Roll out those lazy, hazy, crazy days of summer
Those days of soda and pretzels and beer
Roll out those lazy, hazy, crazy days of summer
You'll wish that summer could always be here
You'll wish that summer could always be here
You'll wish that summer could always be here
"Summer Wind" is a 1965 song, originally released in Germany as "Der Sommerwind" and written by Heinz Meier and German language lyrics by Hans Bradtke.

Johnny Mercer re-wrote the song into English along the same themes as the original, which talked of the changing of the seasons using the Southern European sirocco wind as a metaphor.

The song is best known for a 1966 recording by Frank Sinatra which peaked at number 25 on the Billboard Hot 100 chart and number one on the Easy Listening chart. The Sinatra version originally appeared on his album, Strangers in the Night.
The summer wind came blowin' in
from across the sea
It lingered there, to touch your
hair and walk with me
All summer long we sang a song and
then we strolled that golden sand
Two sweethearts and the summer wind
Like painted kites, those days and nights
they went flyin' by
The world was new beneath a blue umbrella sky
Then softer than a piper man, one day
it called to you
I lost you, I lost you to the summer wind
The autumn wind, and the winter winds
they have come and gone
And still the days, those lonely days,
they go on and on
And guess who sighs his lullabies
through nights that never end
My fickle friend, the summer wind
The summer wind
Warm summer wind
The summer wind
The final clip in your playlist features a full performance from the 2002 Lincoln Center Production of George and Ira Gershwin’s opera, “Porgy and Bess” – make sure to listen for the song Summertime! Enjoy!

Special Thanks

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