

For the First Time in Forever

Music and Lyrics by Kristen Anderson-Lopez and Robert Lopez

Boasting excellent vocals from Kristen Bell (Anna) and Idina Menzel (Elsa), "For the First Time in Forever" tells the story of Anna's excitement when the gates are finally opened for Elsa's coronation. Elsa's part is a wonderful counterpoint melody that tells of her fear over accidentally revealing her powers. Filled with both seriousness and humour, the song features a line written by the writers' daughter: "I wanna stuff some chocolate in my face."

Hints & Tips: Play through any difficult-looking rhythms before you begin, making sure you count carefully. Look out for the 2/4 bar towards the end.

Excitedly ♩ = 100

The musical score is written in 4/4 time with a key signature of one flat (B-flat). It consists of four systems of music, each with a treble and bass clef staff. The lyrics are written below the treble staff. Chord symbols are placed above the treble staff. The score includes various musical notations such as triplets, accents, and dynamic markings like *mf* and *mp*.

System 1: Measures 1-4. Chords: F, F6, Fmaj7, Gm7. Lyrics: "The win-dow is o - pen, so's_ that door. I did-n't know they did that an - y - more.. Who"

System 2: Measures 5-8. Chords: F, F/A, C, F, B^b/F. Lyrics: "knew we owned_ eight thou-sand sa - lad plates? For years I've roamed. these emp - ty halls..."

System 3: Measures 9-12. Chords: Am/F, B^b/F, Dm. Lyrics: "Why have a ball - room with_ no balls?.. Fi - nal - ly_ they're op - 'ning up_ the"

System 4: Measures 13-16. Chords: G7, Em7, Fmaj7, G, Am. Lyrics: "gates. There'll be ac - tual real live peo - ple. It - 'll be to - tal - ly strange. But"