

Heaven Help Me/I'm Free

During scene preceding song:

Different gym activities on the stage. No special rhythm or intensity. Fake “dodge ball” upstage, with one platform turned so it's lengthwise back to front onstage, all the way back.

Sets of boxing partners with gloves/hand guards maybe downstage center and toward the left
Calisthenics and stretching exercises downstage right.

Section 1:

Post-pushups, listen to Ren, stand in place Hannah designated for you during blocking.

Dialogue over music [16 bars with a vamp on 15]:

Willard: What? What're you thinking?

Ren: That's IT!

Willard: What?

Ren: We're gonna throw a dance! We're gonna throw a kick-ass party that's gonna knock Bomont right off its tractor.

Wendy Jo: You're just asking for a fight.

Ren: Bring it on!

Urleen: Are you ready to take on Reverend Moore?

Ren: I'll take on anybody!

Willard: What about the Town Council?

Ren: I'll fight City Hall! If there's one thing worth fighting for, it's freedom.

LOOKING INTO YOUR EYES I KNOW I'M
RIGHT IF THERE'S
ANYTHING WORTH A FEAR, IT'S WORTH A
FIGHT

NO ONE CAN TIE MY HANDS OR
MAKE ME CHANGE MY PLANS
I'M CROSSIN' THE LINE, JUMPIN' THE TRACK
TAKIN' WHAT'S MINE AND NOT LOOKIN' BACK

HEAVEN HELPS THE MAN WHO
FIGHTS HIS FEAR
EV'RY DAY I FACE A
NEW FRONTIER

I CAN'T WORRY WHAT THE
WORLD WILL SAY
I MAY FLY OR FALL BUT
EITHER WAY
I'M FREE!

SECTION 2:

During this verse, resume original activities, but become more rhythmic, more intense.
Calisthenics girls will have a designated sequence.
Dodgeball players throw and catch on rhythm.

Dialogue [10 bars plus vamp]

Willard: Ren, you're not free – you're crazy! You know there's a law!

Ren: Well, maybe that law needs changing.

Rusty: Hello? Bomont is never gonna let us forget the Potawney Bridge Accident.

Ren: How long do you have to live in that shadow? There's gotta be a way out of this.

Ariel: And the only way out of this is by train!

Ren: No! Listen -

RUNNING AWAY WILL NEVER MAKE YOU
FREE
DOESN'T MATTER WHERE YOU GO, I
GUARANTEE
LONG AS WE HOLD OUR GROUND
WE CANNOT BE BOUND
WE'RE SHAKIN' THE PAST, MAKIN' OUR BREAKS
TAKIN' CONTROL IF THAT'S WHAT IT TAKES

(People drift downstage and away from activities during this verse, I think Hannah gave you timing but see me if you're confused.)

HEAVEN HELPS THE MAN WHO
FIGHTS HIS FEAR
WE CAN FACE IT DOWN RIGHT
NOW, RIGHT HERE
ONCE YOU'RE STANDING ON YOUR
OWN TWO FEET
YOU WILL NOT RETREAT IF
YOU REPEAT

SECTION 3:

Everyone involved at this point, and in lines I gave you for the dance.

I'M FREE! (C'mon, try it)

I'M FREE! (Let the Lord hear your voice!)

I'M FREE! (Yeah!)

WE'RE SHAKIN' THE PAST, MAKIN' OUR BREAKS

Start boxer bounce (start RIGHT), rippling out from Ren and everyone joining from front center to sides

TAKIN CONTROL IF THAT'S WHAT IT TAKES I'M
Boxer bounce

FREE! (8 counts)

[Scissor steps: We jump one foot forward and the other back, then jump them back together]

Scissor right-together-right-together, left-together-left-together (facing forward)

2-8

Scissor right facing right, then left facing left

3-8

Scissor right and left, facing forward

4-8

Scissor right facing right, then left facing left

5-8 through 7-8

Heisman right, left facing front,

repeat right,

repeat back,

repeat left

[The counting on this is tricky – one heisman takes 6 beats.]

8-8

Step one two, scissor 3 times (just right front, left front, right front, etc., no feet jumped together)

HEAVEN HELPS THE MAN WHO

Boxer bounce and punch right hand 4 times

FIGHTS HIS FEAR

Step-punch 4 times facing forward (left, right, left, right)

WE CAN FACE THIS DOWN RIGHT

Rotating to right, punch left, right, left, right

NOW, RIGHT HERE

(Facing right) Step right, kick left, step step, block left arm, block right arm

MAYBE WE CAN FIN'LLY

Boxer bounce and punch left hand 4 times

RIGHT THIS WRONG

Step-punch 4 times (right, left, right, left)

ARM IN ARM AND SIDE BY

Rotate to left, alternating punches right, left, right, left

SIDE, WE'RE STRONG

Step left, kick right, step step, block right arm, block left arm

AND FREE!

Freeze

SECTION 4:

[Dialogue: Shaw]

HEAVEN HELPS THE MAN

Integrate left lines into right (walk but don't run, it's ok if it takes a couple of extra beats)

[Dialogue:

Shaw: And we stand united in honoring their memory.

]

(Whole section in opposition to choir)

WE CAN FACE IT DOWN RIGHT

NOW RIGHT HERE

MAKING OUR BREAKS

FOR HEAVEN SAKES

HEAVEN HELPS THE MAN

HEAVEN HELPS THE MAN

HEAVEN HELPS THE MAN

I'M FREE!

Teens in gym (I may not have everyone in the right place but it's close. Let me know if I have you in the wrong spot):

Boxers

Jon Aldrich, Cas Stone, Lara Fetto, Connor O'Leary, Emily Hazelton, Shaelagh Shields?, Doug Taylor

Girls Who Love Calisthenics

Molly Zegans, Amy Waters, KK, Kyra Sanborn, Sammy Quindlen

“Dodgeball” players

Jean-Luc, Jamie Brooks, Kendra Comstock, Justin Gere, Hannah Haskins, Sam Jones, Sarah Kelecy, Olivia Zerphy, Meghan Licciardi, Jessica Saucier

Melinda Warren? Emma Webster? Eli Wenig?