

UNWINDING

Version for Flute, Bass Clarinet in B \flat ,
Violin, Cello and Piano

Ursula Kwong-Brown

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PERUSAL ONLY

UNWINDING

for Flute, Bass Clarinet in B \flat , Violin, Cello and Piano

Duration: 5'30"

The title "Unwinding" refers to a process in craniosacral therapy in which a physical therapist helps a patient to unravel tensions in the muscles and nervous system. After the trauma and pain is released, you are left feeling light and free. It is an amazing sensation. In 2013, I had a bike accident that left me with nearly constant headaches for over 2 years. Without craniosacral therapy, I do not think I could be competing today.

This version of Unwinding has never been performed.

The string trio version of Unwinding was performed on March 14, 2016, by members of the EarPlay Ensemble, Terrie Baune (violin), Ellen Ruth Rose (viola), and Thalia Moore (cello) at the ODC Theatre in San Francisco.

Please contact the composer with any questions!

Email: ursulakb@berkeley.edu

Phone: (617) 461-9474

Website: www.ursulakwongbrown.com

PERFORMANCE NOTES

The score is notated at pitch.

General

Accidentals follow conventional rules: they apply throughout the bar to notes in the same octave and the same staff.

All *tremolo* markings are unmeasured.

Start all *glissandi* immediately at the beginning of the note value.



Feather-beamed passages are never played together
Each player *accelerandos* (or *ritardandos*) independently

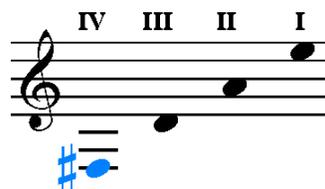
Micro intervals

- ♯ Note raised a 1/4 tone
- ♯ Note raised a 3/4 tone
- ♭ Note lowered a 1/4 tone
- ♭ Note lowered a 3/4 tone

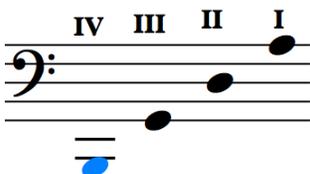
Strings

Parts are provided at sounding and fingered pitch.

Violin
scordatura



Cello
scordatura



S.P.

sul ponticello

M.S.P.

meno sul ponticello

on the bridge

Extreme *sul ponticello*: on (or nearly on) the bridge
We do not hear pitch, just the noise of the bow on wood

N.

normale - used with S.P. and M.S.P.



Gradual and continuous transition (e.g., from N. to M.S.P.)

Unwinding

Frantic
♩ = c. 72

Flute

Bass Clarinet in B \flat

Violin

Violoncello

Piano

6

Fl.

B. Cl.

Vln.

Pno.

2

A Distant - Slower
♩ = c. 60

11

Fl. *p* 3 *ft.* not together *f*

B. Cl. *p* 3 not together *f*

Vln.

Vc.

Pno. *p* not together *f*

Red.

==

16

Fl. *pp* *mf*

B. Cl. *p* *mf*

Vln.

Vc.

Pno. *pp* *mf*

Red.

33

Fl.

B. Cl.

Vln.

Vc.

Pno.

p *f* *p* *mf*

p *f* *p* *mf*

p *mf*

Ped. Ped.

38

Fl.

B. Cl.

Vln.

Vc.

Pno.

D Vulnerable - Faster
♩ = c. 72

p *poco sfz* *mp* *sfz*

f *p*

arco S.P. → N. → S.P. → N.

pp *poco sfz* *p* *sfz*

arco S.P. → N. → S.P. → N.

pp *poco sfz* *p* *sfz*

mp *ff* *p*

44

Fl. *p* *espressivo*

B. Cl.

Vln. *pp* *poco sfz*

Vc. *pp* *poco sfz*

Pno.

46

Fl. *mf* *bisbig.* *tr*

B. Cl.

Vln. *pp* *sfz* *p*

Vc. *pp* *sfz* *p*

Pno.

E Frantic
(♩ = c. 72)

49

Fl. *pp* *p* *mf* *mp* *f*

B. Cl. *p* *mf* *mp* *f*

Vln. *pizz.* *p* *mf* *mp* *f*

Vc. *pizz.* *p* *mf* *mp* *f*

Pno. *mf* *p* *mf* *mp*

||

56

Fl. *p* *ff*

B. Cl. *p* *ff*

Vln. *p* *ff*

Vc. *p* *ff*

Pno. *f* *p* *ff*

8va

F Vulnerable
(♩ = c. 72)

63

Fl. *p* — *poco sfz* — *mp* — *sfz* *mp*

B. Cl. *p*

Vln. arco S.P. → N. → S.P. → N. *pp* — *poco sfz* — *p* — *sfz* — *p*

Vc. arco S.P. → N. → S.P. → N. *pp* — *poco sfz* — *p* — *sfz* — *p*

Pno.

68

Fl. *sfz*

B. Cl. *sfz*

Vln. *sfz*

Vc. *sfz*

Pno. *p* *sfz*

70

Fl. *p* *mp* *sfz*

B. Cl. *sfz*

Vln. *p* *sfz* *pp*

Vc. *p* *sfz* *pp*

Pno. *p* *sfz*

G

Exhausted,
but triumphant

72 = c. 60 accel.

Fl. *p*

B. Cl. *mf*

Vln. *mp*

Vc. *mp*

Pno. *p*

Ped. freely

♩ = c. 96

molto rit.

H Meditative
♩ = c. 60

75

Fl. *f* *fff*

B. Cl. *fff*

Vln. *fff* *pp* *gliss.*

Vc. *fff* *p* *mf* *gliss.* *gliss.* *gliss.* *gliss.* *gliss.*

Pno. *fff*

iv Freely

Fl. *ppp*

B. Cl.

Vln. *p* *pp* *not together*

Vc. *ppp*

Pno. *ppp* *p* *pp* *not together*

Ped.

80

Fl. *mp* *pp* *mf*

B. Cl. *pp* *mf*

Vln. *mp* *pp* *mf*

Vc. *pp* *mf*

Pno. *mp* *pp* *mf*

83

Fl. *p* *f* *pp*

B. Cl. *p* *f* *pp*

Vln. *p* *f* *p*

Vc. *p* *f* *ppp*

Pno. *p* *f* *ppp*

I Sparkling - Faster
♩ = c. 72

86

Fl.

B. Cl.

Vln.

Vc.

Pno.

poco 6 6 6

p 6 6

ppp

p 6 6 6 *mp* 6 6 *p* 6

Ped. *simile*

90

Fl.

B. Cl.

Vln.

Vc.

Pno.

p 6 6 3 3 3 3 3 3 3 3

poco *poco* *pp* 6 6 6

mp 6 3 3 6 3 3 *pp* 3 3

Ped. *simile*

J

100

Fl.

B. Cl.

Vln.

Vc.

Pno.

mf *3* *3* *3* *p* *poco*

mf *3* *6*

p *mf*

==

102

Fl.

B. Cl.

Vln.

Vc.

Pno.

p *poco*

14 103

Fl.

B. Cl.

Vln.

Vc.

Pno.

p

104

Fl.

B. Cl.

Vln.

Vc.

Pno.

mp

mf

(N.)

ppp

105

Fl.

B. Cl.

Vln.

Vc.

Pno.

f

6 3 6 3

f

106

Fl.

B. Cl.

Vln.

Vc.

Pno.

sfz

6 6 6 6

sfz

107

Fl. *tr*

B. Cl.

Vln. *sfz*

Vc. *mf* *p*

Pno. *sfz*

p *poco sfz*

Flowing - Not Too Fast

K ♩ = 60-72

109

Fl. *(tr)* *ppp*

B. Cl.

Vln. *con esp.* *p*

Vc. *p* S.P.

Pno.

110

Fl.

B. Cl.

Vln.

Vc.

Pno.

p *mf*

||

111

Fl.

B. Cl.

Vln.

Vc.

Pno.

mp *p* S.P.

18 112

Fl.

B. Cl.

Vln.

Vc.

Pno.

p 14 14 14 *mf* 14 14

113

Fl.

B. Cl.

Vln.

Vc.

Pno.

p 14 14

(N.) S.P.

114

Fl.

B. Cl.

Vln.

Vc.

Pno.

N.

12

p

mf

||

115

Fl.

B. Cl.

Vln.

Vc.

Pno.

mp

(N.)

S.P.

p

12

20 116

Fl.

B. Cl.

Vln.

Vc.

Pno.

mf

p

mf

p

117 **L**

Fl.

B. Cl.

Vln.

Vc.

Pno.

mf

mf

p

118

Fl.

B. Cl.

Vln.

Vc.

Pno.

p

p

mf

119

Fl.

B. Cl.

Vln.

Vc.

Pno.

p

mf

p

120

Fl.

B. Cl.

Vln.

Vc.

Pno.

p

10

10

10

10

10

121

M

Fl.

B. Cl.

Vln.

Vc.

Pno.

p

6

6

6

6

6

6

6

6

10

10

ff

Red.

123

Fl. *tr*

B. Cl.

Vln.

Vc.

Pno.

6 6 6 6

6 6 6 6 6 6 6

4/4 4/4

125

Fl.

B. Cl.

Vln.

Vc.

Pno.

f *mf* *p* *pp* *sub p*

f *sub p*

f *mp* *p* *pp*

fff *mf* *p*

3 3 3 3

6 3 3

4/4 4/4 4/4