

*Unwinding  
for String Trio*

*Ursula Kuong-Brown*

*January 2016*

PERUSAL ONLY

PERUSAL ONLY

# UNWINDING

*for violin, viola and cello*

**Duration: 10 min**

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 composing today. Thank you to all the healers who taught me to unwind!

The score is in C.

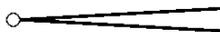
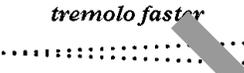
The image shows three staves of musical notation. The top staff is for Violin scordatura, the middle for Viola scordatura, and the bottom for Cello Tuned normally. Each staff has a treble clef and a key signature of one sharp (F#). The notes are: Violin (G4, A4, B4, C5), Viola (G3, A3, B3, C4), and Cello (G2, A2, B2, C3). Above each staff are the fingering numbers IV, I, II, I. A blue sharp sign is placed above the first note of the Violin staff, and a blue sharp sign is placed below the first note of the Viola staff.

# PERFORMANCE NOTES

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

All *tremolo* markings are unmeasured.

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

S.P.	<i>sul ponticello</i>
M.S.P.	<i>molto sul ponticello</i>
N.	<i>normale</i> – used with S.P. and M.S.P.
	Gradual and continuous transition (e.g., from N. to M.S.P.)
	High note of indeterminate pitch
	<i>crescendo</i> from silence
	<i>diminuendo</i> to silence
	<i>tremolo faster</i>
	<i>tremolo slower</i>

**Please contact the composer with any questions!**

Email: [ursulakb@berkeley.edu](mailto:ursulakb@berkeley.edu)

Phone: (617) 461-9474

Website: [www.ursulakwongbrown.com](http://www.ursulakwongbrown.com)

# Unwinding

**Frantic**  
♩ = c. 72

Violin

Viola

Violoncello

pizz.

*sfz*

6

*sfz*

*poco sfz*

11

**Distant**

arco

*p*

*sfz* *sub pp*

*poco sfz*

S.P.

N.

18 **B** Frantic

Frantic section (measures 18-22). The music is in 2/4 time. It features a driving, rhythmic pattern in all three staves (treble, middle, and bass clef). The notes are primarily eighth and sixteenth notes, often beamed together. The dynamic is consistently *sfz* (sforzando). The instruction *pizz.* (pizzicato) is present above the notes in the middle and bass staves.

Continuation of the Frantic section (measures 23-27). The music continues with the same driving eighth-note pattern. Measures 24-27 feature triplets of eighth notes in all three staves. The dynamic starts at *sfz* and then shifts to *p* (piano) for the triplet passages.

Section C (measures 29-33). This section is in 3/4 time. It features a more melodic and sustained texture. The music is marked *f* (forte) at the beginning. The instruction *arco* (arco) is present above the notes in the middle and bass staves. The dynamics vary, including *p* (piano), *sfz* (sforzando), and *sub p* (sub piano). The notation includes slurs and accents over the notes.

35

S.P. N. S.P. N.

sub *pp* *poco sfz* sub *p* *sfz*

S.P. N. S.P. N.

sub *pp* *poco sfz* sub *p* *sfz*

S.P. N. S.P. N.

sub *pp* *poco sfz* sub *p* *sfz*

**D** Vulnerable

40

S.P. → N. S.P. → N. S.P.

*p* *poco sfz* *mp* *sfz* *p* *espressivo*

S.P. → N. → S.P. → N.

sub *pp* *poco sfz* *p* *sfz*

S.P. → N. → S.P. → N.

sub *pp* *poco sfz* *sfz* *pp*

45

N.

*poco sfz* *p*

*poco sfz*



**F** Distant

arco  
S.P.

64

*p* *sfz* *sub pp* *poco sfz*

arco  
S.P.

*p* *sfz* *sub pp* *poco sfz*

arco  
S.P.

*p* *sfz* *sub pp* *poco sfz*

**Vulnerable**

70

S.P. → N.

*p* *poco sfz* *mp* *sfz*

S.P. → N. → S.P. → N.

*pp* *poco sfz* *p* *sfz*

S.P. → N. → S.P. → N.

*pp* *poco sfz* *p* *sfz*

75

Musical score for measures 75-76. The score is written for three staves: Treble, Alto, and Bass. Measure 75 features a treble staff with a melodic line starting on a whole note, followed by eighth notes, and a bass staff with a rhythmic accompaniment of eighth notes. Dynamics include *mf* and *sffz*. Measure 76 continues the treble staff with sixteenth notes and the bass staff with eighth notes. Dynamics include *sffz* and the number '6' is written above the treble staff.

77

Musical score for measures 77-78. The score is written for three staves: Treble, Alto, and Bass. Measure 77 features a treble staff with a melodic line starting on a whole note, followed by eighth notes, and a bass staff with a rhythmic accompaniment of eighth notes. Dynamics include *sffz* and the number '6' is written above the treble staff. Measure 78 continues the treble staff with sixteenth notes and the bass staff with eighth notes. Dynamics include *p* and *sffz*.

**H** Exhausted, but triumphant

79

*p* *p* *p* *accel.*

82

*mf* *mf* *mf* *molto rit.*

84

*mp* *mp* *mp* *tremolo faster* *tremolo slower*

87

(N.) → S.P.

*ppp* *p*

IV *gliss.* *tremolo faster* *tremolo slower* → S.P.

*ppppp* *ppp* *p*

(N.) → S.P.

*tremolo faster* *tremolo slower*

(N.) → S.P.

*ppp* *p*

**J** Sparkling  
 A tempo ♩ = c. 72

91

N. → M.S.P. → N.

*poco sfz* *p*

III  
 IV

6 6

M.S.P. → N.

*poco sfz*

N. → M.S.P. → N.

*poco sfz*

94

*poco*

*p*

*mp*

*ppp*

(N.)

98

*mp*

*mf*

*pp*

*mp*

*mf*

*ppp*

*poco*

*poco*

S.P.

N.

S.P.

N.

II I

(N.)

IV III II

6 6

*p*

S.P.

N.

(N.)

IV III II I

*p*

*mp*

S.P.

N.

*poco*

6

6

6

6

6

6

104

S.P.

N.

S.P.

N.

*mp*

*p*

*mf*

S.P.

N.

N.

*p*

*mp*

*p*

*mf*

S.P.

N.

*mp*

*p*

6

6

6

6

3

3

107

S.P. *p* N. *mf* S.P. *p* N. *mf*

harmonic gliss to top of fingerboard

S.P. *p* N. *mf* M.S.P. II *gliss.* *gliss.*

harmonic gliss to top of fingerboard

M.S.P. II *gliss.* *gliss.* *gliss.* *gliss.*

*p* *mp*

110 **K** Dream-like (♩ = c. 72)

N. IV (III)

N. III II

Freely N. II *gliss.* *gliss.* *gliss.* *gliss.* *gliss.*

*mf* *p*

112

mp

*Freely*  
IV

gliss. # gliss. # gliss. gliss.

mf

mp

poco

115

p

III

II

mp

# L Flowing

117 N. S.P.

*"color" harmonic*

*ppp* *poco sfz*

(N.) IV III II 6 S.P. 6

*p* *poco*

118 N. S.P.

*8va*

*p* *poco*

*6* N. S.P.

PERUSAL ONLY

119 N. → S.P. →

*poco sfz*

N. →

(N.) S.P. →

IV III II 6 6 6 6 6

120 N. → S.P. →

*poco sfz*

N. → S.P. →

(N.) S.P. →

6 6

121

*pppp* *poco sfz*

N. S.P.

(N.) S.P.

IV III II I

*poco*

122

*poco sfz*

N. S.P.

(N.) S.P.

II I

*poco*

123

N. → S.P.

*poco sfz*

PERUSAL ONLY

124

N. → S.P.

*poco sfz*

(N.) → S.P.

*poco*

PERUSAL ONLY

125

N. → S.P.

*poco sfz*

(N.) → S.P.

*poco*

**M**

126

N. → S.P.

*p sfz*

S.P. M.S.P.

*sfz sfz*

N.

127 N. M.S.P.

*sfz*

*mp* M.S.P.

*sfz*

128 N. S.P.

*sfz*

*mp* S.P.

*sfz*

129 N.

M.S.P.

N.

Musical score for measures 129-130. The score is written for three staves: Treble, Bass, and Bass. Measure 129 features a Treble staff with a half note chord, a Bass staff with a half note chord, and a Bass staff with a half note chord. Measure 130 features a Treble staff with a half note chord, a Bass staff with a half note chord, and a Bass staff with a half note chord. Dynamics include *sfz* and *p*. Performance markings include *N.*, *M.S.P.*, and *poco*. A large watermark 'PERUSAL ONLY' is overlaid on the score.

130

Musical score for measures 130-131. The score is written for three staves: Treble, Bass, and Bass. Measure 130 features a Treble staff with a half note chord, a Bass staff with a half note chord, and a Bass staff with a half note chord. Measure 131 features a Treble staff with a half note chord, a Bass staff with a half note chord, and a Bass staff with a half note chord. Dynamics include *p* and *poco sfz*. Performance markings include *N.*, *S.P.*, and *poco*. A large watermark 'PERUSAL ONLY' is overlaid on the score.

131

(N.)

S.P.

*p* *poco*

N.

S.P.

*poco sfz*

132

N.

M.S.P.

*sfz* *sfz*

N. M.S.P. N.

*p* *sfz*

The image shows a musical score for two measures, 131 and 132. Measure 131 consists of three staves. The top staff is a treble clef with a key signature of one sharp (F#) and a common time signature. It contains a melodic line with slurs and fingerings (IV, III, II, I) and a dynamic marking of *p*. The middle staff is a piano staff with chords and slurs, with a dynamic marking of *poco*. The bottom staff is a bass clef with a melodic line and a dynamic marking of *poco sfz*. Measure 132 also consists of three staves. The top staff is a treble clef with a melodic line and a dynamic marking of *sfz*. The middle staff is a piano staff with chords and slurs, with a dynamic marking of *sfz*. The bottom staff is a bass clef with a melodic line and a dynamic marking of *sfz*. The score includes various musical notations such as slurs, fingerings, and dynamic markings.

133

3/4

*sfz*

*poco sfz*

3/4

3/4

**N** **Meno Mosso - Meditative**  
 ♩ = c. 50

tremolo faster tremolo slower

134 N. → M.S.P. → N. M.S.P. → N. → M.S.P. → N.

IV IV

*ppp* *sfz* *sffz*

tremolo faster tremolo slower

IV II

N. → M.S.P. → N. M.S.P. → N. M.S.P. → N.

*sfz* *sfz* *sffz*

tremolo faster tremolo slower

N. → M.S.P. → N. (N.) → M.S.P. → N.

*sfz* *sfz* *sffz*

3/4

3/4

3/4

10/4

Sparkling

A tempo



♩ = c. 72

140

10/4 4/4

*Freely*  
IV  
gliss. gliss. gliss. gliss.

*mp* *p* *poco*

142

4/4 4/4

IV III II I  
*p* *poco*

143

4/4 4/4

*p* *p*

144

mp mf ppp

II

This system contains measures 144 and 145. It features three staves: Treble, Bass, and Cello/Double Bass. Measures 144 and 145 are marked with *mp* and *mf* dynamics. A *ppp* dynamic is indicated at the end of measure 145. A second ending bracket labeled 'II' spans the final two measures of the system.

145

f

This system contains measures 145 and 146. It features three staves: Treble, Bass, and Cello/Double Bass. Measures 145 and 146 are marked with *f* dynamics. The Cello/Double Bass staff includes six sixteenth-note patterns, each marked with a '6' below it.

146 S.P.

sfz sfz sfz sfz

This system contains measures 146 and 147. It features three staves: Treble, Bass, and Cello/Double Bass. Measures 146 and 147 are marked with *sfz* dynamics. The Cello/Double Bass staff includes six sixteenth-note patterns, each marked with a '6' below it.

147

Musical score for measures 147-148. It features three staves: Treble, Bass, and Cello/Double Bass. The Treble staff has a key signature of one sharp (F#) and a 5/4 time signature. The Bass and Cello/Double Bass staves have a key signature of one flat (Bb) and a 5/4 time signature. The Treble staff contains two measures of music, each with a dynamic marking of *sfz* and a slur over the notes. The Bass and Cello/Double Bass staves contain four measures of music, each with a dynamic marking of *sfz* and a slur over the notes. The Cello/Double Bass staff also includes a dynamic marking of *mp* at the beginning of the first measure and a fermata over the final measure.

149

Musical score for measures 149-150. It features three staves: Treble, Bass, and Cello/Double Bass. The Treble staff has a key signature of one sharp (F#) and a 5/4 time signature. The Bass and Cello/Double Bass staves have a key signature of one flat (Bb) and a 5/4 time signature. The Treble staff contains two measures of music, each with a dynamic marking of *p* and a slur over the notes. The Bass and Cello/Double Bass staves contain two measures of music, each with a dynamic marking of *ppp* and a slur over the notes. The Cello/Double Bass staff also includes a dynamic marking of *ppp* at the beginning of the first measure. Above the Treble staff, there are fingering indications: (N.) IV III II I and S.P. with arrows pointing to the right.

**P** Flowing Not too Fast

150

Musical score for measures 150-151. It features three staves: Treble, Bass, and Cello/Double Bass. The Treble staff has a key signature of one sharp (F#) and a 5/4 time signature. The Bass and Cello/Double Bass staves have a key signature of one flat (Bb) and a 5/4 time signature. The Treble staff contains two measures of music, each with a dynamic marking of *p* and a slur over the notes. The Bass and Cello/Double Bass staves contain two measures of music, each with a dynamic marking of *pp* and a slur over the notes. The Cello/Double Bass staff also includes a dynamic marking of *pp* at the beginning of the first measure. Above the Treble staff, there are fingering indications: III II I and S.P. with arrows pointing to the right. The Cello/Double Bass staff includes the instruction *con vibr.*

(N.) → S.P.

151

IV III II I V<sup>o</sup>

*p*

N.

N.

152

(N.) → S.P.

IV III II I V<sup>o</sup>

*mp*

*p*

8va

(N.) → S.P.

153

IV II I V<sup>o</sup>

*p*

N.

*mp*



N.

154

IV III II I

*p*

*pp*

155

(N.)

IV III II I

*p*

*pp*

156

(N.)

III II I

*mp*

S.P.

PERUSALONLY

157 *8<sup>va</sup>* (N.)

S.P.

*mf*

*mp*

158

(N.)

S.P.

*mf*

*mf*

159 (N.)

S.P.

*mf*

160

S.P. → N.

*mp*

161

(N.) → S.P.

*p*

162

Musical score for measures 162-165. The score is in 3/4 time and D major. It features three staves: a vocal line (top), a piano accompaniment (middle), and a bass line (bottom). The vocal line consists of a melodic phrase with a slur and a fermata, marked with a 'Z.' above it. The piano accompaniment includes chords labeled IV, III, II, and I, and is marked with a piano (*p*) dynamic. The bass line provides harmonic support with a few notes.

163

Musical score for measures 163-166. The score is in 3/4 time and D major. It features three staves: a vocal line (top), a piano accompaniment (middle), and a bass line (bottom). The vocal line has a melodic phrase with a slur and a fermata, marked with a piano (*p*) dynamic. The piano accompaniment includes chords labeled IV, III, II, and I, and is marked with a piano (*p*) dynamic. The bass line provides harmonic support with a few notes, ending with a *pp* dynamic.

**R** Fragile

165

*p*

S.P. N.  
IV III II I

*p*

harmonic gliss  
to top of fingerboard  
M.S.P.  
II  
*mf*

167

harmonic gliss  
to top of fingerboard  
M.S.P.  
IV  
*mp*

*mf*

S.P. N.  
IV III II I

*mp*

S.P.  
*p*

II  
*mp*

170

The musical score consists of three staves. The top staff is in treble clef and begins with a glissando marked 'gliss.' and a dynamic of 'pp'. It features a fingering 'IV' and another glissando. The middle staff is in treble clef and contains a sequence of notes with a dynamic of 'pp', followed by a section labeled 'M.S.P. II I' with fingerings 'IV III' and a dynamic of 'ppp'. The bottom staff is in bass clef and starts with a dynamic of 'p' and a fingering 'II', followed by a glissando and another dynamic of 'pp' with a fingering 'II'. The score includes various musical notations such as slurs, accents, and dynamic hairpins.

PERUSAL ONLY