Alphabet Rockers

School Show Study Guide from the Artist

Luther Burbank Center for the Arts
Tuesday, March 3, 2020
Get Ready for the Rockers

RESOURCE GUIDE
We cannot wait to see you at Luther Burbank Center! We know you want your kids to get the very most out of this experience. You are looking for us to spark change, spark courage and spark connection in your school. That’s exactly what we’re showing up to do. It’s our very favorite thing TO DO and the heart of our mission as artists. We prepare all year for this.

There is so much you can do to get ready for us! Warm up your kids to the lyrics, the choreography and the messages of our album, Rise Shine #Woke. Engage them now and watch how deep they’ll go. Make the very most of this opportunity.

It’s not a moment—it’s a movement.


With love & hip hop,

The Alphabet Rockers Crew
Get ready for the Rockers!

What to do before the Alphabet Rockers come to your school. This guide has everything you need. Ready... Set... Go!

☐ Print the POSTER in this pack. Add details. Post in every hallway.

☐ Watch our MUSIC VIDEOS*

☐ Rehearse our choreography as a class with our LEARN THE MOVES videos

☐ Use our MEDIA MOMENT page to engage students and ask reflection questions

☐ Review and discuss LYRICS to our songs. Get ready to sing with us at the show!

☐ Print the #HonorNativeLand poster and find out what land your school is on

☐ GO DEEPER: Research the tribe(s) that settled there. Invite someone from the community to share stories about their family and traditions. Learn more from #HonorNativeLand provided by the US Department of Arts & Culture, of which Alphabet Rockers is an Affiliate: www.usdac.us/nativeland

* Videos available by link in this packet or at youtube.com/alphabetrockers
ALPHABET ROCKERS

“Fun, engaging songs!”
—American Library Association

“Empowering.”
—CBS New York

GRAMMY Nominees 2018

Learn moves for the show: youtube.com/alphabetrockers

MORE INFO: alphabetrockers.com

#StandUp forYou

ALPHABET ROCKERS

Invite you to Sing For Change
Watch. Move. Reflect.

Get moving to music that moves you. Take a moment to engage your students in media they can watch, move to and reflect on.

That's Your Name, Wear it Out!
🔗 Learn the moves here

*REFLECT: This song is about celebrating our names. Where does your name come from? Why do names matter?*

Shine
🔗 Watch the music video here
🔗 Learn the moves here

*REFLECT: What did you notice? What does it mean to shine? How do you shine?*

Stand up for You
🔗 Watch the music video here
🔗 Learn the moves here

*REFLECT: What does it mean to stand up for someone?*

Sway (line dance)
🔗 Learn the moves here

*REFLECT: This video teaches us a line dance. Has anyone else learned a different line dance?*
Whatcha gonna do when the rockers come through?  
I'm gonna have some fun!  
What do you consider fun?  
Fun, natural fun!  

We get up, get up - we stand up stand up  
We get up, get up - stand up!  
We get up, get up - we stand up stand up  
We get up, get up - stand up!  

Put your rocks up, rock stars  
Put your rocks up, rock stars  
Put your rocks up, rock stars  
And go rock—star  
Yea, just make a rock with your hand and go rock-star!  

Yes, our rock means together  
Our rock means we must  
Stand up together  
We love and trust  
Our rock means unity  
You and I - that's (UNITY)  
So come on, let it rock like stars everywhere  
If you're feeling energized put em up in the air  
Say...  
Oh yea oh yea...  
Oh yea oh yea...  

So come on, let it rock like stars one time  
If you're feeling energized and you see the light  
Say...  
Alright— alright  
Alright— alright  

Oh yea-- oh yea  
Alright— alright  
Oh yea-- oh yea  
Alright— alright  

Just wave 'em, wave 'em, wave 'em in the air  
Wave 'em, wave 'em - like you just don't care  
Bring it down to the floor,  
Stomp it out you want some more.  
Just wave 'em, wave 'em, wave 'em in the air  
Wave 'em, wave 'em - like you just don't care  
Bring it down to the floor,  
Stomp it out you want some more.  

Now it's time for us to shine  
Through our beats our moves and rhymes  
You got me and I got you  
Now we're a crew we got work to do!  

So let's move—  
Are you ready?  

It's time to rock!!
I'm Proud

© School Time Music LLC
Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth, Torrance Esmond.

You know it's time to stand up!
Be you get loud!

Proud to be who I am and to be a good friend
Gotta know that you’re you and I’m me
And together we can understand
That there's more to us
Than what you see
Listen up
Right here right now you’ll see

I got the power
I got the strength
I got the love of those, who come before me
Who made me who i am
I’ve got the courage
I got the drive
I got the magic forming inside me
It makes me who I am

CHORUS

I got the power and I use it—when I speak my mind
I got the strength and I prove it— I prove it every time
See me - I never give up
And you - you never give up
So we lift each other up
So we can keep living up

We are the power— get your power
We are the strength— get your strength
We are the love— get your love
We are the courage— get your courage
We are the drive— get your drive
We are the magic— get your magic
It’s our life! Go get your life!
It’s our life! Go get your life!

CHORUS x2

[CHORUS]
Look to the left say it loud: HEY, I'M PROUD
Look to the right say it loud: HEY, I'M PROUD
Look to the crowd say it loud: HEY, I'M PROUD
Never look down, cuz we livin’ UP
Look to the left say it loud: HEY, I'M PROUD
Look to the right say it loud: HEY, I'M PROUD
Look to the crowd say it loud: HEY, I'M PROUD
Never look down, cuz we livin’ up!

Me, it’s easy to be
But only when you see me and let me be exactly
Who i’m meant to be
A rising star
An open heart
When we need change
Right now
Right here
I’ll start
Shine

© School Time Music LLC

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I...
(SHINE, I SHINE!)

When they catch a good glimpse of what I’m really on
I will get some followers - Prolly like a million
Smile so big that it’s lookin’ like the ceilings gone
You be like is that the sun?
Nope it's just the bright one
Shades on, take a look - look at this complexity
Not just a star I’m-a (I'm-a) (I'm-a) galaxy
I’m the big bang written in the black stars
Everything that’s beautiful has me up at the start
My dreams are awakening everybody’s sleepin’ in
Follow my light to the life we should be leadin'
My imagination is the fire, earth is my knowledge
Wind is my word— flow like water
That's my (that’s my) power

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]

[Instrumental]

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]

I've known rivers
Designed pyramids
I mean....I...can fly
Like Pharaoh and Cleopatra did
I sing loud and yes, I speak clearly
When it's about my skin, my hair, my prayers, my family
Cuz I’m a bird in the sky— not like a bird caged
Carving out a true path— right up to center stage
Making my voice a tradition not a holiday
It's more than a month, man my history is everyday
And everyday I pray 5 times, and yes I do, I pray for you
That you can tie it up tight in a pair of my shoes
Or my skin, or my hair, or my clothes, my rights, or my
life or the light on my skin and we can
Stand up for You
© School Time Music LLC
Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth and Torrance Esmond.

It's time to be woke!

[Chorus]
I'm-a stand up for you!
I'm-a stand up for you! (for who?) [x4]

Step back and listen
Be allies
If it's not about you
Then you know why
Everyone is different
No one's the same
From gender to color to how we pray

Ask yourself – is the world really fair?
Ask yourself – what's going on over there?
Ask yourself – who's really alright?
Ask yourself – how can I open my mind?
Ask yourself – who do I stand up for?
Ask yourself – do I wanna do more?
Ask yourself – am I woke? If you're woke then
Stand up speak up!

Chorus
To be together
and stand as one
Gotta wanna know each other
Everyone
It takes mad courage
And that fierce love
To bravely stand up and
Defend someone

Ask 'em now – do I say your name right?
Ask 'em now – are you really alright?
Ask 'em now – did you get your turn?
Ask 'em now – is there more for me to learn?
Ask 'em how can I stand up for you?
Until You’re Free

© School Time Music LLC

VERSE 1:
Until you’re free - I’ll be learning bout your life and rights Lookin out for what you need, Working to adjust my sight see Until you’re free - I’ll be stepping up physically Putting focus on the real pic Taking responsibility I’m not trying to live in a world that wants to remove you I’m trying to be in a place with space to include you We out here playing by rules that muffle the truth Which eventually becomes sound proof Say it loud I’m the one standing up (x2) I’ll be lifting you up (x2) I will never slow down (x2) No better time than now (x2)

CHORUS:
I’m not free Until you’re free And we will be Louder, stronger, together Time’s Up dream Time’s Up speak Time’s Up lead Time’s Up believe That the time is now - that we got the power Stand up side by side impossible to break us down (Repeat)

BRIDGE 1
We can make a bigger voice We can make it twice as loud We can make a better choice We can we can be proud Ven conmigo y alcemos una sola voz Que se escuche en cada esquina de este mundo Tú decides, puedes elegir mejor Sentir orgullo de lo que logramos juntos

(Translation in English)
Join me, let’s make a single voice That is heard in every corner of the world It’s up to you – you can make a better choice And feel proud about what we can do together

VERSE 2:
Now is the time tho Yeah, but you gon need some spine tho Yea, I mean You gon need some backbone We lost love, it’s time to find it bring it back home Turn the lights on, where the lights at Your presence is a present, it’s time to fight back Stand up, stand out Do everything but stand down Have heart, play your part Do what you can now The future aint no Mystery Your choices dictate everything that you finna see You either spectate or you create You’re either at the table or be what’s on the plate

BRIDGE 2
Somos más fuertes cuando nos unimos Ser solidarios es lo que elegimos No se trata de lo mío, no se trata lo tuyo Yo te apoyo, doy mi mano, lo hago con orgullo

(Translation in English)
We are stronger when we unite We choose solidarity It’s not about what’s mine or what’s yours I will support you, lend my hand, and I’ll do it with pride.

CHORUS +
Are we free If you’re not free Can we be Louder, stronger, together
Sway

© School Time Music LLC
Written by Kaitlin McaGaw, Tommy Shepherd. Music by Derrick Okoth and Torrance Esmond.

STEP UP!

I see you— I see you
I like it— I like it
You look good— you look good
Let’s move— OK!
Sway

I hear you— I hear you
I like it— I like it
Sounds good— sounds good
Let’s move— OK!
Sway

I see you— I see you
I’m different— I’m different
You shine, though— You shine, though
True— True
Sway

I’m standing up for you. (For who?) For you!
I’m standing up for you. (For who?) For you!
I’m standing up for you. (For who?) For you!
I’m standing up for you. (For who?) For you!
Sway

They try to hold me down
But I’m a hold you up!
They try to say I’m wrong
But you’re right... what’s UP?
That’s Sway

And now I’m stepping up
And now I’m stepping back
And now I’m speaking up
I’m listenin’ right back
Let’s Sway

I see you— I see you
We’re different— we’re different
We rock though— we rock though
That’s how we do— that’s
Sway

I got my sway. I got my sway!

I’m stepping up for you. (For who?) For you!
I’m stepping up for you. (For who?) For you!
I’m stepping up for you. (For who?) For you!
I’m stepping up for you. (For who?) For you!

Sway

Rock with it now
Sway with it now [x4]
Step up - step up - step up - step up!

I rise.
I shine.
We woke.
That’s what we do.
I rise.
I shine.
We woke.
That’s what it is.

Sway

© School Time Music LLC
Written by Kaitlin McaGaw, Tommy Shepherd. Music by Derrick Okoth and Torrance Esmond.
YOU ARE ON

LAND

#HonorNativeLand
Art: Marlena Mykles, Spirit Lake Dakota
**ORDER FORM**

Alphabet Rockers offers positive t-shirts and music for K-5 families. Order in advance by emailing photo of form to: hello@alphabetrockers.com. Packages will be provided for school-pick-up or will be shipped to school.

### T-SHIRTS ($20)

<table>
<thead>
<tr>
<th>ADULT</th>
<th>COLOR</th>
<th>QTY</th>
<th>YOUTH</th>
<th>COLOR</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>Black</td>
<td></td>
<td>XS</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>Black</td>
<td></td>
<td>S</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>L</td>
<td>Black</td>
<td></td>
<td>M</td>
<td>Black</td>
<td></td>
</tr>
<tr>
<td>XL</td>
<td>Black</td>
<td></td>
<td>L</td>
<td>Black</td>
<td></td>
</tr>
</tbody>
</table>

| S     | Black  |     | XS    | Black/Grey/Blue |
| M     | Black  |     | S     | Black/Grey/Blue |
| L     | Black  |     | M     | Black/Grey/Blue |
| XL    | Black  |     | L     | Black/Grey/Blue |

| n/a   | Black/Grey |     | XS    | Grey/Blue/Pink |
| n/a   | Black/Grey |     | S     | Grey/Blue/Pink |
| n/a   | Black/Grey |     | M     | Grey/Blue/Pink |
| n/a   | Black/Grey |     | L     | Grey/Blue/Pink |

**TOTAL #**

### CD’S

<table>
<thead>
<tr>
<th>CD'S</th>
<th>QTY</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to School</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>Go!</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>The Playground Zone (EP)</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>Rise Shine #Woke (Grammy-nominated)</td>
<td>$15</td>
<td></td>
</tr>
</tbody>
</table>

**NOTES**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**SHIRT TOTAL #** \(x\$20\) =

**CD's** =

**TOTAL OWED** =

Please venmo @alphabetrockers or make checks payable to School Time Music.
P.O. Box 8636, Emeryville, CA 94662