

Let It Go



song from Disney's 2013 animated feature film, Frozen,

Music and lyrics composed by Kristen Anderson-Lopez and Robert Lopez.

Performed by Idina Menzel

Released on November 25, 2013

Let it go, let it go

Can't hold it back anymore

Let it go, let it go

Turn my back and slam the door

The snow glows white on the mountain tonight

Not a footprint to be seen

A kingdom of isolation and it looks like I'm the queen

The wind is howling like the swirling storm inside

Couldn't keep it in

Heaven knows I try

Don't let them in, don't let them see

Be the good girl you always had to be

Conceal, don't feel, don't let them know

Well now they know

Let it go, let it go

Can't hold it back anymore

Let it go, let it go,

Turn my back and slam the door

And here I stand

And here I'll stay

Let it go, let it go

The cold never bothered me anyway

It's funny how some distance makes everything seem small
And the fears that once controlled me can't get to me at all
Up here in the cold thin air I finally can breathe
I know I left a life behind but I'm too relieved to grieve

Let it go, let it go
Can't hold it back anymore
Let it go, let it go,
Turn my back and slam the door

And here I stand
And here I'll stay
Let it go, let it go
The cold never bothered me anyway

Standing frozen in the life I've chosen
You won't find me, the past is all behind me
Buried in the snow

Let it go, let it go
Can't hold it back anymore
Let it go, let it go,
Turn my back and slam the door

And here I stand
And here I'll stay
Let it go, let it go
The cold never bothered me anyway

Let it go
Let it go, let it go
Let it go

Let it go, let it go
Can't hold it back anymore
Let it go, let it go
Turn my back and slam the door

The snow glows white on the mountain tonight
Not a footprint to be seen
A kingdom of isolation and it looks like I'm the queen 這是個與世隔離的王國
我似乎就是這王國的皇后
The wind is howling like the swirling storm inside 暴風嚎叫就像我心中狂舞的風雪
Couldn't keep it in 我無法再隱藏自己真正的感受
Heaven knows I try 天曉得 我真的試過了

Don't let them in, don't let them see
Be the good girl you always had to be
Conceal, don't feel, don't let them know
別讓他們闖進來 別讓他們看見
當妳一直都是的那個好女孩
掩蓋住一切 不要有任何感覺
別讓他們知道

Well now they know
不過現在他們知道了

Let it go, let it go
Can't hold it back anymore
Let it go, let it go,
Turn my back and slam the door

And here I stand
And here I'll stay
Let it go, let it go
我就站在這
我會留在這
放手吧 放手吧

The cold never bothered me anyway
It's funny how some distance makes everything seem small 有時候距離讓每件事
都變得很渺小 這真是件很有趣的事
And the fears that once controlled me can't get to me at all 那曾經控制著我的恐懼
不會再闖進我的生活

Up here in the cold thin air I finally can breathe	站在這寒冷稀薄的空氣裡 我終於能再度呼吸
I know I left a life behind but I'm too relieved to grieve	我知道我拋下了一段人生 但我已經不再悲傷
Let it go, let it go	放手吧 放手吧
Can't hold it back anymore	我無法再壓抑住自己
Let it go, let it go,	放手吧 放手吧
Turn my back and slam the door	我轉過身 大力甩上門
And here I stand	我就站在這
And here I'll stay	我會留在這
Let it go, let it go	放手吧 放手吧
The cold never bothered me anyway	反正那些寒冷從來不會影響我
Standing frozen in the life I've chosen	凍結的站在我自己選擇的人生裡
You won't find me, the past is all behind me	你不會找到我 我的過去已經被我狠狠拋下
Buried in the snow	被埋在層層白雪底下
Let it go, let it go	放手吧 放手吧
Can't hold it back anymore	我無法再壓抑住自己
Let it go, let it go,	放手吧 放手吧
Turn my back and slam the door	我轉過身 大力甩上門
And here I stand	我就站在這
And here I'll stay	我會留在這
Let it go, let it go	放手吧 放手吧
The cold never bothered me anyway	反正那些寒冷從來不會影響我
Let it go	放手吧
Let it go, let it go	放手吧 放手吧
Let it go	放手吧

Let It Go

Demi Lovato

1=G $\frac{2}{4}$ ♩=120

EveryonePiano

(1)

<u>0</u>	<u>i</u>	<u>0</u>	<u>0</u>	<u>7</u>	<u>i</u>	$\frac{4}{4}$	<u>i</u>	<u>i</u>	<u>5</u>	<u>3</u>	<u>2</u>	<u>2</u>	<u>i</u>	<u>6</u>	<u>6</u>	<u>6</u>	<u>6</u>	<u>7</u>	<u>i</u>	<u>i</u>	<u>i</u>	<u>6</u>	<u>7</u>	<u>i</u>
							1	1	7	7	1	1	6	6	6	6	4	4	6	6	4	4	6	6
0		0				$\frac{4}{4}$	5	5	5	5	6	6	4	4	5	5	1	1						
							3	3	2	2	3	3	1	1	3	3	1	1						

(4)

<u>i</u>	<u>i</u>	<u>5</u>	<u>3</u>	<u>2</u>	<u>2</u>	<u>i</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>3</u>	<u>3</u>	<u>2</u>	<u>i</u>	<u>i</u>	-	$\frac{2}{4}$	<u>i</u>	<u>i</u>	<u>1</u>	<u>1</u>				
1	1	7	7	1	1	6	6	6	6	4	4	6	6	6	6	4	4	6	6	4	4	6	6	
5	5	5	5	6	6	4	4	6	6	4	4	6	6	6	4	4	6	6	4	4	6	6	6	
3	3	2	2	3	3	1	1	3	3	1	1	3	3	1	1	$\frac{2}{4}$	1	1						

(7)

$\frac{4}{4}$	<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>1</u>	<u>2</u>	<u>2</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>5</u>	<u>6</u>	<u>6</u>	<u>5</u>	<u>5</u>	<u>3</u>	<u>1</u>	<u>2</u>
	1	1	6	6	7	7	6	6	1	1	6	6	1	1	6	6	4	4	1	1	6	6	4	4	6	6	4	4	6
	6	6	4	4	5	5	4	4	6	6	4	4	6	6	4	4	6	6	3	3	1	1	6	6	4	4	6	6	4
$\frac{4}{4}$	3	3	1	1	2	2	2	2	3	3	1	1	3	3	1	1	3	3	1	1	3	3	1	1	3	3	1	1	3

(10)

<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>1</u>	<u>2</u>	-	<u>0</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>5</u>	<u>6</u>	<u>6</u>	<u>5</u>	<u>3</u>	<u>3</u>	<u>5</u>	<u>5</u>	<u>5</u>	<u>4</u>	<u>4</u>	<u>3</u>	<u>4</u>	<u>4</u>	<u>3</u>	<u>3</u>	
7	7	6	6	1	1	6	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	6
5	5	4	4	6	6	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	4	4
2	2	2	2	3	3	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

(13)

0	<u>3</u> <u>3</u> <u>2</u> <u>1</u>	<u>2</u> <u>2</u>	<u>2</u> <u>3</u> <u>4</u>	3	2	-	-	-	0	<u>2</u> <u>2</u> <u>2</u> <u>5</u>	<u>5</u> <u>5</u>	<u>2</u> <u>2</u> <u>2</u> <u>6</u>
1	1	6	6	6	6	6	6	2	2			
6	6	4	4	4	4	4	4	7	7			
3	3	1	1	2	2	2	2	5	5	5	5	

(16)

6	<u>6</u> <u>5</u> <u>6</u>	<u>5</u> <u>6</u>	<u>7</u> <u>1</u> <u>1</u> <u>7</u>	<u>7</u>	<u>7</u>	<u>2</u> <u>2</u> <u>2</u> <u>5</u>	<u>5</u> <u>5</u>	<u>2</u> <u>2</u> <u>2</u> <u>6</u>	6	-	-	<u>6</u> <u>5</u> <u>6</u>
1					2				1			
6					7				6			
4	4	4	4	5	5	5	5	4	4	4	4	

(19)

<u>6</u> <u>7</u>	<u>1</u> <u>1</u>	-	<u>1</u> <u>6</u> <u>7</u> <u>1</u>	<u>1</u>	<u>1</u> <u>5</u> <u>3</u> <u>2</u> <u>2</u>	<u>1</u>	<u>6</u> <u>6</u> <u>6</u>	<u>6</u>	<u>7</u> <u>1</u> <u>1</u>	<u>1</u> <u>6</u> <u>7</u> <u>1</u>									
				1	5		6		4										
				5	2		3		1										
4	4	4	4	1	1	1	1	5	5	5	5	6	6	6	6	4	4	4	4

(22)

<u>1</u>	<u>1</u> <u>5</u> <u>3</u> <u>2</u> <u>2</u>	<u>1</u> <u>2</u>	<u>3</u>	<u>4</u> <u>3</u> <u>3</u> <u>2</u>	<u>1</u> <u>1</u>	<u>2</u>	<u>2</u>	<u>1</u>	<u>5</u>	<u>3</u> <u>3</u>	<u>2</u>	<u>2</u>	<u>3</u>	<u>1</u>									
1		5	6		4			1	1				5										
5		2	3		1			5					2										
1	1	1	1	5	5	5	5	6	6	6	6	4	4	4	4	1	1	1	1	5	5	5	5

(25)

<u>5</u>	<u>3</u> <u>3</u>	<u>1</u>	<u>1</u>	<u>1</u> <u>6</u> <u>7</u> <u>1</u>	<u>1</u>	<u>1</u> <u>5</u> <u>3</u> <u>2</u> <u>2</u>	<u>1</u>	<u>4</u>	<u>4</u> <u>3</u> <u>4</u> <u>4</u> <u>3</u> <u>4</u> <u>3</u> <u>1</u>	<u>1</u>									
6		4		1		5		1											
3		1		5		2		1											
6	6	6	6	4	4	4	4	1	1	1	1	5	5	5	5	4	-	-	-

Let It Go (end credits version)

Piano

mp

3

6

9

12

Musical notation for measures 12-14. Measure 12 starts with a treble clef, a key signature of one sharp (F#), and a 7/8 time signature. The melody in the treble clef consists of eighth and quarter notes. The bass clef accompaniment features chords and single notes.

15

Musical notation for measures 15-17. The treble clef melody continues with eighth and quarter notes, some with slurs. The bass clef accompaniment consists of chords and single notes.

18

Musical notation for measures 18-20. Measure 18 has a dynamic marking *f* (forte). The treble clef melody is more active with slurs. The bass clef accompaniment has a steady eighth-note pattern.

21

Musical notation for measures 21-23. The treble clef melody continues with slurs. The bass clef accompaniment maintains the eighth-note pattern.

24

Musical notation for measures 24-26. Measure 24 has a dynamic marking *f*. The treble clef melody concludes with a half note. The bass clef accompaniment ends with a final chord.

- <http://www.people.com/people/article/0,,20777883,00.html>