

(BANG YOUR HEAD) METAL HEALTH

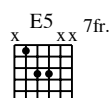
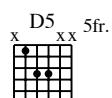
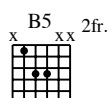
As recorded by Quiet Riot

(from the 1984 Album "Metal Health")

Transcribed by peekaboo104@hotmail.com

Words by Carlos Cavazo, Kevin Dubrow, Frankie Banali and Tony Cavazo

Music by Carlos Cavazo, Kevin Dubrow, Frankie Banali and Tony Cavazo



A Intro

Moderate Rock ♩ = 118

1

Gtr I

A5 C5 G5 G5 C A5

5

A5 G5 D A5 C5 G5 G5 C A5

9

A5 C5 G5 C A5 A5 G5 D

1/4

1/4

1/4

T

A

B

A5 C5 G5 C A5 A5 G5

13

1/4

T	2	1	3	3	2	2	3	3
A	2	0	0	0	2	2	0	0
B	0	3	x	x	3	0	3	x

A5 N.C.

17

1 1/2 1 1/2 1 1/2 1 1/2 1 1/2 1 1/2 1 1/2 1 1/2 1 1/2

T	2	2	2	2	2	2	2	2	2	2	2	2
A	2	2	2	2	2	2	2	2	2	2	2	2
B	0	0	0	0	0	0	0	0	0	0	0	0

Gtr II

T	2	2	2	7	5	5	7	5	3	3	5	3	2	2	0
A	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

P sl. sl.

B Verse

A/E B/F# C/G B/F#

21

Gtr III

T	2	4	5	4
A	2	4	5	4
B	2	4	5	4

A/E B/F# C/G B/F#

25

T	2	4	5	4
A	2	4	5	4
B	2	4	5	4

29

B/F# D5 A5 B5/F# C5/G B5/F#

Gtr II

Gtr I 1/4

P.M.-----| P.M.-----| P.M.-----|

T	4	3	2	4	5	4
A	4	0	2	0	5	4
B	4	0	0	0	0	0

33

F# G G5 A5 B5/A C5

P.M.-----|

T	3	2	4	4	1	1	1
A	0	2	4	4	0	0	0
B	0	0	0	0	3	3	3

sl.

37

D5 G5 A5 C5 G5

C Chorus

Gtr II

T	3	3	3	3	3	1	3
A	0	0	0	0	0	0	0
B	0	0	0	0	0	3	3

T	3	2	4	4	5	2
A	4	4	5	2		
B						

H

C A5 A5 G5 D A5 C5 G5

41

T 3 0 0 3 2 2 2 1 3
A 0 0 2 2 2 2 0 0 0
B x 3 0 3 0 x 0 3 x 3

G5 C A5 A5 G5 A5

45

T 3 0 0 3 3 3 2 2
A 0 0 2 2 2 2 0 0 0
B x 3 0 3 0 x 3 x 0 0

D Verse

A/E

B/F#

8va-----|

49

T 20 17 20 17 19 17 17 15 15 15 15 17
A 0 0 2 2 2 2 0 0 0 0 0
B x 3 0 3 0 x 3 x 0 0

Gtr III

T 2 2 2 2 2 2 2 2
A 2 2 2 2 2 2 2 2
B 2 2 2 2 2 2 2 2

53

C/G B/F# A/E B/F#

Gtr III

T A B

57

C/G B/F# B/F# D5 A5 B5/F#

Gtr II

Gtr II 4

P.M.

T A B

61

C5/G B5/F# F# G G5 A5 B5/A

P.M.

T A B

sl.

65

C5 D5 G5

T

A

B

Gtr I

T

A

B

H

E Chorus

The image displays two systems of a musical score for the song "The Sound of Silence" by Simon & Garfunkel. Each system includes a guitar part (treble clef) and a bass part (bass clef). The guitar part features a mix of chords and melodic lines, with a 1/4 note indicated above the staff. The bass part provides a steady accompaniment with a 1/4 note indicated above the staff. Chord diagrams are provided for the guitar part, showing the fingerings for each chord. The chords are labeled as A5, C5, G5, C, A5, G5, D, A5, C5, G5, C, A5, and E5 G5. The score is written in standard musical notation, including notes, rests, and bar lines.

F Bridge

A5 C5 G5 C5

77

T
A
B

7 7 7 7
5 5 5 5

sl.

A5 C5 G5 A5

81

T
A
B

7 7 7 7
5 5 5 5

sl.

G Guitar Solo

B5 Gtr I.

85

T
A
B

10 10 10 10
12 12 12 12

sl. sl.

D5 8var

88

T
A
B

7 7 7 7
7 7 7 7

sl.

8va

90

T 17 13 10 17 13 10 18 13 10 18 22 17 13 10 17 13 10 18 13 10 18 22 17 13 10 17 13 10 18 13 10 18 22 18 13 10 18 13 10 17 13 10 17 13 10

A

B

TP P TP P TP P Tsl. TP P TP P TP P Tsl. TP P TP P TP P Tsl. TP P TP P TP P TP P

The image shows a musical score for the song "The Sound of Silence" by Simon & Garfunkel. The score is written for a piano, voice, and guitar ensemble. The piano introduction is marked "8va" and "E5". The vocal melody is written for Simon & Garfunkel. The guitar accompaniment is written for guitar. The score includes a piano introduction, a vocal melody, and a guitar accompaniment. The guitar part features a complex rhythm with triplets and sixteenth notes. The score is written for a piano, voice, and guitar ensemble.

The image displays a musical score for the song "The Sound of Silence" by Simon & Garfunkel. The score is written for guitar and piano. The guitar part is in the key of G major and 4/4 time. The piano part is in the key of G major and 4/4 time. The score is divided into two systems, each with a guitar staff and a piano staff. The guitar staff includes a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The piano staff includes a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The guitar part features a prominent arpeggiated figure in the first system, which is repeated in the second system. The piano part features a simple harmonic accompaniment. The score is labeled with the song title "The Sound of Silence" and the band name "Simon & Garfunkel".

[illegible]

H Interlude

107

N.C.

4

1 1/2 1 1/2 1 1/2 1 1/2

P.M.-----|

T																			
A	2	2	2	2															
B	0	0	0	0															

x 17 17 17 x 17 17 17 x 17 17 17 x 17 17 17

114

P.M.-----|

T																			
A																			
B	x	17	17	17	x	17	17	17	x	17	17	17	x	17	17	17			

10 10 10 10 12 12 10 13 13

sl. H

118

Full

1/2

T	13	13	13	10	13	13	10	10	5	10	13	10	13	10	13	10	13	10	13	10
A																				
B																				

sl. sl. P H H P P H H P

121

8var-----|

Full

Full

1/2

Full

Full

Full

T	13	13	13	13	13	10	13	13	10	10	10	8	15	15	15	13	15	15	15	15	13
A																					
B																					

sl. sl. P P

I Chorus

The image shows a musical score for the song "The Rose Tree". It consists of a vocal line and a guitar accompaniment line. The vocal line is written in treble clef with a key signature of one flat (B-flat). The guitar line is written in a simplified notation with letters T, A, and B on the staff, representing fret positions. The score is divided into two systems. The first system contains measures 129, 130, and 131. The second system contains measures 132 and 133. Measure 132 is marked with a double bar line and a repeat sign. Measure 133 is marked with a double bar line and a repeat sign. The guitar line for measure 133 includes fret numbers 1, 0, and 3.

[illegible]

[illegible][illegible]

The image shows a musical score for guitar. The top staff is a standard musical staff with a treble clef, containing a guitar part. The bottom staff is a tablature staff with four lines labeled T, A, B, and G from top to bottom. The guitar part consists of a series of notes and rests, with some notes marked with 'Full' and '3 1/2' indicating specific techniques or durations. The tablature staff shows fret numbers (14, 15, 16, 17, 18, 19, 20) and a 'sl.' (slide) instruction. The score is divided into measures by vertical bar lines.

149

G5 C A5 G5 D

8va

1/4

1/2 Full 1/2 Full Full

20 20 20 20 20 20 20 17 20 17 20 17 20 17 19 17 19 17 19 17 19 17 19 17 19

P P P P P P P sl.

A5 C5 G5

Free time

Full Full Full Full Full

5 5 5 7 5 8 5 7 8 5 7 5 7 8 5 7 5 7 5 7 9 10 14 10

P P H P P H P H TP

