

This recording is dedicated to the memory of my dear friend,
mentor and founder of The Swingle Singers, Ward Swingle,
who loved the Tour de France.



Ward Swingle

21 September 1927 - 19 January 2015

Alexander L'Estrange

SONG CYCLE
vive la véloration!



A song cycle for SATB choir and jazz quintet

Song Cycle: vive la véloration! is the third in a highly popular series of large-scale choral works with jazz quintet by British composer Alexander L'Estrange. Uplifting, light-hearted and hugely entertaining, the ten songs reflect both the enormous appeal of cycling and the beauty of our natural surroundings.

Song Cycle was commissioned to mark the *grand départ* in Yorkshire of the 2014 Tour de France. The world première took place in York Minster on 28 June 2014 with over four hundred singers of all ages from across Yorkshire and The *Call Me Al* Quintet, led by Alexander L'Estrange.

"I can't remember ever having so much fun in a choir rehearsal. Song Cycle simply leapt off the page!"

Stephen Williams
Director of Music at Uppingham and
conductor of the World Premiere of Song Cycle



1 **Cycle-babble** 5:03

Lyrics by Alexander L'Estrange with excerpts from 'The song of the wheel' from 'Outing' by George Lynde Richardson; music by Alexander L'Estrange

2 **A true love of mine** 5:37

Lyrics by Joanna Forbes L'Estrange; music *Scarborough Fair* arr. Alexander L'Estrange

3 **Fine and dandy** 4:13

Lyrics by Joanna Forbes L'Estrange; music by Alexander L'Estrange & Joanna Forbes L'Estrange

4 **A woman (wearing bloomers) on a wheel** 3:06

Lyrics by Joanna Forbes L'Estrange; music by Alexander L'Estrange & Joanna Forbes L'Estrange

5 **The men who ride for fun** 4:22

Lyrics by Walter G. Kendall; music by Alexander L'Estrange

6 **Buying a cycle** 3:01

Lyrics based on words by Walter Parke from *Songs of Singularity*, 1874; music by Alexander L'Estrange

7 **Freewheeling** 5:43

Lyrics by Joanna Forbes L'Estrange; music by Alexander L'Estrange

8 **My wheel and I** 4:41

Lyrics by Alberto A. Bennett; music by Alexander L'Estrange

9 **Daisy daisy** 6:03

Additional lyrics by Susan L'Estrange; music based on *Daisy Bell* by Harry Dacre, arr. Alexander L'Estrange

10 **Cycle-babble 2.0** 4:57

Lyrics by Alexander L'Estrange with excerpts from 'The song of the wheel' from 'Outing' by George Lynde Richardson; music by Alexander L'Estrange

Bonus track:

11 **My wheel and I** ???

Lyrics by Alberto A. Bennett; music by Alexander L'Estrange; performed by **L'Estranges in the Night**

Recording & production credits

The *Call Me Al* Quintet, led by Alexander L'Estrange, was recorded in January & February 2015

The *Song Cycle* singers, conducted by Joanna Forbes L'Estrange, were recorded on February 15th 2015 at Uppingham School

Band engineered and recorded by Alexander L'Estrange

Choir engineered and recorded Al Forbes

Edited and mixed by Al Forbes & Alexander L'Estrange

Produced by Alexander L'Estrange & Joanna Forbes L'Estrange

Booklet designed by Joanna Forbes L'Estrange & Hugh L'Estrange

CD mastered and manufactured by Sound Performance Ltd.

Joanna and Alexander would like to thank

- all of the wonderful singers who sang on this recording
- Stephen Williams, Director of Music at Uppingham School and conductor of the Chapter House Choir in York, for commissioning the piece and making it possible for the recording to take place at Uppingham
- Fiona Alsop for her enormous generosity, support and expertise
- Claire Duckworth and Janet Bower for helping to coordinate the Yorkshire-based singers
- Hugh & Susan L'Estrange for their invaluable support and encouragement

Performing Song Cycle

Alexander L'Estrange is delighted to offer assistance with any aspect of putting on a performance of Song Cycle, including booking band musicians, leading rehearsals/workshops and supplying learning CDs for choirs.

Contact him directly at music@alexanderlestrange.com or via the Song Cycle website www.songcycle.viv.com

Music published by Faber Music Ltd. Vocal score on sale (or hire) sales@fabermusic.com

Full score and parts for hire hire@fabermusic.com

Song Cycle was commissioned by the Chapter House Choir, York

CHAPTER HOUSE
CHOIR



Funding for the commission came from the Arts Council England, the Foyle Foundation and the Chapter House Choir's partnership with York Minster



The *Song Cycle* World Premiere was took place in York Minster on 28 June 2014, as part of the Yorkshire Festival. The concert was sponsored by the John Lewis Partnership and The Shepherd Group.



L'Estranges in the Night is the multifaceted husband-and-wife musical duo otherwise known as Joanna Forbes L'Estrange and Alexander L'Estrange. Having met as undergraduates at Oxford University they formed a musical partnership which, now in its third decade, is stronger than ever. Together they write songs, record albums, run their own

record label *andagio* - the name is derived from their nicknames, "Arnd & Jo" - lead their popular jazz choral workshop You can sing...but can you swing?! and continually delight audiences with their unique combination of jazz standards, original songs, cabaret numbers, show tunes, English Song and, of course, Swingle-style Bach.

"Utterly musical at every turn - Joanna's voice is stunning"
Howard Goodall CBE



"L'Estranges in the Night: quality vocal writing and impeccable performances"
the late Ward Swingle, founder of The Swingle Singers

Song Cycle: vive la vélorution!, featured in the Spring 2015 issue of Ensemble Magaxine, is Joanna and Alexander's first large-scale collaboration as

composer and lyricist. Joanna wrote the lyrics for four of the ten songs and co-wrote the music for two of them.

My wheel and I appears twice in the track listing, first in its *Song Cycle* version, that is to say for SATB choir and jazz quintet, and secondly in its *L'Estranges in the Night* version with Joanna multilayering the vocals and multi-instrumentalist Alexander on guitar, double bass, piano accordion and additional vocals.

"Alexander & Joanna = talent, energy, fun, humour, organisation, teamwork, drive, enthusiasm, determination, passion, focus, attention to detail, empathy..... The list is endless!"

Andrew Cox, bass singer on *Zimbe!*, *Ahoy!* and *Song Cycle* CDs

About the composer

"If you had to create from scratch the perfect 21st century musician, Alexander L'Estrange would be your template."

Composer & broadcaster Howard Goodall CBE

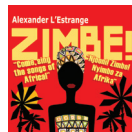
Alexander L'Estrange is one of Britain's most popular living choral composers. His flagship work, *Zimbe! Come sing the songs of Africa!*, an ingenious fusion of African song and jazz, has received many hundreds of performances worldwide and spawned a hugely successful series of large-scale choral works in a similar vein. A passionate advocate for the importance of singing in schools and the wider community, L'Estrange presents workshops on his music with a mixture of energy, fun and consummate musicianship that has become synonymous with his name.

L'Estrange's compositions are testament to his eclectic musical training and career. A classically trained cellist, pianist and singer, he is a professional jazz double bassist and pianist and has musically directed shows in the West End and on Broadway. In addition to the large-scale community choral works for which he is perhaps best known, he has written an award-winning musical entitled *Hello Life!*, many sacred choral anthems (recorded by Tenebrae for SIGNUM), several jazz songs (recorded by L'Estranges in the Night for *andagio*) and Love's Philosophy, settings of three poems by Shelley, Tennyson and Byron, which is currently on the ABRSM Singing Syllabus. He also wrote all of the arrangements for and produced the album *Great American Songbook* by The King's Singers.



www.zimbe.net
www.ahoymaryose.com
www.songcycleinthenight.com
www.alexanderlestrange.com

All available on iTunes



Song Cycle CD cover here once the daisy is in place!!



SOPRANOS

Anne Adams (SPC)
 Hilary Bingham-Olsen (SPC)
 Janet Bower (SPC)
 YiRu Chiam Hall
 Shirley Collier (CHC)
 Cathy Cooper (CHC)
 Diane Dalby (SPC)
 Kath Eadon (SPC)
 Helen Eyre (SPC)
 Ann Garbett (SPC)
 Fran Gilding (CHC)
 Susannah Hill
 Caroline Hughes-Lawson (CHC)
 Helen Kirk (SPC)
 Alex Lindley (CHC)
 Helen Mathers (SPC)
 Lydia Parker (SPC)
 Vikki Pendry (CHC)
 Christine Pennington (SPC)
 Tina Sanderson (CHC)

ALTOS

Daphne Sidney (SPC)
 Julie Smethurst (SPC)
 Dawn Teare (SPC)
 Olivia Turner (CHC)
 Christine Waldron (SPC)
 Angela Wren (SPC)
 Fiona Alsop
 Julia Alsop
 Joanne Briddock (SPC)
 Rachel Copley (SPC)
 Jackie Couch (SPC)
 Claire Duckworth (CHC)
 Janet Hoyle (SPC)

Katy Jaques
 Amanda Jenkins (SPC)
 Pamela Leon (SPC)
 Susan L'Estrange
 Anne Marshall
 Felicia McCormick (CHC)
 Charlotte Phillips (CHC)

Denise Redding (CHC)
 Kitty Turnell (SPC)
 Emilie Vlemminckx
 Jane Wade (SPC)
 Kate Webb
 Penny Webster (SPC)
 Debs Willson



The Song Cycle singers

CHC = Chapter House Choir, York
 SPC = Sheffield Philharmonic Chorus
 AS = Abbeydale Singers

Joanna Forbes L'Estrange (conductor) was for seven years Musical Director of the Grammy Award-winning a cappella octet The Swingle Singers and has conducted the choirs for three CD recordings of works by Alexander L'Estrange. A guest conductor for the National Youth Choirs of Great Britain and a patron of Voice Festival UK, she presents her ever-popular jazz workshop *You can sing...but can you swing?!* to choirs and a cappella groups throughout the UK.

www.joannaforbeslestrange.com

TENORS

Paul Bedwell (SPC)
 Terrence Chan
 Timothy Coleman
 Stuart Evans (AS)
 David Frith (CHC)
 Tim Frost
 Adrian Fuller (CHC)

Ben Goodson
 Michael Gilding (CHC)
 David Hartley (SPC)
 Daniel Joy
 David Penn (CHC)
 Allan Rostron (CHC)

Tim Stratton (CHC)
 David Tomlinson (CHC)
 Chris Varnom (AS)
 Gabriel Vick

BASSES

Richard Austin (SPC)
 Graham Brownridge (CHC)
 Jamie Conway
 Andrew Cox
 Laurence Cummins
 Dennis Cuthbert (SPC)
 Christopher Davies (CHC)
 Graham Dawson (SPC)
 Iain Donald
 Paul Duffield (SPC)
 Geoff Egginton (CHC)
 David Hall
 Max Hunter
 Mark Latham (CHC)
 Hugh L'Estrange
 Paul Maddox (SPC)
 Stuart Riley (SPC)
 Richard Salt (SPC)
 Graham Webb
 Stephen Williams (CHC conductor)

The Call Me Al Quintet

Mark Armstrong (trumpet) plays with many of Britain's most celebrated jazz musicians including Stan Tracey, Bobby Wellins and Mark Nightingale. A member of the Ronnie Scott's Jazz Orchestra, he is also Professor of Jazz at the Royal College of Music and Artistic Director of the National Youth Jazz Orchestra.

mark@markarmstrongmusic.com



Julian Landymore (flute) has worked with a wide variety of artists from Katrina and The Waves, Deep Purple, Jasper Carrott, The Nolan Sisters and The Drifters to Lionel Blair, Nicholas Parsons, Robert Powell, Martine McCutcheon and Mark Rattray. As MD of the Big Band "78RPM", he won the Best Arranger Award in the BBC Radio 2 Big Band Competition.



Alexander L'Estrange (piano, double bass & band leader) founded the Call Me Al Quintet in 2008 for the World Premiere of his flagship work *Zimbe!* The band showcases the best musicians on the British jazz scene. A jazz multi-instrumentalist, L'Estrange has shared the stage with Kenny Wheeler, John Dankworth and Bobby Wellins.

www.alexanderlestrange.com



Nic France (drums) has played with many of the giants of the British jazz scene, including Ronnie Scott, Bobby Wellins, Tim Garland and Norma Winstone, touring the world and recording many albums along the way. He teaches drumming at Cambridge University, Uppingham School and for the National Youth Jazz Collective.

www.nicfrance.co.uk