

# 【まらしい】ダンベル何キロ持てる？

How Heavy Are the Dumbbells You Lift?

Arranger：まらしい

Sheet Maker：安久琲奈

♩ = 140

*mf*

5

9

13

16

This is a piano score for the song 'How Heavy Are the Dumbbells You Lift?' by the Japanese band One Ok Rock. The score is arranged for piano and is in the key of B-flat major (three flats). The tempo is marked as 140 beats per minute. The score is divided into five systems, each with a measure number (5, 9, 13, 16) at the beginning. The notation includes treble and bass staves with various musical symbols such as notes, rests, and dynamic markings. The first system starts with a mezzo-forte (mf) dynamic. The score includes various musical notations such as notes, rests, and dynamic markings. The first system starts with a mezzo-forte (mf) dynamic. The score includes various musical notations such as notes, rests, and dynamic markings. The first system starts with a mezzo-forte (mf) dynamic.

18

3

V Ped. \*

20

V Ped. \*

22

V Ped. \*

25

V Ped. \*

28

V Ped. \*

31

System 31: Treble and bass staves. Treble staff has a melodic line with a slur over measures 31-32. Bass staff has a rhythmic accompaniment. Performance markings include accents (>) and 'And.' (Andante) below the bass staff, and asterisks (\*) above the treble staff.

35

System 35: Treble and bass staves. Treble staff has a melodic line with a slur over measures 35-36. Bass staff has a rhythmic accompaniment. Performance markings include accents (>) and 'And.' (Andante) below the bass staff, and asterisks (\*) above the treble staff.

39

System 39: Treble and bass staves. Treble staff has a melodic line with a slur over measures 39-40. Bass staff has a rhythmic accompaniment. Performance markings include accents (>) and 'And.' (Andante) below the bass staff, and asterisks (\*) above the treble staff.

42

System 42: Treble and bass staves. Treble staff has a melodic line with a slur over measures 42-43. Bass staff has a rhythmic accompaniment. Performance markings include accents (>) and 'And.' (Andante) below the bass staff, and asterisks (\*) above the treble staff.

45

System 45: Treble and bass staves. Treble staff has a melodic line with a slur over measures 45-46. Bass staff has a rhythmic accompaniment. Performance markings include accents (>) and 'And.' (Andante) below the bass staff, and asterisks (\*) above the treble staff.

48

$\text{♩} = 100$

$\text{♩} = 80$

*Red.*

*Red.*

*Red.*

*Red.*