JOE HAY

Flow State

for solo piano

2026

DURATION

around 2 minutes

PERFORMANCE NOTE

Throughout the piece, the left hand should always play just a little bit softer than the right.

BACKGROUND

This piece was inspired by a young piano student's love of martial arts. It tries to capture the feeling of a *flow state*, that sense of total awareness of what you're doing. In a flow state, grace and energy join together, and each action follows one another naturally, the way you might hop from stone to stone across a river. We can find flow states in martial arts, in music, in other sports - really, at any point of our lives.

FLOW STATE

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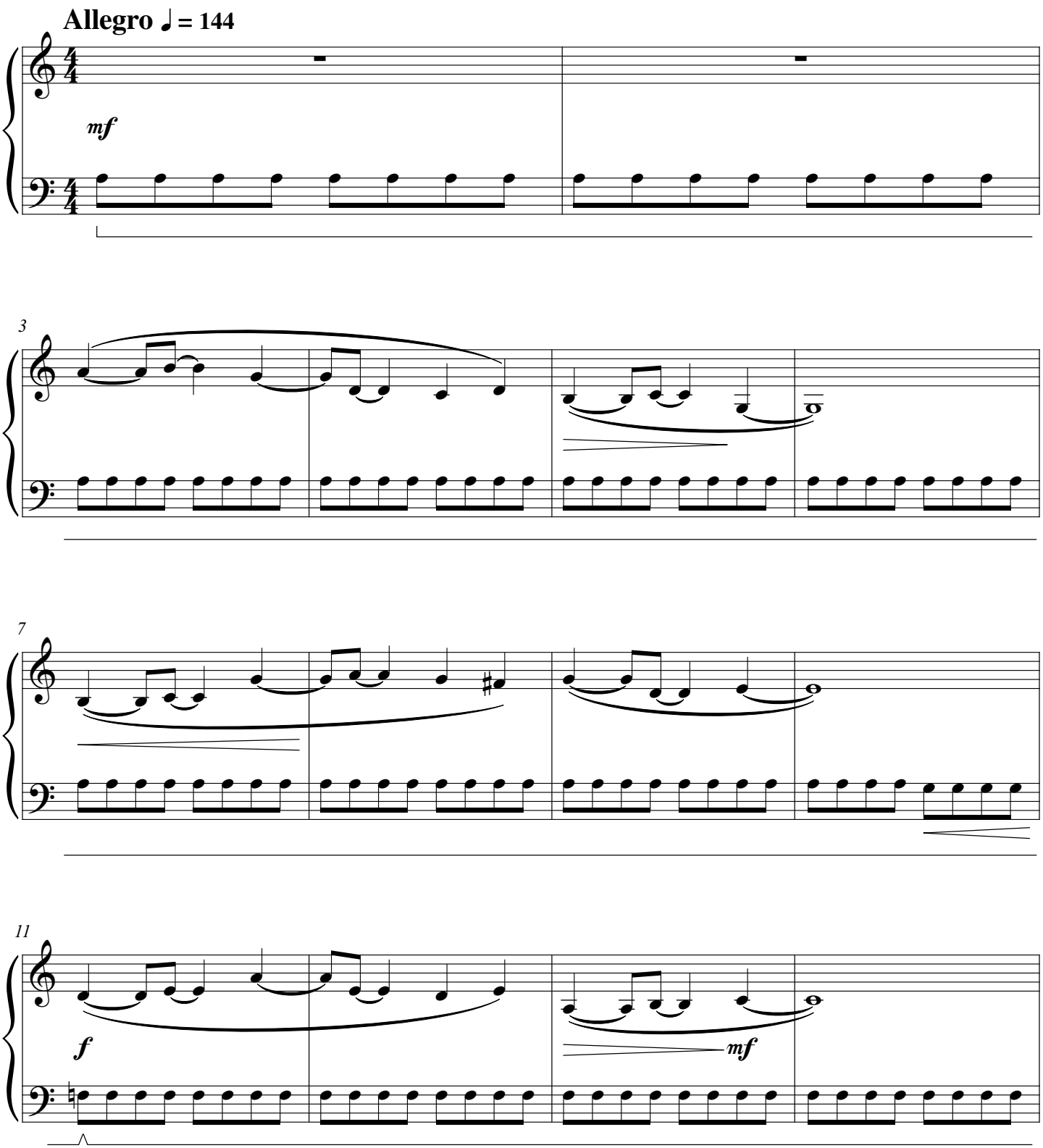

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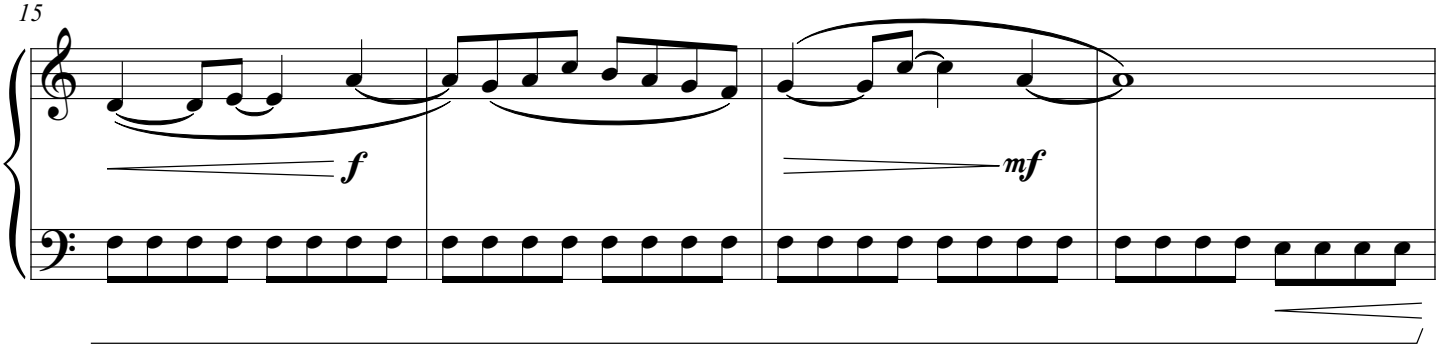

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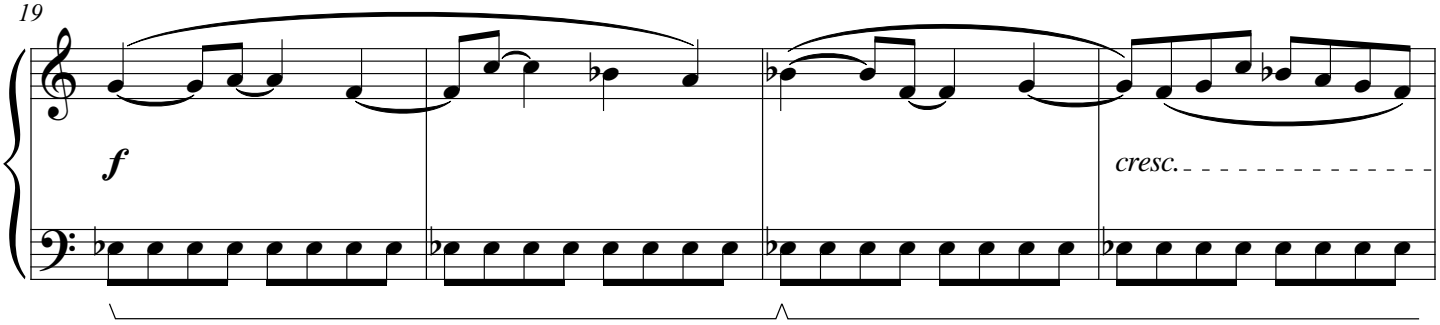

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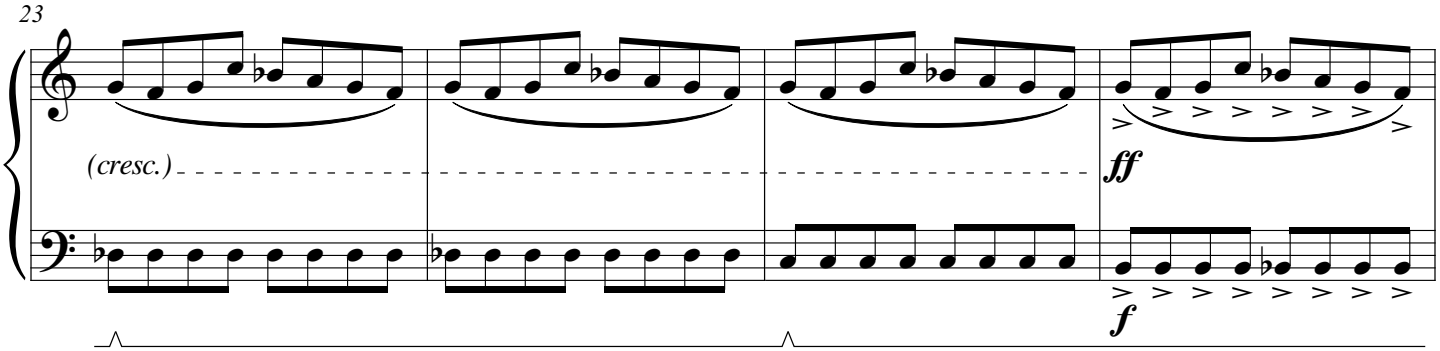

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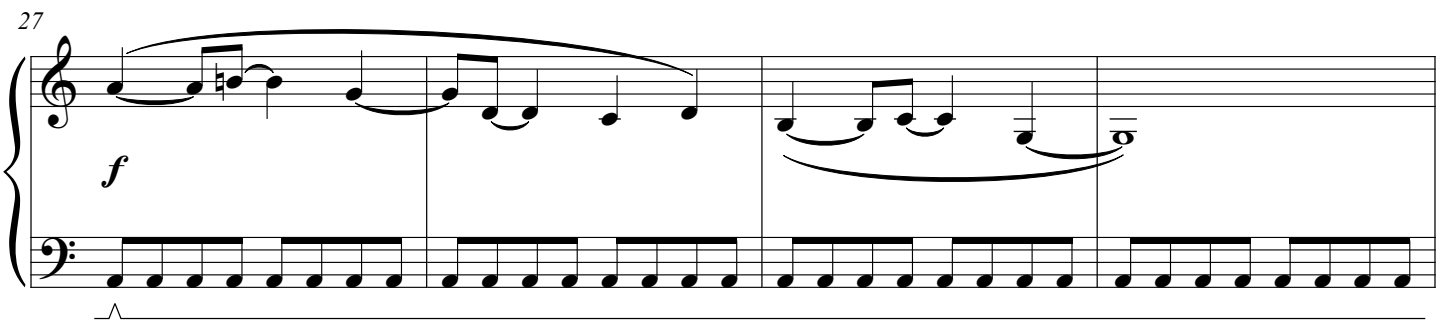

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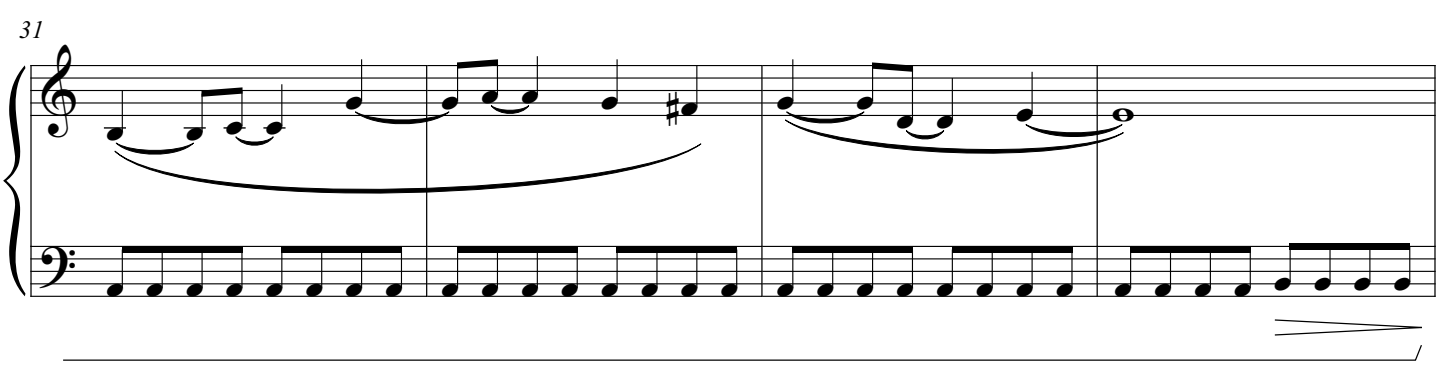

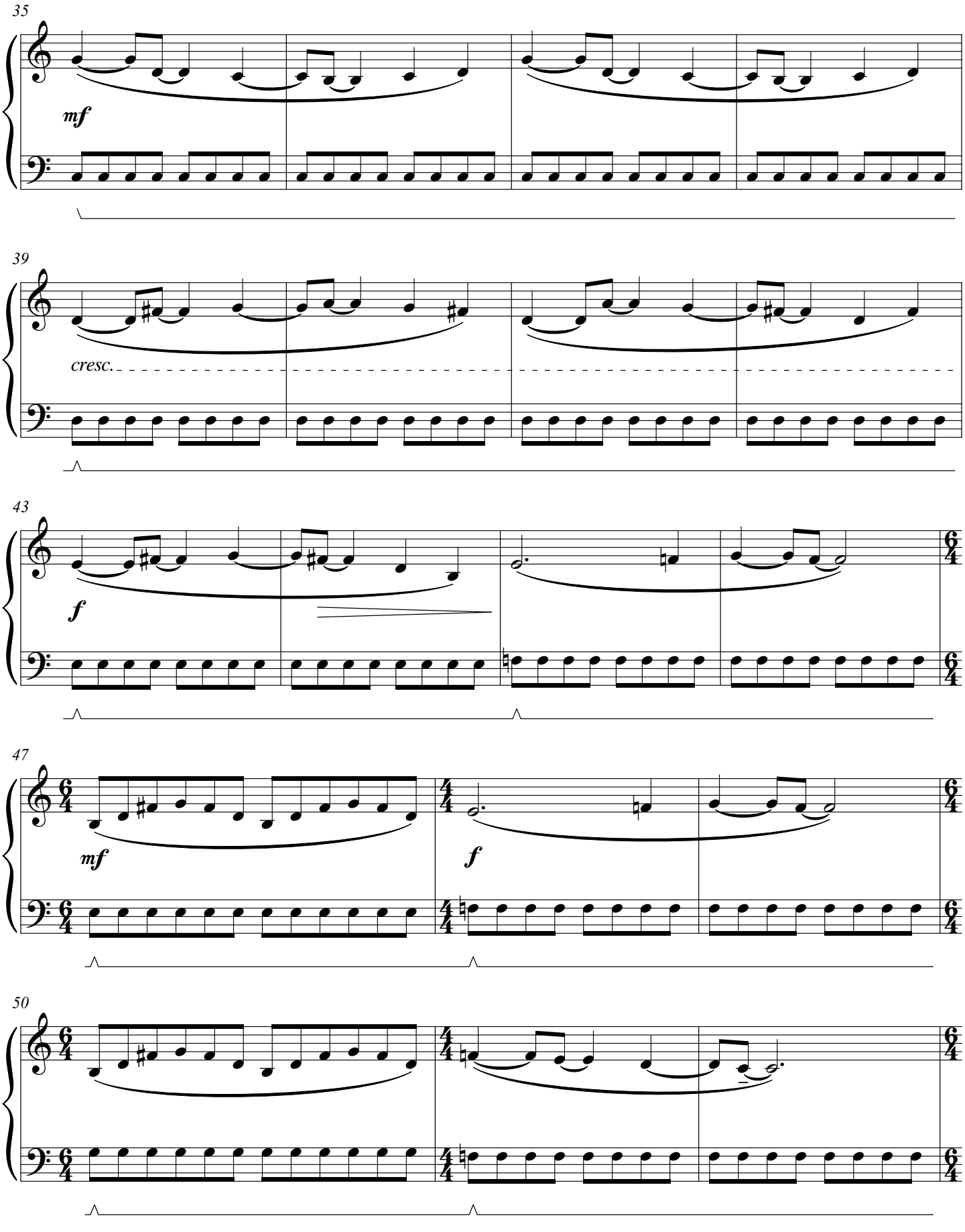
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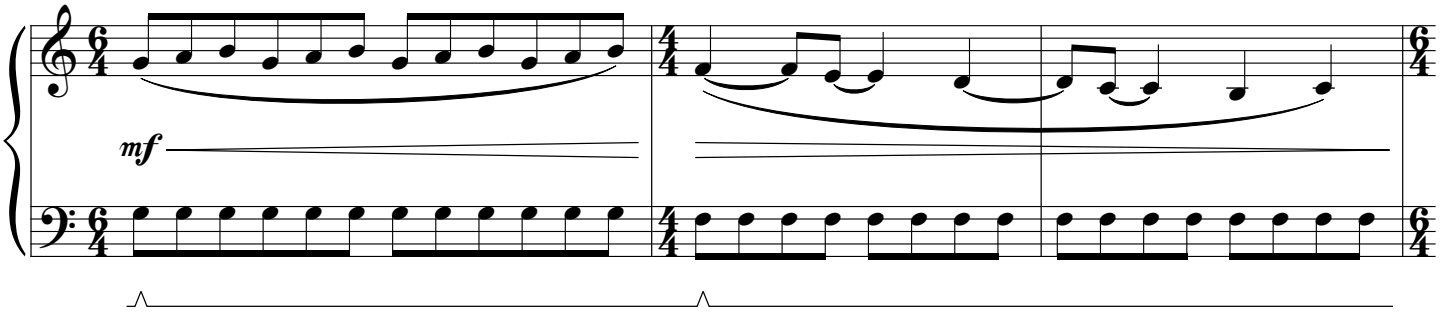

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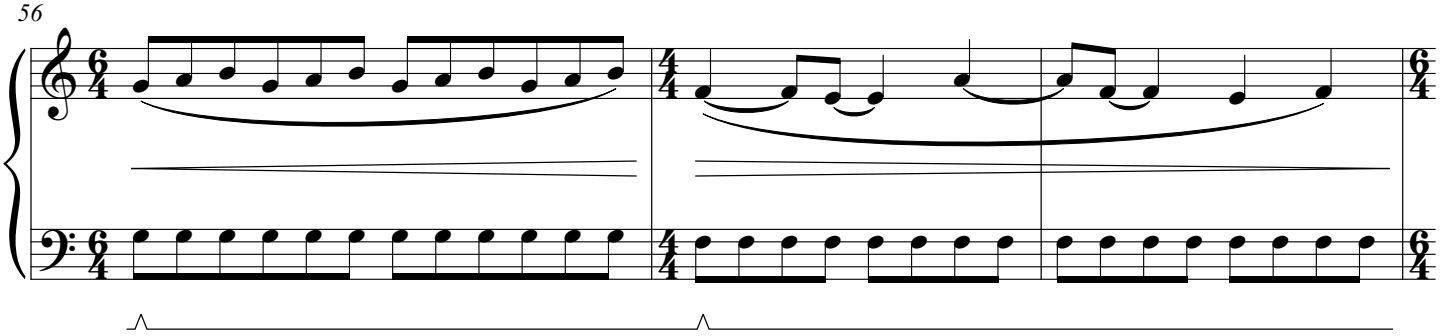

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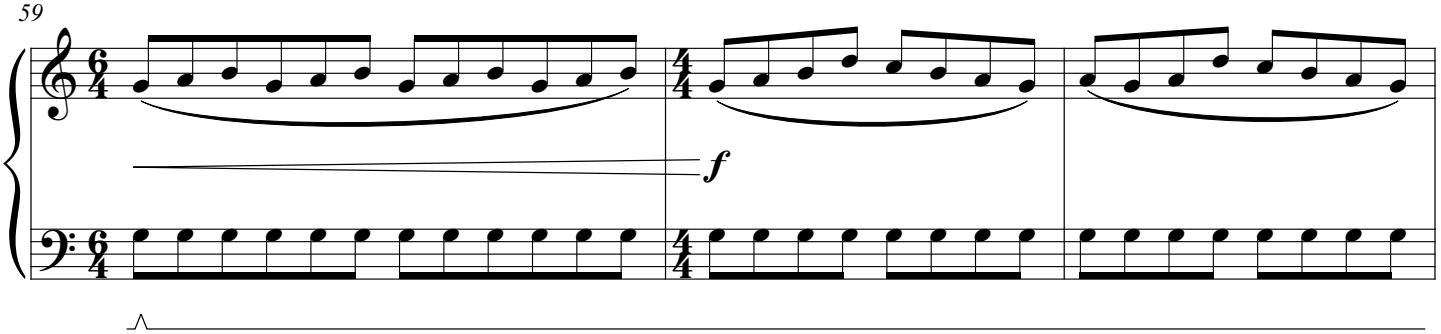

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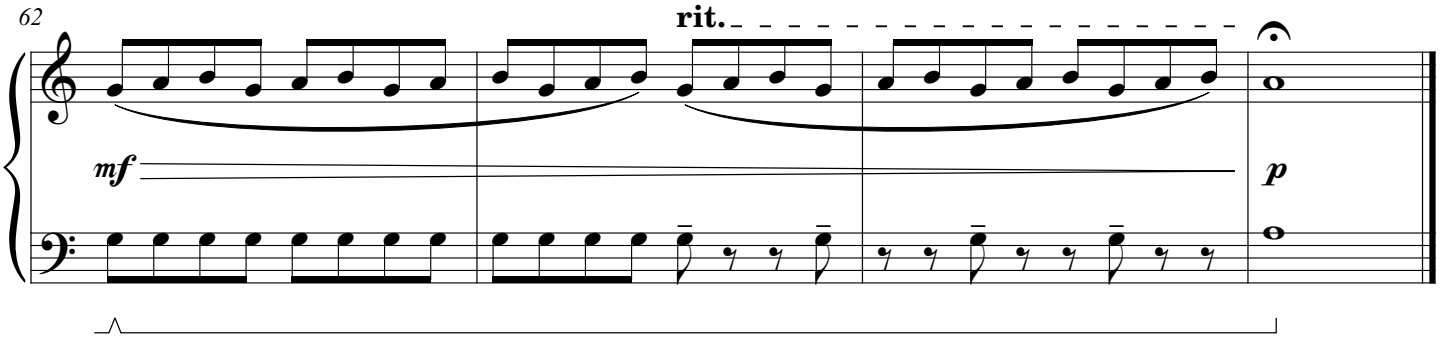

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