

(BANG YOUR HEAD) META

As recorded by Quiet Riot

(From the 1983 Album METAL HEALTH)

Wor

A Intro

Moderate Rock ♩ = 128

Gtr I

1
5
9
13
17

T
A
B

0 3 1/4

2 2 2 2

B Verse 1, 2

21

Gtr III *f*

T A B

25

T A B

Gtr I

T A B

sl.

29

Gtr I *fff* P.M.-----| P.M.-----| P.M.-----| P.M.-----|

T A B

C Pre-Chorus

33

T A B

D Chorus

38

T A B

42

1.

46

T
A 2
B 0

(2)
(2)
(0)

(2)
(2)
(0)

Gtr II

20 17 20 17 19 17 (17) 17 17 15 17

E Bridge

50

2.

P.M.

sl. sl.

55

sl.

F Guitar Solo

59

System 1 (Measures 59-62):

- Staff 1 (Treble Clef):** Contains rhythmic notation with eighth and sixteenth notes.
- Staff 2 (Guitar Tablature):** Shows fret numbers for strings A and B. Includes a 'T' line with rhythmic values (e.g., 4 4 4 4, 2 2). Includes a 'Gtr II' section with 'Full Full' and a '1/2 Full' marking.
- Staff 3 (Standard Staff):** Contains melodic notation for the solo.
- Staff 4 (Guitar Tablature):** Shows fret numbers for strings T, A, and B. Includes a 'T' line with fret numbers (e.g., 10 10, 7 7 10, 10 7 9 7).
- Staff 5 (Picking):** Shows picking directions: *sl.*, H, P, P, P, 1/2, Full, P, H.

63

System 2 (Measures 63-65):

- Staff 1 (Treble Clef):** Contains rhythmic notation with eighth notes.
- Staff 2 (Guitar Tablature):** Shows fret numbers for strings A and B. Includes a 'T' line with fret numbers (e.g., 7 7, 7 5, 7 5).
- Staff 3 (Standard Staff):** Contains melodic notation with a wavy line indicating a tremolo effect.
- Staff 4 (Guitar Tablature):** Shows fret numbers for strings T, A, and B. Includes a 'T' line with fret numbers (e.g., 10 13, 13 10, 13 10).
- Staff 5 (Picking):** Shows picking directions: H, P, H, P, H, P, H, H, P, H, H, P.

64

System 3 (Measures 64-66):

- Staff 1 (Treble Clef):** Contains rhythmic notation with eighth notes.
- Staff 2 (Guitar Tablature):** Shows fret numbers for strings A and B. Includes a 'T' line with fret numbers (e.g., 7 7, 7 5, 7 7).
- Staff 3 (Standard Staff):** Contains melodic notation with a wavy line indicating a tremolo effect.
- Staff 4 (Guitar Tablature):** Shows fret numbers for strings T, A, and B. Includes a 'T' line with fret numbers (e.g., 10 13 17, 10 13 17, 10 13 18).
- Staff 5 (Picking):** Shows picking directions: H, H, P, H, H, P, H, H, P, H, H, P, H, H, *sl.*, H, H, P, H, P, H, H, P, H, H, *sl.*

79

T
A
B

82

T
A
B

86

Gtr I
P.M.-----|

T
A
B

90

P.M.-----|

T
A
B

Gtr IV

Gtr V

Full

T
A
B

sl. P *sl.*

94

T
A
B

Gtr IV

Gtr V

Full

tremolo

T
A
B

P P *sl.*

98

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

Gtrs IV, vFull Full Full Full Full Full Full Full Full Full

15 (15) 13 15 15 (15) 13 15 15 15 (15) 13 15 15 (15) 13 15 15 (15) 13 15 15

H P P P P P P

102

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

Full Full Full Full Full Full Full Full Full Full Full Full Full Full Full

15 (15) 12 15 (15) (15) 12 15 15 15 (15) 12 15 (15) 12 15 (15) 15 (15) 12 15 (15) 12 15 (15) 12 15 (15) 12 15 (15) 12

P P P P P P P P P

[H] Out-Chorus

106

Gtr I

T
A
B

110

T
A
B

114

T
A
B

118

T
A
B

Gtr II

T
A
B

I Out-Chorus-Solo

122

T
A
B

Full
Full Full Full Full Full
Full Full Full
Full

P P P P P H P P P

rit.

126

T
 A
 B

T
 A
 B

T
 A
 B

sl. P P H P P H P H T P
rit. **Slower ♩ = 100**

128

T
 A
 B

T
 A
 B

T
 A
 B

H T TH PT H T P H T HT H TP P *sl.*