

"BANG YOUR HEAD (METAL HEALTH)" QUIET RIOT

As heard on METAL HEALTH (PASHA)

Words and Music by Carlos Eric Cavazo, Kevin Mark Dubrow, Frankie Banali and Tony Cavazo * Transcribed by Jeff Perrin

NOTE: Pitch on recording sounds slightly flat. To play along, tune all strings accordingly.

Chord diagrams for the following chords:

- A5: 1 1
- Csus2: 2 3
- G5: 2 3
- C5: 1 4
- D: 1 3 2
- A: 1 1 1
- Asus2(#4): 1 3 4
- C/A: 4 4 4
- B5/A: 3 4
- C5/A: 3 4
- A5: 1 4
- G5: 1 4
- B5: 1 4
- D5: 1 4
- E5: 1 4
- G: 2 1 3

A Intro (0:00)
Moderately Fast ♩ = 122

1. Yeah | 2.

A5 Csus2 G5 C5 A5 G5 D A5

(drums)

Gtrs. 1 and 2 (elec. w/dist.)

Bass (w/chorus)
Bass Fig. 1

end Bass Fig. 1

6

A5 Csus2 G C5 A5 G5 D A5 G5

11

A5 Rhy. Fill 1

dip w/bar (Gtr. 2 only)

w/fdbk.

end Rhy. Fill 1

pitch: E

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"BANG YOUR HEAD (METAL HEALTH)"

B Verses (0:42, 1:40)

axe grinder
(2.) frustrated

piledriver
outdated
Asus2(#4)

I really wanna be
C/A

Mother says that I never never mind her
never overrated
Asus2(#4)

Gtr. 3 plays Fill 2 second time (see below)
Gtrs. 1 and 2 (w/clean tone and chorus)

15

Got no brains
I'm a finder

I'm insane
and I'm a keeper
Asus2(#4)

The teacher says
I'm not a loser
C/A

that I'm one big pain
and I ain't no weeper
Asus2(#4)
Gtr. 2 plays Fill 1 (see below)

19

C Pre-chorus (0:58, 1:56)

(1.) I'm like a laser
(2.) I got the boys
A5

six-string razor
to make the noise
B5/A

I got a mouth like an
Won't ever let up
C5/A

alligator
Hope it annoys you
B5/A G5

Gtrs. 1 and 2 (w/dist.)

23

I want it louder
Join the pack
A5

more power
fill the crack
B5/A

I'm gonna rock ya 'til it strikes the hour
Well now you're here there's no way back
C5/A D

Bang your
D G5

27

Fill 1 (0:56, 1:54)
Gtr. 2 (w/dist.)
pick scrape

Fill 2 (1:40)
Gtr. 3 A Asus2(#4)

“BANG YOUR HEAD (METAL HEALTH)”

F Guitar Solo (2:45)

B5 **B7sus4**

49 Gtr. 3

Gtrs. 1 and 2

Bass

B5

51 slight P.H.

Gtrs. 1 and 2

Bass

D5 **C5**

53 tr

Tap note repeatedly w/pick while performing rapid, trilled hammer-ons and pull-offs.* *Slide pick up fretboard.*

Gtrs. 1 and 2

Bass

D5

55 tr

Gtrs. 1 and 2

Bass

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57 **E5** trem. pick pick scrape - - -

G (3:08)

61 A5 Csus2 G5 C5 A5 G5 D Ho

Gtrs. 1 and 2

Bass plays Bass Fig. 1 (see bar 1)

65 A5 Csus2 G5 C5 A5 (let ring next two bars)

Gtr. 3

Gtrs. 1 and 2

Bass

dip w/bar (Gtr. 2 only)

69 Ha ha ha ha ha ha

Gtrs. 1 and 2

Bass

H Interlude/Breakdown (3:31)

72 N.C.(A5) (C5) (G5) (C5) (A5) let ring -

Bass

"BANG YOUR HEAD (METAL HEALTH)"

76 **Bang your**

Gtr. 1 (C5) (G5) (C5) (A5)
heavy P.M.

Bass

80 **head** **wake the dead** **We're all metal**

Gtr. 3 (A5) (C5) (G5) (C5) (A5)
grad. slide

Gtr. 1 P.M. slight P.H. P.M. P.H. 1/4 P.H. 1/4 P.M.

Bass Bass Fig. 3 pitch: B \flat B \flat end Bass Fig. 3

84 **mad** **it's all you have** **So bang your**

Gtr. 3 (C5) (G5) (C5) (A5)
tr grad. bend 1/2 1/4 1/4

Gtr. 1 P.M. slight P.H. P.M. P.H. P.H. P.M.

Bass Bass plays Bass Fig. 3 twice (see bar 80) pitch: B \flat B \flat

88 **head** **and raise the dead** **oh yeah** **Metal health**

(C5) (G5) (C5) (A5)

P.M. P.M. P.M. 1/4 P.M.

