

Toss and Turn (2007) was written for the Michigan State University Brass Quintet. The main musical ideas struggle to find resolution, like a person tosses and turns struggling to fall asleep. There are two disparate elements in the piece, a lyrical melody and a disagreeable chord. A large portion of the piece explores the juxtaposition and melding of these two ideas.

During the beginning of the piece, the melody is interrupted frequently, but it slowly begins to unfold and is eventually heard in its entirety. The middle section of the work is a fast wild section that jumps from one idea to the next. The opening ideas of the piece return in the final section, with the disparate elements coming to an uneasy conclusion.