

My Head and My Shoulders

Traditional Zulu

My head and my shoul - ders my chest and then my mid - dle my
knees and then my toes my knees and then my toes

The image shows two staves of musical notation in 4/4 time. The first staff contains the lyrics 'My head and my shoul - ders my chest and then my mid - dle my'. The second staff contains the lyrics 'knees and then my toes my knees and then my toes'. A thick black horizontal bar is drawn over the first two measures of the second staff, corresponding to the words 'knees and then my toes', indicating a touch exercise.

Touch the part named in the song. Start slowly gradually getting faster and faster.