



# Singing for Lung Health

## Songbook 1



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## Belle Mama Belle Mama Ay! - Round

Belle mama belle mama ay!  
Belle mama belle mama, Belle mama belle mama

## Blue Moon

Blue moon  
You saw me standing alone  
Without a dream in my heart  
Without a love of my own.

Blue moon  
You knew just what I was there for  
You heard me saying a prayer for  
Someone I really could care for.

And then they suddenly appeared before me  
The only one my arms will ever hold  
I heard somebody whisper  
Please adore me  
And when I looked  
The moon had turned to gold.

Blue moon  
Now I'm no longer alone  
Without a dream in my heart  
Without a love of my own.

## Bring Me Sunshine

Bring me Sunshine, in your smile,  
Bring me Laughter, all the while,  
In this world where we live, there should be more happiness,  
So much joy you can give, to each brand new bright tomorrow.

Make me happy, through the years,  
Never bring me, any tears,  
Let your arms be as warm as the sun from up above,  
Bring me fun, bring me sunshine, bring me love.

Bring me Sunshine, in your eyes,  
Bring me rainbows, from the skies,  
Life's too short to be spent having anything but fun,  
We can be so content, if we gather little sunbeams.

Be light-hearted, all day long,  
Keep me singing, happy songs,  
Let your arms be as warm as the sun from up above,  
Bring me fun, bring me sunshine, bring me love



## Country Road

Almost heaven, West Virginia  
Blue Ridge Mountains, Shenandoah River  
Life is old there, older than the trees  
Younger than the mountains, blowing like a breeze.

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads.

All my memories gather round her  
Miner's lady, stranger to blue water  
Dark and dusty, painted on the sky  
Misty taste of moonshine, teardrop in my eye.

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads.

I hear her voice, in the morning hour she calls me  
The radio reminds me of my home far away  
And driving down the road I get a feeling  
That I should have been home yesterday, yesterday.



## Edelweiss

Edelweiss Edelweiss  
Every morning you greet me  
Small and white  
Clean and bright  
You look happy to meet me.  
Blossom of snow may you bloom and grow  
Bloom and grow forever  
Edelweiss Edelweiss  
Bless my homeland forever.

## Happy Days Are Here Again

Happy days are here again,  
The skies above are clear again  
Let us sing a song of cheer again  
Happy days are here again.

Altogether shout it now  
There's no one who can doubt it now  
So let's tell the world about it now  
Happy days are here again.

Your cares and troubles are gone  
They're be no more from now on.

Happy days are here again,  
The skies above are clear again  
Let us sing a song of cheer again  
Happy days are here again.

## Home – Sofi Efthimiou

This is home, where I belong  
In this breath, in this heart  
This is home, where I belong  
In this voice, in this song.

## I Am Sailing

I am sailing, I am sailing, home again 'cross the sea  
I am sailing, stormy waters, to be near you, to be free.

I am flying, I am flying. Like a bird 'cross the sky  
I am flying, passing high clouds, to be with you, to be free.

Can you hear me, can you hear me, thro' the dark night, far away  
I am dying, forever trying, to be with you, who can say.

Can you hear me, can you hear me, Thro' the dark night far away  
I am dying, forever crying to be with you, who can say.

We are sailing, we are sailing home again 'cross the sea  
We are sailing stormy waters to be near you, to be free.



## I Got Rhythm

I got rhythm, I got music, I got my man  
Who could ask for anything more.  
I've got daisies in green pastures  
I've got my man  
Who could ask for anything more.

Old man trouble I don't mind him  
You won't find him 'round my door  
I've got starlight.  
I've got sweet dreams  
I've got my man  
Who could ask for anything more.

Old man trouble I don't mind him  
You won't find him 'round my door  
I've got rhythm, I've got music.  
I've got my man  
Who could ask for anything more  
Who could ask for anything more.

## King Of The Road

Trailer for sale or rent, rooms to let, fifty cents.  
No phone, no pool, no pets, I ain't got no cigarettes  
Ah, but, two hours of pushin' broom  
Buys an eight by twelve four-bit room  
I'm a man of means by no means, king of the road.

Third boxcar, midnight train, destination, Bangor, Maine.  
Old worn out clothes and shoes,  
I don't pay no union dues. I smoke  
old stogies I have found, short, but not too big around  
I'm a man of means by no means, king of the road.

I know every engineer on every train  
All of their children, and all of their names  
And every handout in every town  
And every lock that ain't locked, when no one's around.



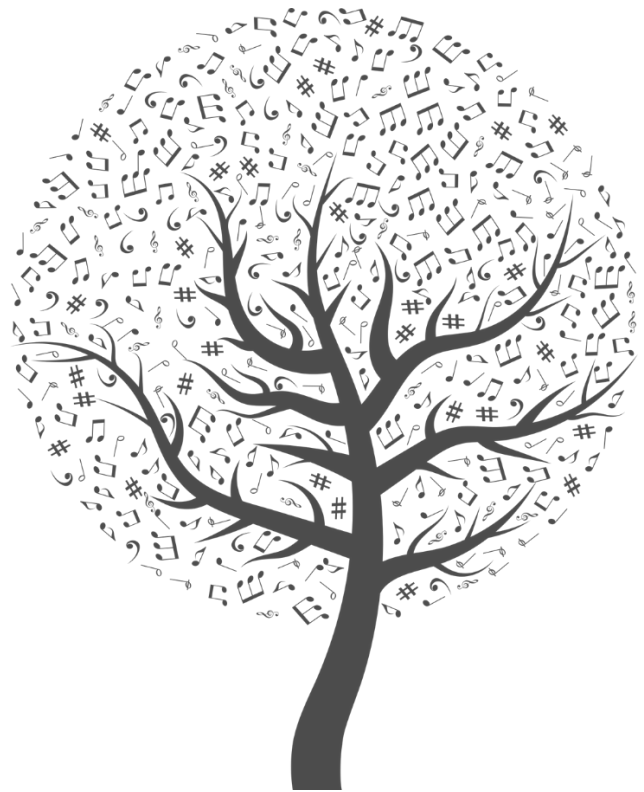
## Meet New Friends

Meet new friends, but keep the old,  
One is silver, the other gold.

## Moon River

Moon river, wider than a mile  
I'm crossing you in style some day  
Oh, dream maker, you heart breaker  
Wherever you're goin', I'm goin' your way.

Two drifters, off to see the world  
There's such a lot of world to see  
We're after the same rainbow's end, waitin' 'round the bend  
My huckleberry friend, moon river, and me.



## My Bonnie Lies Over The Ocean

My Bonnie lies over the ocean  
My Bonnie lies over the sea  
My Bonnie lies over the ocean  
Oh, bring back my Bonnie to me.

Bring back, bring back  
Oh, bring back my Bonnie to me, to me  
Bring back, bring back  
Oh, bring back my Bonnie to me.

O blow ye winds over the ocean  
o blow ye winds over the sea  
O blow ye winds over the ocean  
and bring back my bonnie to me

Bring back, bring back etc.

Last night as I lay on my pillow  
Last night as I lay on my bed  
Last night as I lay on my pillow  
I dreamt that my Bonnie was dead.

The winds have blown over the ocean  
The winds have blown over the sea  
The winds have blown over the ocean  
And brought back my Bonnie to me.

## Nanuma Wye Ay Nanuma – trad. Ghana - Round

Nanuma wye ay Nanuma

## Okolay Oko Mama, Kolay Oko - Round

Okolay oko Mama, kolay oko  
Mama kolay oko,  
Mama kolay oko,

## Peace Like A River

I've got peace like a river in my soul.  
I've got Love like an ocean in my soul.  
I've got Joy like a fountain in my soul.

## Rosen Fra Fynn - Round

Rosen fra Fynn.

## Shenandoah

Oh, Shenandoah, I long to see you,  
Away you rolling river.  
Oh Shenandoah, I long to see you,  
Away, I'm bound away,  
'cross the wide Missouri.

Oh Shenandoah, I love your daughter,  
Away, you rolling river.  
For her I'd cross, your roaming waters,  
Away, I'm bound away,  
'Cross the wide Missouri.

'Tis long seven years, since last I've seen you,  
Away, you rolling river.  
'Tis seven years, since last I've seen you,  
Away, we're bound away,  
Across the wide Missouri.

Oh Shenandoah, I long to see you,  
And hear your rolling river.  
Oh Shenandoah,  
I long to see you, away, we're bound away,  
Across the wide Missouri.

## Sow Seeds Of Hope – Penny Stone

Sow seeds of hope where ever you go  
Though some may fall on the thorny ground  
Sow seeds of hope where ever you go  
Some of the seed gonna grow  
Taller than you ever could know.

## The Silvery Moon

By the light of the silvery moon  
I want to spoon  
To my honey, I'll croon love's tune.

Honey moon, keep a-shinin' in June  
Your silvery beams will bring love's dreams.  
We'll be cuddlin' soon  
By the silvery moon.



## What A Wonderful World

I see trees of green, Red roses too  
I see them bloom, For me and you  
And I think to myself  
What a wonderful world.

I see skies of blue, And clouds of white  
The bright blessed day, The dark sacred night  
And I think to myself  
What a wonderful world.

The colors of the rainbow, So pretty in the sky  
Are also on the faces, Of people going by  
I see friends shaking hands  
Saying, "How do you do?"  
They're really saying, "I love you".

I hear babies cry, I watch them grow  
They'll learn much more, Than I'll never know  
And I think to myself  
What a wonderful world.

## Zenwa De Dende – trad. Ghana

Zenwa de dende

