

# Lullabies

from around the world



tetra





TO COMFORT AND LULL our children with singing is something that humans have done throughout all ages, in all places and in all cultures. It is something we share. Singing is a source of consolation and joy both for the one who sings and the one who listens. It makes for togetherness and creates gaiety and merriment, pleasant memories and a language. It doesn't matter what songs you sing, or what you sound like. It's the intention that counts.

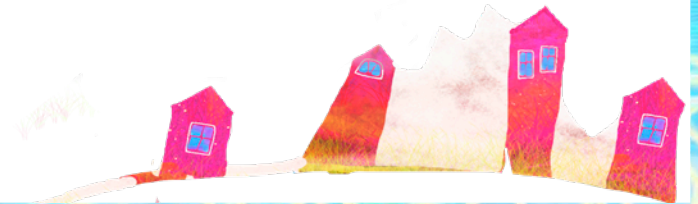
To be rocked, swung, sung to

To listen, hum, dance

To find our inner selves and reach out to one another

While still in the womb the child learns to recognize voices in its environment and can find comfort in songs.

TETRA is a powerful Swedish vocal quartet formed in 2006 by four female vocalists from Gothenburg. The group performs in a variety of genres. The members have diverse roots and origins, and a common desire to share songs with each other. In their songs you will encounter the ornamental vocal styles of Arabic and Greek music, Caribbean pulses and Scandinavian groove. Tetra performs its own arrangements, based on rhythmic vocal accompaniment, percussion and a diversity of vocal ranges.





### 1. Nkwihoreze

*Trad. Rwanda*  
*Swedish text: Tetra*  
*Arr. Tetra*

Nkwihoreze ibyandongo ayiwe, ayiwe  
ibyandongo,  
Nkwihoreze ikobondo hm  
Hm ayiwe, ayiwe ibyandongo  
Nta joro wandaje ayiwe, ayiwe ibyandongo  
Amanya umugoroba hm  
Hm ayiwe, ayiwe ibyandongo  
Nzaguha amata ayiwe, ayiwe ibyandongo  
Mu cyansi wa kunze hm  
Hm ayiwe, ayiwe ibyandongo

#### Vaggar dig med min sång

Dagar och nätter aj, aj, aj kommer och går  
Åh min vän vad gör jag då?  
Hm hm vaggar dig med min sång  
Och när du vaknar aj, aj, aj vaknar igen  
Åh min vän vad gör jag då?  
Hm hm vaggar dig med min sång  
Och när du gråter aj,  
aj, aj gråter igen  
Åh min vän vad gör jag då?  
Hm hm vaggar dig med min sång  
Jordgubbar söta aj, aj, aj det ska du få  
Åh min vän vad gör jag då?  
Hm hm vaggar dig med min sång

*Sweet child, I rock you with my song.*  
*When you wake I will give you milk.*  
*You will get strawberries, you will get honey.*  
*Sweet child, I rock you with my song.*

### 2. Dodo

*Trad. Haiti*  
*Swedish text: Sten Källman*  
*Arr. Sten Källman and Tetra*

Dodo ti pitit manman ou  
Dodo ti pitit manman ou  
Si ou pa dodo krab la va manje ou,  
si ou pa dodo krab la va manje ou

Manman li prale larivyè  
Papa li prale peche krab  
Si ou pa dodo krab la va manje ou  
Si ou pa dodo krab la va manje ou

Dodo titit krab lan kalalou

#### Sov nu

Sov nu, sov mitt lilla barn  
Om du inte somnar kommer spindeln och  
tar dig  
Mamma går för att tvätta kläder  
Pappa går för att lägga ut nät  
Om du inte ...  
Sov min lilla ... spindel i din väv

*Sleep now, sleep my little child*  
*If you don't go to sleep the spider will get you*  
*Mama is going to wash the clothes*  
*Daddy is going to lay out a net*  
*If you don't...*  
*Go to sleep my little... spider in your web*

This is a traditional Caribbean lullaby that Sanna learned on her first trip to Haiti. A great many children have been frightened – just for fun – by the spider, which was originally a crab. In Haiti many small crabs run around on the beach and look like ... you guessed it, spiders!

### 3. Tussa lulla litet barn

*Trad. Sweden*  
*Melody after Karin Sikström*  
*Arr. and text: Ingrid Brännström*

Tussa lulla litet barn i natt ska du få sova  
Inga faror lurar här i mörkret kan jag lova  
Fjärran vargen ylar i natten  
Älvan dansar tyst över vatten  
Lulla lulla ungen min låt drömmen bli en  
gåva

Tussa lulla lilla vännen låt du månen lysa  
Över alla, var och en, låt inga barn få frysa

Rik som fattig, alla är lika  
Aldrig nånsin ska jag dig svika  
Lulla lulla ungen min låt drömmen dig få  
vyssa

A cradle song for all of those who are afraid of the dark, of all the dangers that could be lurking and who find it hard to fall asleep alone. Ingrid has written the text to a melody from Ångermanland in northern Sweden that formerly had only been hummed.

### 4. Nani nani

*Trad. Smyrna, Greece*  
*Arr. Maria Stellas, Jonas Simonson*  
*Guest musician: Jonas Simonson, flute*

Ipne pou pernis tha pedhia  
Ela pare mou ke touto  
Na mou to pas sto Gioulbaxe  
Ka pali fere mou to  
Nani nani nani  
Nani  
To moro mou kani

*Sleep, Sleep*  
*Sleep, gather up my child*  
*Take it to your beautiful garden*



*And then bring my baby safely home again  
Sleep, sweet child of mine*

A traditional Greek cradle song. Tetra has listened to Roza Eskenazi's version from 1934, in which a baby is incessantly crying during the recording and the parents are bickering about how to get the child to quiet down.

#### **5. Saaindhaadamma saaindhaadu**

*Trad. Sri Lanka  
Swedish text: Tetra  
Arr: Tetra*

Saaindhaadamma saaindhaadu  
Saayakilliye saaindhaadu  
Thithikkum thene saaindhaadu  
Thevittadha tamizhe saaindhaadu

Mayile kuyile saaindhaadu  
Maadapuraave saaindhaadu  
Kattikarumbe saaindhaadu  
Kaaichiyapaale saaindhaadu

Kuthuvillakke saaindhaadu  
Kutti nilave saaindhaadu  
Saaindhaadamma saaindhaadu  
Saayakilliye saaindhaadu

**Dansa mamma gunga pappa**  
Dansa mamma dansa nu  
Dansa med mamma dansa du

Gunga pappa gunga nu  
Gunga med pappa gunga nu

Dansa katten dansa nu  
Dansa med katten dansa nu

Dansa vovven dansa nu ...  
Flaxa pippin flaxa nu ...  
Dansa Kossan mu mu mu ...  
Vifta Foten vifta nu ...  
Vinka handen vinka nu ...

Sova hos mamma somna nu  
Sova hos mamma somna nu  
Sova hos pappa somna nu  
Sova hos pappa somna nu

Uppe me tuppen det är du  
Somna ... zzzzzzz

We found this Tamil cradle song on the web page [www.mamalisa.com](http://www.mamalisa.com) and it is a kind of variant of *Rida rida ranka* (Rider, Rider, Rocker) from Sri Lanka that is sung holding the child on one's knee. The original text is about various animals that dance and swing and have inspired the Swedish lyrics. To play

with, to dance with and to swing the child. It is often just then that the children fall asleep... but wake again soon! Up when the cock crows!

#### **6. Kysja roa lite ban**

*Trad. Norway  
Melody after Torhild Ostad*

Kysja roa lite ban  
Kysja roa lite ban  
kysja roa bana  
kysja roa roa ro  
roa roa bana

Sulla lulla lulla lulla  
lulla lulla lulla  
sulla lulla lulla lulla  
lulla lulla bana

The melody and the text are from Tingvoll, Nordmøre after Magnhild Almhjell (1894–1985). The text suggests that the song is sung for a child who has difficulty in calming down when it is time to go to sleep!

#### **7. Yalla tnam Rima**

*Trad. Lebanon/Syria  
Swedish text: Anna Ottertun  
Arr: Tetra  
Guest musician: Ahmad Al-Khatib, oud*

Maoal  
Yalla tnam Rima  
Yalla idjiha naum  
Yallat hhabbi sala  
Yallat hhabbi saum

Yalla tnam, Yalla tnam  
Lad bahllek tayer el hamam  
Rohh ya hamam lat sadde bithhack a ' Rima  
lat nam.

Rima Rima hhinda, a  
Sharick ash ar uim na, a  
Uilli hhabick bibusick, wuilli baghadik  
shubiitra, a

Jabaya al e' y nab, uil e' nabie.  
Ulula immi, ulula beji  
Schatafuha el ghadjar  
Min tahht madjdalie

#### **Sov min lilla**

Sov min lilla, sov min vän  
Imorgon kommer sol igen.  
Ingenting kan skada dej. Jag är här för att  
vakta dej.



Rima, Rima lilla skatt. Stjärnan vakar också i natt.

Blomman på ängen nickar tyst. I gräset sover daggen.

**Sleep my little one**

*Sleep my little one, sleep my friend.*

*Tomorrow the sun will come again.*

*Nothing in the world can do you harm.*

*I am here to watch over you.*

*Rima, Rima my treasure, my love,*

*Even the stars watch from above.*

*The flowers in the meadow silently bow their heads.*

*In the grass sleeps the morning dew.*

This wonderful lullaby from Lebanon was presented to us by our friend Fadia Alsoukhni. Thank you, Fadia!

**8. Arrorro/So dada me for ein liten tull**

*Trad. Mexico/Norway*

*Swedish text: Sanna Källman*

*Arr: Tetra*

Arrorro mi nino

Arrorro mi sol

Arrorro pedazo de mi corazon

Este nino lindo se quiere dormir  
Haganle la cuna de rosa y jasmín

Este lindo nino  
Se quiere dormir  
Cierra los ojos  
Y los vuole a abrir

**Sov mitt lilla hjärta**

Sov mitt lilla hjärta sov min lilla vän  
Sov tills solens strålar väcker dig igen  
Sov mitt lilla hjärta sov min lilla skatt  
Ja jag finns här hos dig både dag och natt

So dada me for ein liten tull  
Så dada me or ein liten tull, ein liten tull  
Bissa dada bâne  
Mjeltki den drack pusi opp  
og difor græte bâne

*This sweet baby wants to sleep  
Close the little eyes  
And open them again later*

This song originated in Mexico. Sanna found it on the web page [www.mamalisa.com](http://www.mamalisa.com). Ingrid has this Norwegian cradle song after Kristen Bråten Berg, Norway. The melody and the text are after Tarjei Liestøl (1893–1985), Åseral.

**9. Ne ne**

*Trad. Senegal after Adama Cissokho*

*Arr. Tetra and Adama Cissokho*

*Guest musician: Adama Cissokho*

Ne ne alama ne ne  
Din din kanagasi  
Alama ne ne

Alama ne ne  
Alama ne ne wo  
Din din kanagasi  
Alama ne ne

*Look after the baby  
Don't let the baby cry*

*Dear parent, please look after your children  
And keep them from harm  
Let's do our best to keep them happy!*

Traditional cradle song from Senegal, which we picked up from Jalimuso Adama Cissokho.

**10. Omwana**

*Trad. Uganda/Peru*

*Swedish text: Sten Källman/Petter Ljunggren/  
Eva Remaeus*

*Arr: Tetra*

Mm mmm Omwana likulli landala

**Somna hos mig**

Vatten vilar somna, somna hos mig,  
somna hos mig  
Vinden väntar somna, somna hos mig,  
somna hos mig  
Vassen viskar somna, somna hos mig,  
somna hos mig

On a journey in Rwanda Anna met an actor from Uganda who introduced her to the exquisite cradle song *Omwana*. The lullaby melody Sleep by me comes from the Shipibo Indians in Amazonas, Peru.

**11. Gret du barnet**

*Trad. Norway*

*After Torhild Ostad*

Gret di barnet ikkje gråt  
nå skal barnet sova  
mor di vogger ikkje gråt  
barnet det skal sova

The melody is from Tresfjord in Norway and is traditional. The mother rocks her crying baby to sleep.





Anna Ottertun

Maria Stellas

Sanna Källman

Ingrid Brännström



## 12. Hoyo hawajin

*Trad. Somalia*

*Swedish text: Anna Ottertun*

*Arr: Tetra*

Hoyo hawajin hawalalobin  
hoyo hawajin waxsiso hoyo

Hoyo hawajin wardere abbe  
Hoyo hawajin walaladora

Hoyo hawajin wixi wax kua  
Hoyo hawajin Somali wayinta

### Mamma säger

Min mamma säger, nu ska du sova,  
Sova sött, Jag finns här hos dej

Och universum håller om dej  
Sov nu sött, sött i Karlavagnen

I Karlavagnen ska du få fara  
Längs berg och sjöar mot rymder vida

*Mama says, Little one I am here with you.  
Your daddy, your brothers and sisters, yes all  
of Somalia is here for you.*

Traditional cradle song from Somalia that  
Tetra has after Ayan Gelle Abdulle and Khadija  
Tahlil Ahmed, who live in Gothenburg .

## 13. Nanourisma

*Trad. Cappadocia, Turkey*

Nani nani mikro'm nani  
nani to chaidhemeno  
neni nenip oujiout toujiom  
elma verip avrout toujoum  
kimate opo na to charo  
ke na to dhió meghalo

Cappadocia is situated in central Turkey, and  
still today there is a Greek minority in the area  
who sing this traditional lullaby with a mix-  
ture of Greek and Turkish words.

## 14. Canto di arullo

*Trad. Panama*

*Swedish text: Tetra*

*Arr: Tetra*

Páni machitola pipi kúeye  
Páni machitola pipi sógue cua  
Páni hoúa bibi soeti, páni kútoeya  
Páni ocopá marki, páni arpaédi páni kútoe  
Na na na bebe ...  
Páni machitola pipi kúeye  
Mm Mm Mm

Páni machereti soge cuaheye  
yo vanka arbaédi kutoe ye  
Páni masi ti guenáí páni kutoe  
Páni sabuló yaba, páni machereti sogue,  
kuaye  
Na na na bebe ...  
Nana mási duesi, kutoeya  
Mm Mm Mm

### Du är liten nu

Du är liten nu men sen så blir du stor  
du är liten nu men sen så blir du stor  
då ska du ge dig iväg från din mor  
fara iväg från din far och bli stor  
Du är liten nu men sen så blir du stor  
du är liten nu men sen så blir du stor  
Mm Mm Mm

We recorded this song from the Cuna in Pan-  
ama after an inquiry from The World Culture  
Museum in Gothenburg. In many recordings  
of lullabies of the Cuna people the songs are  
accompanied by a forceful shaking of a rattle.

## 15. Do do l'enfant do

*Trad. France*

Do do l'enfant do l'enfant dormira bien vite  
Do do l'enfant do l'enfant dormira bientôt

A well-known French lullaby that expresses  
the wish of all parents for their baby to fall  
asleep soon.

## 16. Nina bobo

*Trad. Indonesia*

*Swedish text: Tetra*

*Arr: Tetra*

Nina bobo oh nina bobo  
Kalau tidak bobo digigit nyamuk  
Bobklah boboh adikku Sayang  
Kalau tidak bobo digigit nyamuk

### Sov nu mitt barn

Sov nu mitt barn  
Ja sov min lilla vän  
Storebror har somnat för jättelängesen  
Myggorna dom surrar  
Och tänker som så  
Att det skulle smaka gott med lillasysters tå

Så om du somnar  
Och sover sött min vän  
Då kan du orka leka med storebror igen  
Myggorna har tystnat och somnat i nån vrå  
Månen den lyser och tittar bara på

This is a popular cradle song from Java, Indo-  
nesia. The World Culture Museum has many



objects in its collections from Java, Indonesia and wanted to have a song from there. A student from Indonesia gave us a tip about this song.

### 17. Ha lou lou

*Trad. Qatar/Bahrein*

Yergid wlaidi wi nam  
Fi hhefth elli laye nam  
Fi hhefth Mousa wa Issa winnabi alaih  
essalatu wissalam

Ha lou lou , ha lou lou  
Ha lou lou ya baád shabdi ha lou lou

Yergid wlaidi ála azzain rishinnaám Ha lou  
lou, ha lou lou  
Ha lou lou ya baád omri ha lou lou

Yumma djarrapt rohhi  
Biddiyay nussa marid yumma nussa chadai

Ha lou lou, ha lou lou  
Ha lou lou, ya baád shabdi Ha lou lou  
Ha lou lou

*Haloulou, May you have a long life,  
Haloulou haloulou,  
May you have a long life, haloulou  
My child will sleep tight guarded by those who*

*never sleep,  
Moses, Jesus and the Prophet,  
Peace be with him  
Let the child sleep well like Zen on a bed of  
ostrich feathers  
Haloulou, May you live a long life, haloulou*

### 18. Margharitarenia mou

*Trad. Greece  
Swedish text: Tetra and Malin Skinnar  
Arr: Tetra*

Osa astra ine ston ourano,  
margaritarenia mou  
ke lamboun ena ena, ke lamboun ena ena

*Refrain*  
Aide kale mana, aghapa me ke mena  
kouni, kale mana, to pedhi jia mena

Toses fores ta matia mou  
margaritarenia mou  
dhakrisane jia sena, dhakrisane jia sena

Anastenazo dhe m'akous,  
margaritarenia mou  
kleo dhe me lipase, kleo dhe me lipase

Den ise manas jennima,  
margaritarenia mou  
oute theo fovase, oute theo fovase

*My baby twinkles among a thousand stars  
Rock the baby dear mother  
Mama's little gem, dry your tears*

Katerina Papadopoulou is a singer of the younger generation, who sings folk music in Greece. She has inspired Maria to sing this song, originally from Smyrna, in what is now Izmir in Turkey.

### 19. Skymning/Tussemörkret

*Music: Gustav Hylén/Ingrid Brännström  
Text: Ingrid Brännström/Hjalmar Gullberg  
Guest musician: Jonas Simonson, flute*

Stjärnor tänds i skymningsljus  
Och väcker mörkrets tankfullhet  
Vakar över alla hus,  
över tussemörkrets hemlighet

Blunda, somna nu min lilla  
Låt tussetimman bära dig  
Bort i drömmen, genom skuggorna  
In i sömnens fantasi

Blå är timman och rödaktigt lyktsken  
Det blänker över en kall trottoar  
Långt bortom tiden gränser  
Ett stilla ögonblick jag var

A stunningly beautiful polska that has inspired Ingrid to write words and melodies about dusk or *tussemörkret* (sphere of twilight), the hour when darkness starts to fall, the state of half-light that lasts so much longer up here in the Nordic countries than down south, in the gloaming when we finish the chores of the day but it is not yet time to light the candles and get started with the evening's work. Instead we settle down and sit in the twilight, scaring one another with stories about the unreal, while trolls and other beings are haunting outside.

### 20. Afghan lalú

*Music: Vaheed Kaseemy after Ustad Mahwash  
Swedish text: Anna Ottertun  
Arr: Tetra*

Aa lalú ay kodaki afghaan lalú  
teflaki bedaaro wo darmaan lalú

paay lochi dashto biabaan lalú  
ay hama sokhashmo to hairaan lalú  
ay hama khaabo to peraishaan lalú  
aa lalú ay kodaki afghaan lalú

kodaki man baarisho baaraan rasid  
nobati bedaadi zemistaan rasid  
ranj digar ghair ghami naan rasid



khaabye zom didani teflaan rasid  
tiflaki berakhti zamistaan lalu  
aa lalu ay kodaki afghan lalu

Kära lilla barn vart är du på väg?  
Kalla och trötta dina steg  
Bara dina fötter i sanden  
smutsiga tårar i handen  
Blicken tom och munnen utan skratt  
inget hopp och glad lek tafatt  
Ut i nattens mörker vilar du  
Både täcke och kudde saknar du.  
Var är handen som ömt ska smeka dej?  
Var är armen som tryggt ska vagga dej?  
Vem är rösten som nynnar lalu,  
a lalu ay kodaki afghan lalu

*You beloved Afghan child, be calm.  
Round about you there is anger.  
You have drowned in devastation and  
oppression.  
Before, you had a little house, your daddy  
patted you as well, and you had nice clothes  
to wear.  
There is trouble all around you, be calm  
beloved Afghan child.*

Anna asked Majed Husseini, who recently  
came to Sweden from Afghanistan, for help  
with the translation of this song text. The

original is quite long and wide-ranging. It  
reflects what is happening there now and the  
suffering that children in a war zone have to  
endure: famine, fear and loneliness.

### 21. Tullä tullä locken i hår

*Trad. Sweden  
Arr: Ingrid Brännström*

Tullä tullä locken i hår  
Bar fammen full å käppa  
Slo ihäl den bäste djait  
Bon hadd i gålom

Bon to än såstång  
gav draingen ä dörasprång  
Draingen to så en ellbränn  
Å satte på bondens hus

Gick jag ut att valla kor  
Vallade jag så gärna  
Tappa jag bort min skälleko  
Skällekon hette Gullstjärna  
Aspa bad mej bida  
Sälga sa du ska tiga  
Björka lova mej savastryk,  
Hä räckte savastryck om kvällen

Kute jag hem till mammas gård  
Höll hon på att koka välling

Tog jag en sticka  
och skulle slicka  
Tog hon sig en ellebrand  
fällde på min lilla hand  
Det till att svida  
å jag till att skria  
Å rocken till att brinna  
å jag till att springa  
Sprang jag bort till kungens gård  
Men där var ingen hemma

Bara en gammal gumba  
Satt i en vrå  
å tugga blå  
Lärde sin dotter spinna  
Spinn, spinn doter min  
I möran kom ju friarn din  
Dotra spann å tåren rann  
men aldrig köme den friarn fram

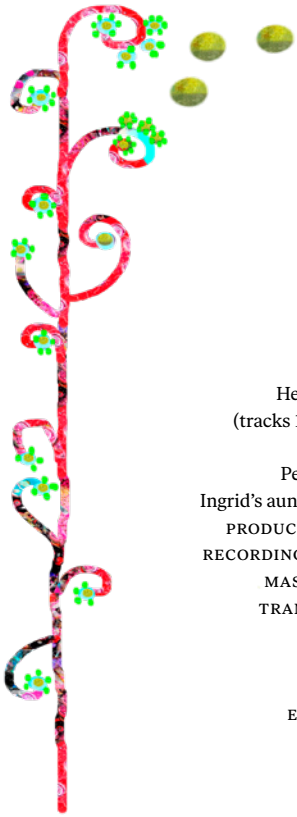
förrn på det andra året  
med gullband i håret  
å värjan vid låret  
men ingen skjorta hade han

This lullaby from northern Sweden is actually two that have similar melodies. The first is from Ingrid's father's home village, Risliden, and is sung by Pelle Brännström, a distant relative. The other lullaby is sung by Greta

Johnsson, Örträsk, and is an example of how they used to improvise a text to put the child to sleep – and a number of songs could be joined together to form a long, uninterrupted chain.

The song ends with a singing conversation between Ingrid's aunts Ella Berglund and Inez Emilsson, who remember the singer and musician Pelle Brännström from their childhood in Risliden.





RECORDED BY  
Henrik Cederblom at Studio Epidemin  
(tracks 1, 3, 5, 6, 8, 10, 11, 12, 13, 14, 15, 16, 17 & 18)

OTHER TRACKS RECORDED BY  
Per Sjösten, Sound Processing Studio  
Ingrid's aunts at the end of track 21 is a private recording.  
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[www.footprintrecords.com](http://www.footprintrecords.com)  
[www.tetramusik.se](http://www.tetramusik.se)



### THANKS!

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