

Sing & Strings

With Jenny Lester

Brought to you by | Wild Heart Music Port McNeill, BC 2020

1. Cover
2. Scales
3. Chords
4. Harmony
5. Timing
6. Rock of Ages
7. Just as Long As Long As You Love Me
8. Waltz Across Texas
9. Old Joe Clark
10. Handsome Molly
11. Friends Like You
12. Shady Grove
13. Beautiful Life
14. The River, Mother Nature & Me
15. Sally Anne
16. Diggy Diggy Lo
17. Nahlin River Song (The Eagle Song)
18. Hard Times
19. Somebody Loves You Darlin



Practical Music Theory for Folk Music

Musical Alphabet

(ALL SEMITONES) Chromatic Scale (1 fret move)

			SEMITONE					SEMITONE				
G	G#	A	A#	B	C	C#	D	D#	E	F	F#	G
	A _b		B _b			D _b		E _b			G _b	

The MAJOR SCALE

WHOLE TONE = 2 semitones = 2 frets

The scale is where you find the melody & harmony notes.

	TONE		TONE	SEMITONE	TONE		TONE		TONE	SEMITONE	
→	1(key)	2	3	4	5	6	7	8			
C	D	E	F	G	A	B	C				
G	A	B	C	D	E	F#	G				
D	E	F#	G	A	B	C#	D				
A	B	C#	D	E	F#	G#	A				
E	F#	G#	A	B	C#	D#	E				
B	C#	D#	E	F#	G#	A#	B				
F	G	A	B _b	C	D	E	F				
B _b	C	D	E _b	F	G	A	B _b				
E _b	F	G	A _b	B _b	C	D	E _b				
A _b	B _b	C	D _b	E _b	F	G	A _b				
D _b	E _b	F	G _b	A _b	B _b	C	D _b				
G _b	A _b	B _b	C _b	D _b	E _b	F	G _b				

Three Elements of Music

Tuning Timing & Tone



Chord Construction

The Triads Chord Construction

1	→	2	3	4	5	6	7	8
D		E	F#	G	A	B	C#	D

(8=1)

Chord Construction

A simple major chord uses the root (1), third (3) & fifth (5) of the chord's scale.

<u>1</u>	2	<u>3</u>	4	<u>5</u>	6	7	8
C	D	E	F	G	A	B	C

When you change the chord structure you must change the name.

Common Examples:

C = C E G = C major

C_{add9} = C E G + the 2nd or 9th = + D = C add nine

C_{sus} = C E G + 4th = + F = C suspended

C₆ = C E G + 6 = + A = C six

C_{maj7} = C E G + 7 = + B = C major seven

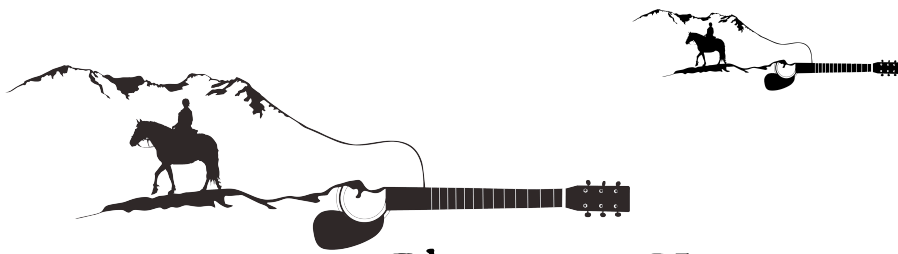
C₇ = C E G + the flatted 7th = + B \flat = C seven

C_m = C E \flat G = the 3rd is flattened = C minor

C^o = C E \flat G \flat = 3rd and the 5th are flattened = C diminished

Voicing is how you stack the chord notes in low and high octaves.

C_{/E} stacks the E (3rd) in the bass which sounds different than C (1 or Root) in the bass.



Bluegrass Harmony Structure

High Baritone An octave above baritone

Tenor Nearest Harmony above lead

LEAD MELODY

Baritone Nearest Harmony below lead

Low Tenor An octave below tenor

Bass Independent structure, alternately doubling other parts while pursuing either a lead line or chord progression.

High Baritone	1	D
Tenor	5	A
Lead	3	F#
Baritone	1	D
Low Tenor	5	A
Bass	1	D

The Triads							
Chord Construction							
							(8=1)
1 → 2	3	4	5	6	7	8	
D	E	F#	G	A	B	C#	D
G	A	B	C	D	E	F#	G
A	B	C#	D	E	F#	G#	A

Chord Construction

A simple major chord uses the root 1, third 3 & fifth 5 of the chord's scale.

<u>1</u>	2	<u>3</u>	4	<u>5</u>	6	7	8
C	D	E	F	G	A	B	C

As other notes are added the chord is named accordingly.

C = C E G

C₇ = C E G + the flatted 7th

C_{sus} = C E G + the 4th

Chord Progression

The key is the sense of resolution as music moves.

Major key	1,4,5 are Major	2,3 are major or minor	6 is minor	7 is diminished or b7
C = key	C, F, G	D or d _m , E or e _m	a _m B ^o B _b	

Key is the sense of resolution.

The key is chosen by the lead singer so that the song's melody fits best into their range. Every singer has a best key for each different song. Some keys are easier than others for different instruments. Traditional fiddle tunes and instrumentals are played in traditional keys.

Relative Minors: Some keys share the same key signature and are called relatives.
The relative minor is the 6th of the major scale. Eg : The relative minor of C Major is A minor

		Relative minor
Common MAJOR chords:	1 4 5	6
	C F G	am
	G C D	em
	D G A	bm
	A D E	f#m

A **measure** is the number of beats in the rhythmic count.

4/4 = ♩ ♩ ♩ ♩ 4 beats per measure / ♩ gets a beat
 3/4 = ♩ ♩ ♩ 3 beats per measure / ♩ gets a beat
 6/8 = ♪♪ ♪♪ ♪♪ ♪♪ 6 beats per measure / ♪ gets a beat

Examples of a chord progression and CHORD CHARTS...

4/4							
Part A				Time: 3/4 Key: D			
G	JJJJ	G	C	G			
C		G	¹ A	D	:		
			² A-D	G		V & C & Solos:	
Part B							
C	C	G	G	1	JJJ	1	4 4
D	D	G	G-G ₇	1		1	5 5
C	C	G	G	1		1	4 4
D	D	G	G	1		5	1 1

FORM & ARRANGING: When jamming or performing, prepare an arrangement of the body parts of a song. Intro Verse Chorus Solo Bridge Outro. Think of how long you want the song to last, how to kick it off, how many verses and choruses you want to have, how many instrumental solos, who plays fills and how to finish.



Rock of Ages

Gillian Welch

This version is based on using 1 chord, the A minor, and letting the melody create tension against it rather than changing chords.

SCALE NOTES: A B C D E F# G

Am

**Round round wanna go round,
Wanna see the rock of ages
When my body gives out
Gonna read the final pages**

4/4 Time

Am

1m	1m	1m	1m
1m	1m	1m	1m
1m	1m	1m	1m

Oh my mother is gone
She told me I should meet her
Some day streets of gold
Gonna guide me on and greet her

Melody notes:

E E EDCA

E E E EE F# G G

E G EDCA

Once my father sat down and
Told me of the prophets
Mathew, Mark, Luke and John
They're gone but not forgotten

E E E D C G A A

Moses heard a voice
It called him up the mountain
40 days had set
When Moses come a shouting

Chorus (change to gospel pages)
Chorus (back to Final pages)



I Don't Care (Just As Long As You Love Me)

Buck Owens

1
Well, I don't care if the sun don't shine
I don't care if the bells don't chime

5 1
Just as long as you love me
I don't care if the tops don't spin
I don't care if the gins wont gin
5 1
Just as long as you love me

1
So darlin, Let it rain let it snow
Let the cold north wind blow
5 1
Just as long as you love me
North or south east or west
You know I will stand the test
5 1
Just as long as you love me

Well I don't care if the birds don't sing
I don't care if the bells don't ring
Just as long as you love me
I don't care if the world don't turn
I don't care if the fire don't burn
Just as long as you love me

Chord Progression

Time: 4/4 Key:

Intro	Turnaround		
1	1	1	1
V & C & Solos:			
1	1	1	1
5	5	1	1
1	1	1	1
5	5	1	1

Number System: uses the major scale to show which chords and notes fall in the key.
1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Waltz Across Texas

Composed By : Quanah Tubb

G D
 When we danced together my worlds a disguise
 G
 It's a fairyland tale that's come true
 D
 And when you look at me with those stars in your eyes
 G
 I could waltz across Texas with you

 1 5
Waltz across Texas with you in my arms
 1
Waltz across Texas with you
 5
Like a story book ending I'm lost in your charms
 1
I could waltz across Texas with you

 My heart aches and troubles are just up and gone
 The moment that you come in view
 And with your hand in mine dear I could dance on and on
 I could waltz across Texas with you

Chord Progression

Time: 3/4 Key: G

Intro Turnaround

5 5 1 1

V & C & Solos:

1 1 5 5

5 5 1 1

1 1 5 5

5 5 1 1

Form

Intro

Verse 1

Chorus

Solo

Verse 2

Chorus

Solo

Chorus

Chorus

Slow and end on last word

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Old Joe Clark

American Folk Song

Old Joe Clark he built a house 15 stories high
 And every floor up in that house was filled with chicken pie
 I went down to old Joe's house, never been there before
 He slept on a feather bed, I slept on the floor

Round round old Joe Clark, round round I say
Round round old Joe Clark, I haven't long to stay
Fare the well old Joe Clark, Fare thee well I say
Fare the well old Joe Clark, I'm a going away

Old Joe Clark had a mule his name was Morgan Brown
 And every tooth in that mules head was 16 inches round
 Old Joe had a yellow cat, she would neither sing nor pray
 She stuck her head in the buttermilk bowl and washed her sins away

A Part VERSE

|A A A E
 A A A / E A :||

B Part CHORUS

A A A G
 A A A / E A :||

Number System: uses the major scale to show which chords and notes fall in the key.
 1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Handsome Molly

Doc Watson Live

Intro: Fiddle & melody instruments together

||:1 1 1 5
5 5 4 1 :||

1 5
I wish I were in London or some other seaport town
4 1
Set my foot in a steamboat and sail the ocean round

**While Sailing' on the ocean, While sailin' on the sea
I think of Handsome Molly wherever she might be**

Remember handsome Molly when you gave me your right hand
And you said if you ever married that I would be the man

But now you've broken your promise go marry whom you please
While my poor heart is breaking you're going at your ease

She goes to church on Sunday, and she passes me on by
I know her mind is changing' by the rovin' of her eye

Her hair was as black as a raven, her eyes where black as coal
Her cheeks look like lilies out in the morning glow

Well I wish I were in London or some other seaport town
Set my foot in a steamboat and sail the ocean round

Number System: uses the major scale to show which chords and notes fall in the key.
1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Friends Like You

© Jenny Lester (SOCAN / BMI)

1
Friends like you make the world go round
5 4 1
Keeping spirits high, feet on the ground

Time will keep you in my heart
5 1
Dear friend we will never part

5 1
Talkin' over wine on a long winter's night
5 1
Bout the way of the world and how to make it right
4 1
Full of life full of fire never give in to the cold
5 1
In our hearts we will never grow old

When I fall by the way you are always the one
To set me back on track or undo what I've done
Together we laugh and together we cry
When we stand we are side by side

Bridge:
5 4 1
And if it should be that it's my time to go
5 4 5
There is one thing that I need you to know

4/4 Time Key

CHORUS

1	1	1	1
5	5	4	1
1	1	1	1
5	5	1	1

VERSE

5	5	1	1
5	5	1	1
4	4	1	1
5	5	1	1

BRIDGE

5	5	5	5
4	4	1	1
5	5	5	5
4	4	5	5

Arrangement

Intro verse form

Chorus

Verse

Chorus

Solo Chorus form

Verse

Chorus

Solo Verse form

Chorus

Bridge

Chorus

Tag last line long with 4

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Shady Grove

From a Doc Watson version

1m 7
Shady Grove my little love
 1m
Shady grove I say
 3 7
Shady Grove my little love
 1m
I'm bound to go away

Cheeks as red as a blooming rose
 And eyes are the prettiest brown
 She's the Darlin of my heart
 Sweetest little girl in town

I wish I had a big fine horse
 And corn to feed him on
 And Shady Grove to stay at home
 And feed him while I'm gone

Went to see my Shady Grove
 She was standing in the door
 Her shoes and stockings in her hands
 And her little bare feet on the floor

When I was a little boy
 I wanted a Barlow knife
 Now I want little Shady Grove
 To say she'll be my wife

Kiss from pretty little Shady Grove
 Is sweet as brandy wine
 And there aint no girl in this ol' world
 That's prettier than mine

Chord Progression

Time: 4/4 **Key:**

Intro Turnaround:

Vamp 4 measures

2 times round form

V & C & Solos:

1m	flat7	1m	1m
*3	flat7	flat7	1m

*optional 1m

Form

Intro

Verse

Chorus

Solo 2 times round

Repeat form till through all
 the verses

Outro: end with solo

Number System: uses the minor
 scale to show which chords fall in
 the key, and 1 is the key.

1m	2	3	4	5	6m	7	8
dm		F				C	
Am		C				G	



A Beautiful Life

Stanley Brothers

Each day I'll do, a golden deed
By helping those who are in need
My life on Earth is but a span
And so I'll do the best I can

**Life's evening sun is sinking low
A few more days and I must go
To meet the deeds that I have done
Where there will be no setting sun**

To be a child of God each day
Our light must shine along the way
I'll shout and sing while the ages roll
And try to lift some troubled soul

While going down life's dreary road
I'll try to lift some traveler's load
I'll try to turn the night to day
Make flowers bloom along the way

4/4 Time

Verse

1	1 / 4	1	1
5	5	1	1
1	1 / 4	1	1
1	5	1	1

Chorus

1	1	4	4
5	5	1	1
1	1 / 4	1	1
1	5	1	1

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



The River, Mother Nature & Me

© Jenny Lester 1994 BMI

C

There's a place in the north where you still see the moonshine

F C

When the morning sun is high

It's a place Mother Nature takes all her children

F G C

And none are more willing than I

Chorus:

F C

Sitting on rocks down by the river

G

Feeling the powers that be

F C Am

You can howl at the moon, wade the deep water

F C

There's no place that I'd rather be

F G C

Just the river, Mother Nature and me

If you listen at nighttime you'll hear her heart beating

It's a rhythm that lulls me to sleep

If I awake in the city I'll dream of the river

It's a feeling that I long to keep

If your heart needs healing go down to the river

And quietly sit on the shore

You'll feel her run through you to mend and renew you

You'll feel life like never before

Chord Progression

Time: 3/4 Key: C

Intro & Turnarounds

4 5 1 1

Verse:

1 1 1 1

4 4 1 1

1 1 1 1

4 5 1 1

Chorus:

4 4 1 1

1 1 5 5

4 4 1 6m 6m

4 4 1 1

4 5 1 1

Arrangement

Intro

V1

Chorus

Turnaround

V2

Chorus

Turnaround

V3

Chorus

Repeat chorus acanella

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A

Who's Gonna Dance with Sally Ann (Sail Away Ladies)

1 4
Love in his heart and flowers in hand
1
Johnny proposed to Sally Anne
2m
Sally shivered as she said
5 1
I'll love you till the day I'm dead.

1 2m
Who's gonna dance with Sally Anne
5 1
Who's gonna touch her trembling hand
2m
When the fiddler takes the stand
5 1
Who's gonna dance with Sally Anne

Johnny got married in his one good suit
But the ride from church he bore strange fruit
Down by the road you can hear the cry
As he hung from a tree she watched him die

Sally attends every wedding 'round here
Looking for her Johnny dear
You can feel them in the room
If the fiddler plays that tune

Darkened shadows cross the floor
As ghostly lovers dance once more
Wedding bells ring in the town
A ghostly virgin strolls the grounds

Chord Progression

Time: 4/4

Verse:

1	4
4	1
1	2m
5	1

Chorus:

1	2m
5	1
1	2m
5	1

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Diggy Diggy Lo

Doug Kershaw Songwriters: J. Miller

Diggy Diggy Lo lyrics © Sony/ATV Music Publishing LLC

1

Diggy Diggy Li and Diggy Diggy Lo

5

Fell in love at the Fais Do Do

The pop was cold and the coffee chaud

1

For Diggy Diggy Li and Diggy Diggy Lo

4 7 4

Diggy Diggy Li loves Diggy Diggy Lo

1 4 1

Everyone knew that he was her beau

5

No one else could ever show

1

So much love for Diggy Diggy Lo

That's the place they find romance

Where they do the Cajun dance

Steal a kiss with every chance

Show their love with every glance

Finally went and seen her paw

Now he's got himself a paw in law

Move out where the bayou flows

And now he's got a little Diggy Diggy Lo

4/4 Key A

Verse

1 1 1 5
5 5 5 1

Chorus

4 / 7 4 1 / 4 1
5 5 5 1

Intro – Fiddle V&C

V1

C

Solo V&C

V2

C

Solo V&C

V3

C

C

Solo V&C

Stop time out

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



Nahlin River Song

© Jenny Lester 2010

There's an eagle above a mountain

Floating high upon the breeze

We are rolling to the river

And the river is rolling to the sea

I have felt the raindrops

I have shed the tears

Let the rivers rise up

Wash away our fears

Dance upon the white caps

Bathe in the sun

Look up to the morning

The day is almost done

BRIDGE

Now stand in the moment

Before the moments gone

You can come back through the memories

But the memories might be wrong

4/4 Time *no off beat

Verse & Chorus

C	C	F	F
C	C	G	G
C	C	F	F
C	G	C	C

Bridge:

F	F	G	G
F	F	G	G
F	F	G	G
F	F	G	G

Number System: uses the major scale to show which chords and notes fall in the key.

1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A



HARD TIMES COME AGAIN NO MORE

Stephen Foster

Intro: 4/1 5 1 1

1 4 1
Let us pause in life's pleasures and count its many tears
4 1 5 1
While we all sup sorrow with the poor
1 4 1
There's a song that will linger forever in our ears
4 1 5 1
Oh Hard times come again no more

1 4 1
It's a song, a sigh of the weary
1 5
Hard Times, hard times, come again no more
1 4 1
Many days you have lingered around my cabin door
4 1 5 1
Oh hard times come again no more.

solo over verse form

While we seek mirth and beauty and music light and gay,
There are frail forms fainting at the door;
Though their voices are silent, their pleading looks will say
Oh hard times come again no more.

Chorus

solo over verse form

'Tis a sigh that is wafted across the lonely waves
It's a wail that is heard upon the shore
It's a dirge that is murmured around the lowly grave
Oh hard times come again no more.

Chorus

Time: 4/4

Verse:

1	1	4	1 / 4
1	5	1	1
1	1	4	1 / 4
1	5	1	1

Chorus:

1	1	4	1
1	1	1	5
1	1	4	1 / 4
1	5	1	1

Number System: uses the major scale to show which chords and notes fall in the key. 1 is the key.

1	2	3	4	5	6	7	8
C	d	e	F	G	a	b	C
G	a	b	C	D	e	f#	G
D	e	f#	G	A	b	c#	D
A	b	c#	D	E	f#	g#	A

Somebody Loves You Darlin

Wiley & Zeke Morris

1 5
Somebody loves you darlin'
4 5 1
Somebody loves you I know.
1 5
Somebody love you dearly
4 5 1
Why did you let them go?

A E
There's going to be a wedding
D E A
It's going to be in the fall.
E
So boys and girls get ready,
D E A
I'm going to invite you all.

I see a postman coming
He's coming down the street.
In his hand he's carrying a letter
And he's headed straight for me.

So I broke the seal and read it.
It said I love you you know.
So why did you ever leave me,
Why did you let me go?

Chord Progression

Time: 3/4 Key: A

1	1	5	5
4	5	1	1
1	1	5	5
4	5	1	1

A	A	E	E
D	E	A	A
A	A	E	E
D	E	A	A

Arrangement

Intro last line

Chorus

Verse

Chorus

Solo

Verse

Chorus

Solo

Chorus