

Lala Mtoto Lala

WITH LU · EAST AFRICA

KEY: C

~60 BPM

GUITAR & PIANO

PLAY IT

Chords & Lyrics

Verse 1

C F C
Lala mtoto, lala,
F C G7
Jua limezama.

(Sleep, my child, sleep — the sun has gone down.)

C F C
Sleep now, little one, sleep,
F C G7
The sun has gone to rest.

Verse 2

C F C
Lala, lala, lala,
F C G7
Ndege wamelala.

(Sleep, sleep, sleep — all the birds are sleeping.)

C F C
Sleep, sleep, sleep, my dear,
F C G7
All the birds are sleeping near.

GOOD TO KNOW

Lala Mtoto Lala is a traditional Swahili lullaby sung across East Africa — in Kenya, Tanzania and Uganda — as the sun goes down and the birds settle for the night.

Traditional Swahili lullaby, passed down through oral tradition. English lines are a singable adaptation for this arrangement, not a literal translation.