

Heads and shoulders

The musical notation consists of five staves of music. The first staff starts with a capital 'C'. The lyrics are: 'Aput, scapulae, genu- a, pe-des, genu- a, pe-des,' followed by a repeat sign. The second staff continues with 'genu- a, pe-des caput, scapulae, genu- a, pe-des,' followed by a repeat sign. The third staff continues with 'plaudi- te ma-ni-bus Ocu-li, na-sus, os et aures,' followed by a repeat sign. The fourth staff continues with 'os et aures os et aures, ocu-li, na-sus, os et aures,' followed by a repeat sign. The fifth staff concludes with 'plaudi-te ma-ni-bus'.

In English we sing ‘toes’ instead of ‘feet’, but I’m following some French and Italian versions here to make it a little easier to sing.

caput	head
scapulae	shoulders
genua	knees
pedes	feet

oculi	eyes
nasus	nose
os	mouth
aures	ears