

# Viking Saga Songs

## 6. Apples of Iduna

Nigel

Hello! In today's *Viking Saga Songs* we're in an orchard in the garden at Asgard, the home of the gods. Our song is called 'Apples of Iduna' - and it tells a part of a Viking story about mysterious apples from a mysterious tree, looked after by a goddess called Iduna.

Joanna

We'll find out more about her in a few moments but, to start, join in with saying and tapping the rhythm of the title - 'Apples of Iduna' - on different parts of your body. Let's begin by tapping on your knees in rhythm as you say 'Apples of Iduna'. Ready?

Nigel

Tap your knees...

Joanna

*Apples of Iduna, Apples of Iduna...*

Nigel

Now your toes...

Joanna:

*Apples of Iduna, Apples of Iduna...*



## Viking Saga Songs

Nigel

Tap your shoulders...

Joanna

*Apples of Iduna, Apples of Iduna...*

Nigel

Now your nose...

Joanna

*Apples of Iduna, Apples of Iduna...*

Nigel

And rest those arms. Well the apples that Iduna looks after give the gods the secret of eternal youth so they never grow old. But the magic only works if Iduna herself gives them the apples.

Joanna

The words of the chorus of Iduna's song are quiet tricky, so make sure you can see them. We'll try the first part of the chorus as a follow-my-leader. I'll lead singing a phrase at a time and you can join in, copying with Nigel. Ready to listen first?

*Apples of Iduna, what is your secret?**Apples of Iduna, what is your secret?**Magic in the garden, shining in the tree**Magic in the garden, shining in the tree*

*Gods of Asgard - youth everlasting*

*Gods of Asgard - youth everlasting*

Nigel

Then at the end of the chorus you need to take a big breath after the question - 'Will they keep it?' - before you sing 'Wait and see...' Quite a long note at the end there. Listen to both those phrases first, then copy.

Joanna

*Will they keep it? ... Wait and see.*

Nigel

*Will they keep it? ... Wait and see.*

Joanna

Let's all sing the whole of that chorus now. Here's the introduction. Get ready to sing!

Both

*Apples of Iduna, what is your secret?  
Magic in the garden, shining in the tree  
Gods of Asgard - youth everlasting  
Will they keep it? ... Wait and see.*

Nigel

Try verse one as a follow-my-leader, listening first.

*Loki and Odin cooking up an ox-stew*



Viking Saga Songs

---

- Joanna *Loki and Odin cooking up an ox-stew*
- Nigel *Down comes an eagle, wants his share*
- Joanna *Down comes an eagle, wants his share*
- Nigel *Loki, with a big stick, tries to beat him*
- Joanna *Loki, with a big stick, tries to beat him*
- Nigel *Eagle, stick and Loki go up in the air!*
- Joanna *Eagle, stick and Loki go up in the air!*
- Joanna It's quite a challenge to make the words crisp and clear.
- Nigel In the second verse things get cold and freezing. Loki is dragged through a river and then through a thorn bush. And it turns out that the eagle is actually a giant in disguise. A giant called Thiassi. We'll try verse two as a follow-my-leader in a moment, but you need to know this verse goes up a bit higher. Here's the new home note for the key.



- Joanna                      So get ready to listen then copy. I'll lead and you follow with Nigel.
- Joanna                      *Down through the river, it's cold and freezing,*
- Nigel                        *Down through the river, it's cold and freezing,*
- Joanna                      *Then through the thorn-bush: 'Ouch!' with pain*
- Nigel                        *Then through the thorn-bush: 'Ouch!' with pain*
- Joanna                      *Eagle is disguise for a Giant called Thiassi,*
- Nigel                        *Eagle is disguise for a Giant called Thiassi,*
- Joanna                      *Drops that Loki down again.*
- Nigel                        *Drops that Loki down again.*
- Did you hear how at the end we came down –  
'down again' - instead of up - and some of the words are quiet tricky.
- Joanna                      Why not use a cold voice as if your freezing in the river have ago at singing verse two as clearly as you can. Ready –



*Down through the river, it's cold and freezing,  
Then through the thorn-bush: 'Ouch!' with pain  
Eagle is disguise for a Giant called Thiassi,  
Drops that Loki down again.*

Nigel And you know what comes next -

Both The chorus!

Nigel In the new key of course - and with extra magic.

Both *Apples of Iduna, what is your secret?  
Magic in the garden, shining in the tree  
Gods of Asgard - youth everlasting  
Will they keep it? ... Wait and see.*

Joanna And so the story moves on: Thiassi, as an eagle, flies to Iduna's garden and snatches her away! Listen and follow the words...

*Off to the garden, tricking Iduna  
Eagle lifts her up to the sky  
Carries her off, with a basket of apples  
Locks her in a tower, as weeks go by.*



Did you hear how this verse is higher still in,  
another new key? Find the new home note and  
have a go at singing about Iduna's capture.

Nigel

After the verse be ready to go straight on to  
another chorus in the new key. So all ready for  
verse three. Off you go...

Joanna

*Off to the garden, tricking Iduna  
Eagle lifts her up to the sky  
Carries her off, with a basket of apples  
Locks her in a tower, as weeks go by.*

*Apples of Iduna, what is your secret?  
Magic in the garden, shining in the tree  
Gods of Asgard - youth everlasting  
Will they keep it? ... Wait and see.*

Joanna

Now the plot thickens. Without Iduna and her  
basket of apples in the garden in Asgard the  
gods have lost the secret of eternal youth. So  
they're all growing old and slow. Oh dear.  
Listen...

*Old and slow grow the Gods of Asgard  
Older and slower and short of breath*



*Who will fix this problem quickly?  
Soon! Before they meet their death!*

Nigel

Yes, this verse may have gone a bit higher again but everything's going much more slowly now. You'll try to sing this with an old voice. A bit shaky with a touch of wheeziness.

Joanna

After singing verse four go straight on to another chorus which will gradually pick up speed. Here's your new home note in your new key. And here's an arpeggios to bring you into verse four, slowly...

*Old and slow grow the Gods of Asgard  
Older and slower and short of breath  
Who will fix this problem quickly?  
Soon! Before they meet their death!*

Both

*Apples of Iduna, what is your secret?  
Magic in the garden, shining in the tree  
Gods of Asgard - youth everlasting  
Will they keep it? ... Wait and see.*

Nigel

And so the story goes on. Listen and follow what happens in verse five.



Both

*Time for Loki to make a shape-change  
Into a falcon, swooping high  
Turns Iduna into a sparrow  
Back to Asgard, off they fly!*

Nigel

Yes, Loki the shape-shifter is back on form,  
changing shape back into a Falcon and turning  
Iduna into a little tiny sparrow.

Joanna

Did you hear how at the end of this verse how  
the tune goes up for a change: 'Off they fly!'

Nigel

Are you all ready for verse five?

Both

*Time for Loki to make a shape-change  
Into a falcon, swooping high  
Turns Iduna into a sparrow  
Back to Asgard, off they fly!*

*Apples of Iduna, what is your secret?  
Magic in the garden, shining in the tree  
Gods of Asgard - youth everlasting  
Will they keep it? ... Wait and see.*



## Viking Saga Songs

Joanna

Well things certainly hot up at the end of the song! Thiassi, as an eagle, chases Loki - the falcon - and Iduna - the sparrow. But the gods have made a bonfire so his wings get scorched. As for Loki he's safely back on the ground, but he has to own up to all his shape-changing antics. Still at least Iduna can safely pick the apples again. Listen and follow verse six.

Nigel

*Eagle Thiassi is scorched by a bonfire  
Time for Loki to face the truth.*

Joanna

*Walk, Iduna, into the garden  
Pick those apples of eternal youth.*

Nigel

So the verse starts quiet slowly, as Thiassi gets scorched and Loki faces the truth. Everyone ready?

Both

*Eagle Thiassi is scorched by a bonfire  
Time for Loki to face the truth.  
Walk, Iduna, into the garden  
Pick those apples of eternal youth.*

*Apples of Iduna, what is your secret?  
Magic in the garden, shining in the tree*



*Gods of Asgard - youth everlasting*  
*Will they keep it? ... Wait and see.*

Joanna

And that's almost the whole song, except an extra bit called the 'coda'. This has the phrase 'Wait and see...' from the end of the chorus sung four times. For the first three times the word 'see' slips up a note – 'wait and see...'

Nigel

But for the fourth time it stays put without going up and has to be held on quite long, while the accompaniment slows down.

Joanna

Join in with us straight away - I think you'll get the idea of the coda...

Both

*...Wait and see...*

*...Wait and see...*

*...Wait and see...*

*...Wait and see...*

Joanna

So that gives you all the parts of the song to put together when you're ready. Till next time -

Both

Farvel!

