

# Benni Hemm Hemm, Abbast

Abbastfur,  
hnttu mr morgunveng  
vertu sperrikerti minni innri bl&acute;mr  
vertu rek mitt barnaafmlum  
sem og hrunsins  
sorgarblikum

Strjktu vindhvium hughreystandi um vangann

Abbastfur,  
lofau a j&acute;rtra mig  
egar g hef veri tinn og tugginn  
lofau a vera blur  
vi lamaa, og misheppnaa  
skyldi g endurholdgast

Strjktu vindkvium hughreystandi um vangann  
strjktu vindkvium hughreystandi um vangann  
strjktu vindkvium hughreystandi um vangann  
strjktu vindkvium hughreystandi um vangann  
til ryggis  
&lt;/lyrics&gt;  
||

==English Translation==

&lt;/lyrics&gt;  
Pappy lad,  
tie my morning lace  
be my trustful candle in boiled liver  
be my stamina in children's birthday parties  
and when everything falls apart  
in sorrow

Stroke the wind softly on its cheak

Pappy lad,  
promise to digest me  
when I have been eaten and chewed  
promise to treat the lame, the crippled  
and the unfortunate warmly  
should I be reincarnated

Stroke the wind softly on its cheak  
stroke the wind softly on its cheak  
stroke the wind softly on its cheak  
stroke the wind softly on its cheak  
just to be safe