

# One-Hour Mama

Ida Cox

C C/B C/A C/G A7 Fm D7 G7

I've

9 C B7 F G7 C

al-ways heard. that haste makes waste, so I be-lieve in tak-in' my time. The

13 B7 G D7 E7 D7 G

high - est moun-tain can't be raced; it's some-thing you must slow-ly climb. I

17 C B7 F G7 C

want a slow and eas-y man: he need-n't ev - er take the lead. 'Cause

21 G D7 G F6 E7 Am D7 G7

I work on that long - time plan, and I ain't a-look-in' for no speed. I'm a

25 C C/B C/A C/G A A7 Fm G7 C6

one-hour ma-ma, so no one-min-ute pa-pa ain't the kind of man for me. Set your

29 C6 A A7 D7 G7

'larm clock, pa-pa: one hour, that's prop-er; then, love me like I like to be. I don't

33 C6 C7 F

want no lame ex-cus-es 'bout my lov-in' bein' so good that you could-n't wait no long-er. Now, I

36 Fm C A A7

hope I'm un-der-stood. I'm a one hour ma-ma, so no one-min-ute pa-pa

39 F6 G7 C C C7

ain't the kind of man for me! I can't stand no green-horn lov-er, like a rook-ie goin' to war with a

43 F Fm C  
 load of big ar-til-l'ry but don't know what it's for. He got to bring me ref-er-ence, with a

46 C7 F Fm  
 big long ped-i-gree and must prove he's got en-dur-ance or he don't mean "snap" to me.. I can't

49 C C7 F  
 stand no crow-in roos-ter what just likes a hit or two; ac-tion is the on-ly boos-ter of just

52 Fm C C7  
 what a man can do. I don't want no im-i-ta-tion: my re-quire-ments ain't no joke 'cause I've

55 F Fm G F6 E7 Am D7 G7  
 got pure in-dig-na-tion for a guy who's lost his stroke.. I'm a

61 C C/B C/A C/G A A7 Fm G7 C6  
 one-hour.ma-ma, so no one-min-ute pa-pa ain't the kind of man\_ for me. Set your

65 C6 A A7 D7 G7  
 'larm clock, pa-pa: one hour, that's prop-er; then, love me like I like to be. I may

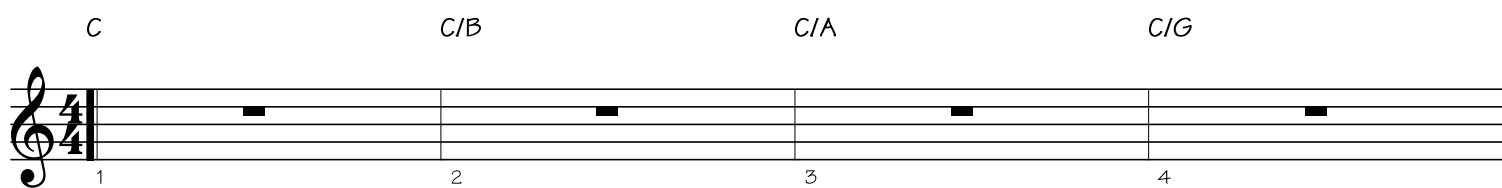
69 C6 C7 F  
 want love for an hour. then de-cide to make it two; takes an hour 'fore I get start-ed, may-be

72 Fm C A A7  
 three be-fore I'm through. I'm a one hour\_ ma-ma, so no one-min-ute pa-pa

75 F6 G7 C  
 ain't the kind of man\_ for me!

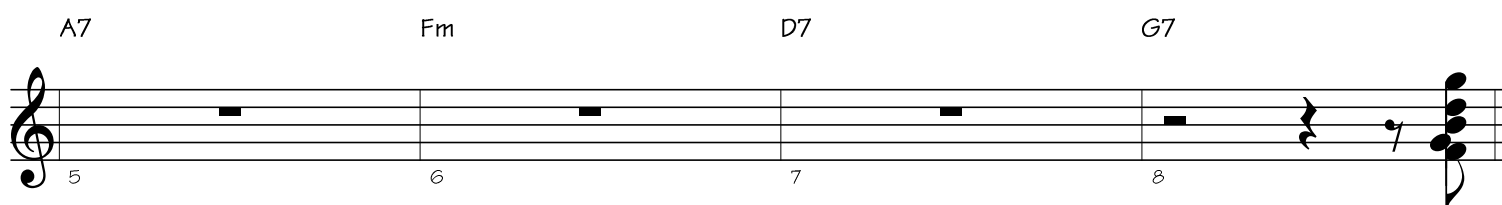
# One-Hour Mama - Harmony

C C/B C/A C/G



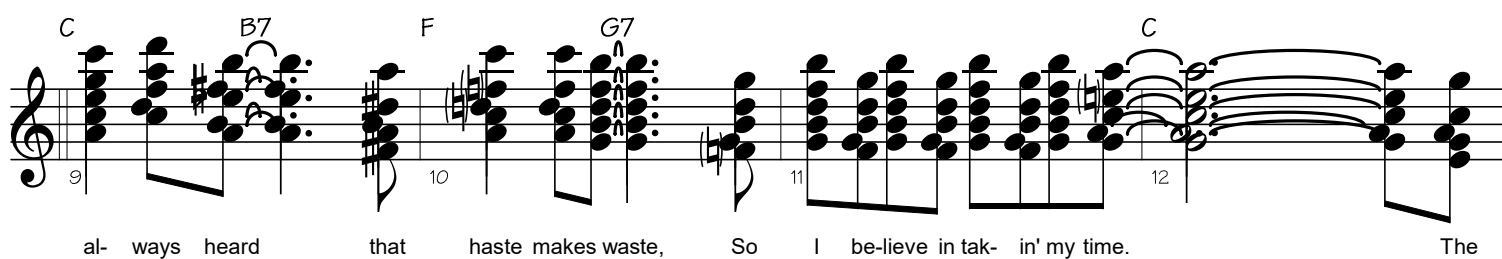
1 2 3 4

A7 Fm D7 G7



5 6 7 8

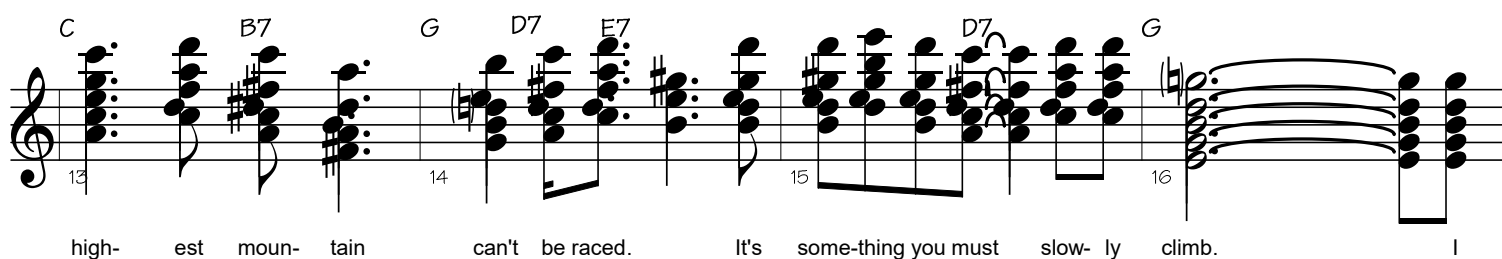
C B7 F G7 C



9 10 11 12

al- ways heard that haste makes waste, So I be-lieve in tak- in' my time. The

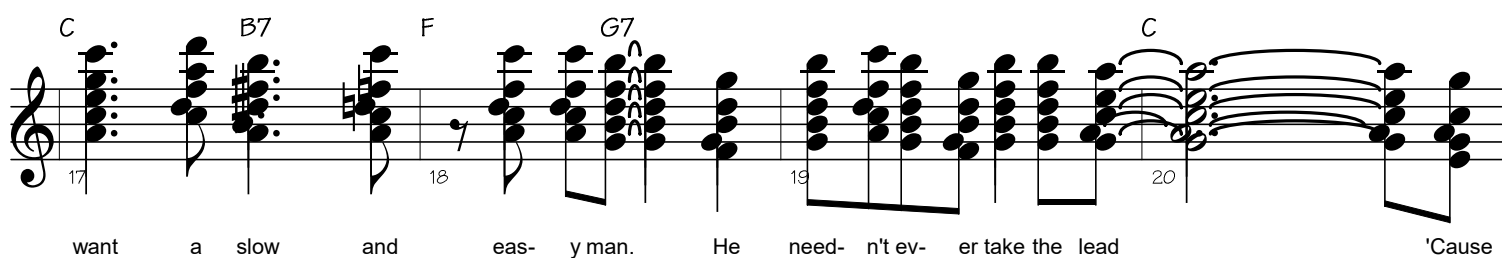
C B7 G D7 E7 D7 G



13 14 15 16

high- est moun- tain can't be raced. It's some-thing you must slow- ly climb. I

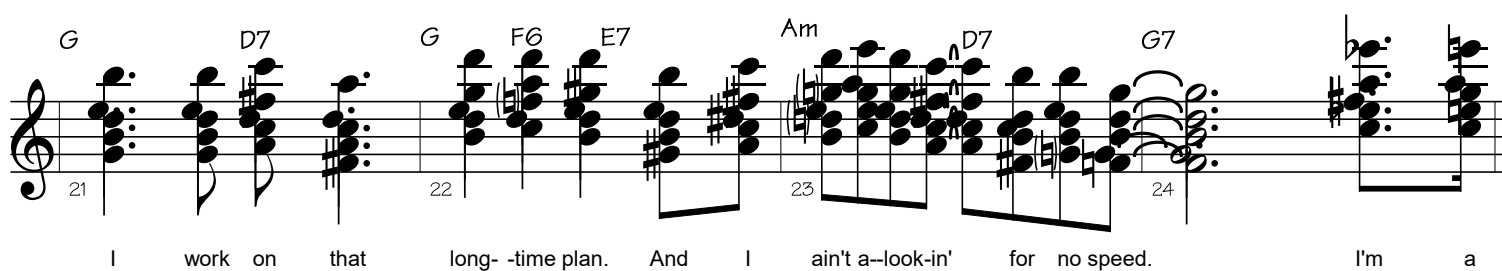
C B7 F G7 C



17 18 19 20

want a slow and eas- y man. He need- n't ev- er take the lead 'Cause

G D7 G F6 E7 Am D7 G7



21 22 23 24

I work on that long- -time plan. And I ain't a--look-in' for no speed. I'm a

25 26 27 28

one-hour ma- ma, so no one--min- ute pa- pa Ain't the kind of man for me. Set your

29 30 31 32

'larm clock, pa- pa; one hour, that's prop- er. Then, love me like I like to be. I don't

33 34 35 36

want no lame ex-cus-es 'bout my lov- in' bein' so good That you could-n't wait no long-er. Now, I hope I'm un- der-stood. I'm a

37 38 39 40

one-hour ma- ma, so no one--min-ute pa- pa Ain't the kind of man for me! I can't

41 42 43 44

stand no green-horn lov-er like a rook- ie goin' to war With a load of big ar- til-l'ry but don't know what it's for. He got to

45 46 47 48

bring me ref-er-ence, with a big long ped- i- gree And must prove he's got en- dur-ance or he don't mean "snap" to me. I can't

49 50 51 52

stand no crow-in' roos-ter what just likes a hit or two. Ac- tion is the on- ly boos-ter of just what a man can do. I don't want

C C7 F Fm

no im- i- ta-tion. My re- quire-ments ain't no joke 'Cause I've got pure in- dig- na-tion for a guy who's lost his stroke.

G F6 E7 Am D7 G7

I'm a

C C/B C/A C/G A A7 Fm G7 C6

one--hour ma- ma, so no one--min- ute pa- pa Ain't the kind of man for me. Set your

C6 A A7 D7 G7

'larm clock, pa- pa; one hour, that's prop- er. Then, love me like I like to be. I may

C6 C7 F Fm

want love for an hour then de- cide to make it two. Takes an hour 'fore I get start-ed; may-be three be- fore I'm through. I'm a

C A F6 G7 C

one--hour ma- ma, so no one--min-ute pa- pa ain't the kind of man for me!

C

77 end

# One-Hour Mama - Finger Electric Bass

Chord progression: C C/B C/A C/G A7 Fm D7 G7

Tab 1: 3-3 3-3 2-2 3-3 2-2 5-5 3-5 5-5 3-3 5-5 0-3 5-5 3-3 6-3 5-5 5-5 8-5 5-5 5-8 5

Chord progression: C B7 F G7 C C B7 G D7 E7 D7 G

Tab 9: 3-2 4-2 5-5 5-5 5-5 5-8 8-8 3-3 3-3 3-2 4-2 3-3 5-2 2-2 0-5 7-5 5-5 5-5

Chord progression: C B7 F G7 C G D7 G F6 E7 Am D7 G7

Tab 17: 3-2 4-2 5-5 5-5 5-5 5-8 8-8 3-3 3-3 3-5 7-5 3-1 2-2 5-5 7-5 5-5 5-8 5

Chord progression: C C/B C/A C/G A7 Fm G7 C6 C6 A A7 D7 G7

Tab 25: 8-3 2-2 5-5 3-5 5-5 7-5 1-5 5-5 8-8 3-2 3-3 3-2 3-3 5-5 7-5 5-5 5-5 8-5 3-3 3-3

Chord progression: C6 C7 F Fm C A A7 F6 G7 C

Tab 33: 3-3 2-3 3-3 3-3 3-3 3-3 3-3 3-3 3-3 3-3 5-5 7-5 1-5 5-5 8-8 3-3 3-3

C C7 F Fm C C7 F Fm

Tab 3-3 3-6 2 3-3 3-3 3 3-3 3-3 3-3 3-3 3-6 3 3-3 3-6 2 3-3 3-3 6 3-3 3-3 3-3 3-6 3

41 42 43 44 45 46 47 48

C C7 F Fm C C7 F Fm

Tab 3-3 3-3 3-3 3-3 3-6 3 3-3 3-6 3 3-3 3-3 3-3 3-3 3-3 2 8-8 8-8 2 3-3 3-3 6 3

49 50 51 52 53 54 55 56

G F6 E7 Am D7 G7 C C/B/C/A/G/A A7 Fm G7 C6

Tab 3 3 3 2 5 7 5 5 5 5-8 5 5-5 5-8 5 8 2-2 5-5 3 5 5 7 5 1 5 5 8-8 3-3 2-3

57 58 59 60 61 62 63 64

C6 A A7 D7 G7 C6 C7 F Fm

Tab 3-3 3-3 2-3 5-5 7 5 5 5 5-8 5 5-5 5-8 5 8-8 3 2-3 3-3 3-3 6 3 3-3 3-6 3 3-3 3-3 6 3

65 66 67 68 69 70 71 72

C A A7 F6 G7 C C

Tab 3-3 3-6 3 5-5 7 5 1 5 5 8-8 3 3-3 333-6 633 3-3

73 74 75 76 77 end 78

# One-Hour Mama - Acoustic Piano

Chords: C, C/B, C/A, C/G

1 2 3 4

Chords: A7, Fm, D7, G7

5 6 7 8

Chords: C, B7, F, G7, C

9 10 11 12

Chords: C, B7, G, D7, E7, D7, G

13 14 15 16

Chords: C, B7, F, G7, C

17 18 19 20



G D7 G F6 E7 Am D7 G7  
 21 22 23 24  
 C C/B C/A C/G A A7 Fm G7 C6  
 25 26 27 28  
 C6 A A7 D7 G7  
 29 30 31 32  
 C6 C7 F Fm  
 33 34 35 36  
 C A A7 F6 G7 C  
 37 38 39 40  
 C C7 F Fm  
 41 42 43 44

This page contains the acoustic piano score for the second half of the song 'One-Hour Mama'. It consists of 24 measures, numbered 21 through 44. The score is written in treble and bass clefs. The key signature has one sharp (F#), and the time signature is 7/8. The piece features a mix of chords including triads, dyads, and complex voicings with accidentals. The melody is primarily in the treble clef, while the bass clef provides harmonic support with chords and simple rhythmic patterns.

Musical notation for measures 45-48. Chords: C, C7, F, Fm. Includes a 7-measure arpeggiated chord in measure 45 and a 3-measure triplet in measure 47.

Musical notation for measures 49-52. Chords: C, C7, F, Fm.

Musical notation for measures 53-56. Chords: C, C7, F, Fm.

Musical notation for measures 57-60. Chords: G, F6, E7, Am, D7, G7.

Musical notation for measures 61-64. Chords: C, C/B, C/A, C/G, A, A7, Fm, G7, C6.

Musical notation for measures 65-68. Chords: C6, A, A7, D7, G7.

Musical notation for measures 69-72. Chords: C6, C7, F, Fm. Measure numbers: 69, 70, 71, 72.

Musical notation for measures 73-76. Chords: C, A, A7, F6, G7, C. Measure numbers: 73, 74, 75, 76.

Musical notation for measures 77-78. Chords: C. Measure numbers: 77 end, 78.

# One-Hour Mama - Clean Electric Guitar

C C/B C/A C/G A7 Fm

1 2 3 4 5 6

Tab 1 2 3 1 2 3 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 2 0 3 4 3 1 1

Detailed description: This block contains the first six measures of the guitar piece. The top staff shows a treble clef with a 4/4 time signature and a key signature of one flat (Bb). The notes are: Measure 1: Bb4, G4, F4, E4, D4, C4; Measure 2: Bb4, G4, F4, E4, D4, C4; Measure 3: Bb4, G4, F4, E4, D4, C4; Measure 4: Bb4, G4, F4, E4, D4, C4; Measure 5: Bb4, G4, F4, E4, D4, C4; Measure 6: Bb4, G4, F4, E4, D4, C4. The bottom staff shows guitar tablature for each measure, with fret numbers 1-3 for measures 1-4, and 3-4, 2-0, 3-1, 1 for measures 5-6.

D7 G7 C B7 F G7 C

7 8 9 10 11 12

Tab 3-1 3 3-4 0 3 0 3 2 0 4 3 2 0 0 0 0 3 0 0 1 3 1 1 2 3 1

Detailed description: This block contains measures 7 through 12. Measure 7: Bb4, G4, F4, E4, D4, C4. Measure 8: Bb4, G4, F4, E4, D4, C4. Measure 9: Bb4, G4, F4, E4, D4, C4. Measure 10: Bb4, G4, F4, E4, D4, C4. Measure 11: Bb4, G4, F4, E4, D4, C4. Measure 12: Bb4, G4, F4, E4, D4, C4. The bottom staff shows guitar tablature for each measure, including triplets and various fret numbers.

C B7 G D7 E7 D7 G C B7 F G7

13 14 15 16 17 18

Tab 0 2 0 2 0 2 0 3 0 3 2 0 4 3 2 0 2 0 4 3 2 0

Detailed description: This block contains measures 13 through 18. Measure 13: Bb4, G4, F4, E4, D4, C4. Measure 14: Bb4, G4, F4, E4, D4, C4. Measure 15: Bb4, G4, F4, E4, D4, C4. Measure 16: Bb4, G4, F4, E4, D4, C4. Measure 17: Bb4, G4, F4, E4, D4, C4. Measure 18: Bb4, G4, F4, E4, D4, C4. The bottom staff shows guitar tablature for each measure, including triplets and various fret numbers.

C G D7 G F6 E7 Am D7 G7

19 20 21 22 23 24

Tab 0 0 0 0 1 3 1 0 0 3 3 2 2 1 2 3 2 1 2 0 3 0 3 1 2 3 3

Detailed description: This block contains measures 19 through 24. Measure 19: Bb4, G4, F4, E4, D4, C4. Measure 20: Bb4, G4, F4, E4, D4, C4. Measure 21: Bb4, G4, F4, E4, D4, C4. Measure 22: Bb4, G4, F4, E4, D4, C4. Measure 23: Bb4, G4, F4, E4, D4, C4. Measure 24: Bb4, G4, F4, E4, D4, C4. The bottom staff shows guitar tablature for each measure, including triplets and various fret numbers.

C C/B C/A C/G A A7 Fm G7 C6 C6 A A7

25 26 27 28 29 30

Tab 0 0 2 2 2 3 1 0 20 20 20 20 2 0 1 2 2 2 2

D7 G7 C6 C7 F Fm

31 32 33 34 35 36

Tab 3-1 3 3-4 0 3 0 3 2 0 1 2 1 2 3 1-0 10 11 0 1 4

C A A7 F6 G7 C C C7

37 38 39 40 41 42

Tab 1 3 1-2 2 4 2 2 0-3 1 0 1 2 3 1 3 1 2 3 1 2 3 1 2 3

F Fm C C7 F Fm

43 44 45 46 47 48

Tab 0 1 0 1 4 1 1 3 1 1 1 2 3 1 2 3 1 2 3 1 2 4 1 1 1 1 1 1

C C7 F Fm C C7

49 50 51 52 53 54

Tab 1 3 1-2 3 1 2 3 3 1 2 4 1 1 1 1 2 0 0 1 1 1 1 1 1 3

F Fm G F6 E7 Am D7 G7

55 56 57 58 59 60

Tab 1-2 1-4 1-4 0-1 4-3 0-2 2-2 2-1 21 2-2 0-0-0-0

C C/B C/A C/G A A7 Fm G7 C6 C6 A A7

61 62 63 64 65 66

Tab 0-0 2-2 2-2 3-1 0-2 2-0 1-2 2-0 1-2 4-2 2-2

D7 G7 C6 C7 F Fm

67 68 69 70 71 72

Tab 3-1 3-3 0-3 0-3 2-0 1-2 1-2 1-3 1-0 10-11 0-1 1-4

C A A7 F6 G7 C C

73 74 75 76 77 end 78

Tab 1-2 1-3 4-2 2-2 0-3 1-0 1-2 3-1 3-3 0-0 1-1 1-1 1-1 0-0 4

# One-Hour Mama - Rock Organ

C C/B C/A C/G

1 A7 2 Fm 3 D7 4 G7

5 C 6 B7 7 F 8 G7

9 C 10 B7 11 G 12 D7 13 E7 14 D7 15 G

13 C 14 B7 15 F 16 G7 17 C

17 G 18 D7 19 G 20 F6 21 E7 22 Am 23 D7 24 G7

21 C 22 C/B 23 C/A 24 C/G 25 A 26 A7 27 Fm 28 G7 29 C6

25 C6 26 A 27 A7 28 D7 29 G7

29 C6 30 C7 31 F 32 Fm

33 C 34 A 35 A7 36 F6 37 G7 38 C

37 C 38 A 39 A7 40 F6 41 G7 42 C

C C7 F Fm  
 41 C C7 F Fm  
 45 C C7 F Fm  
 49 C C7 F Fm  
 53 G F6 E7 Am D7 G7  
 57 C C/B C/A C/G A A7 Fm G7 C6  
 61 C6 A A7 D7 G7  
 65 C6 C7 F Fm  
 69 C A A7 F6 G7 C  
 73 C  
 77 end 78