



**ROR**  
**Tunes & Dances**

**May 2018**

## **History**

Rhythms of Resistance take some of their inspiration from the "blocos-afros" bands (e.g. Olodum or Ilê Aiyê) that emerged in the mid-1970s in Salvadore, in the Bahia region of Brazil. These bands were formed as expressions of black awareness, in defiance of a military dictatorship which viewed any "cultural" group as potentially "communist" and ruthlessly suppressed them. Blocos-afros bands were responsible for blending traditional samba rhythms with reggae, salsa and merengue to create the samba style now known as Samba Reggae. Today many of these bands still campaign for freedom, human rights and equal opportunities, and fight against social injustice and racism

The first Rhythms of Resistance band formed 2000 in London, in reaction against the repression of Reclaim The Streets happenings by the police. Rhythms of Resistance formed as part of the UK Earth First action against the IMF / World Bank in Prague in September 2000. A Pink and Silver carnival bloc, focused around a 55 piece band, detached itself from a march of 67000 and outmanouvered police resources defending the IMF annual summit. With an international 'black bloc' and a large contingent from the Italian movement, 'Ya Basta', three diverse forms of direct action worked towards a common goal and resulted in the shut down of the IMF summit. From then on, along with the movement against capitalist globalisation, one group after the other popped up - now we're all over Europe and occasional in the rest of the world.

## **The Network**

The Rhythms of Resistance (RoR) network of activist samba drum bands comprises more than 30 separate activist samba drum bands all over the world. RoR is descended from the pink and silver "tactical frivolity" bloc (aka the "silly stunts and fluffy stuff" section) of the anti-Globalisation campaigns of the 1990s and early 2000s. As such, the use of tactical frivolity, carnival and creativity are a defining hallmark of bands in the RoR network (it is also why many of the bands in the RoR network wear pink when out and about).

All the bands in the RoR network play the same tunes and try and use the same hand signals. This means at large events, different bands can join up to form a large and exuberant bateria.

RoR bands work on a decentralised and democratic basis. All decisions within each band are made by consensus. No-one is "in charge" and those who have just joined the band have the same voice as those who have been members for many years. Each band operates independently, joining campaigns and actions that they themselves support, but they may join together for national demos etc. At large events, where multiple bands meet up and play together, mestres may come from any of the bands present, swapping in and out as mood and movement takes them.

Although each band in the network is an independent entity answerable only to its members, they all share some common beliefs and values that define the Rhythms of Resistance network as a whole :

## **Principles**

We are a transnational anti-hierarchical anticapitalist, antisexist and antiracist network fighting for social and ecological justice.

We are activists using tactical frivolity as a form of political action to confront any system of domination.

We also directly support everybody experiencing or struggling against exploitation, discrimination and oppression, without compromising our principles.

Our tactics include drumming and dancing inspired by samba and carnival.

We reject any false opposition between militancy and creative forms of resistance.

Even if we are different bands operating in a decentralized fashion, we aim to maximise participation in our collective process.

We are an open network to any people who share our principles.

Come with us! We have everything to play for!

## **RoR Player**

On <https://player.rhythms-of-resistance.org/>, you can find a player for all RoR tunes, where you can look at the tune sheets, listen to them, combine them in different ways, modify them, and even create your own tunes.

On the left side, you see the tune list. When you click on a tune, you will see a list of all the breaks that belong to it. There is a Play button to listen to them once. On top of the tune list, you can search for specific tunes. By default, only the most common tunes are displayed. You can change that by selecting “All tunes” in the dropdown menu.

On the right side, you can create a song. For this, either click on the plus sign on a tune/break in the tune list, or you drag it into the song. If you drag it to the row of one instrument, only this instrument will play it, if you drag it into the “All” row that appears on the bottom of the song player, all instruments will play it. To change which instruments play a tune/break, either drag it around, or click on the hand to select the instruments, or use the resize handle in the bottom right of a tune/break block.

Click the green play button to listen to your song. With the slider on top, you can change the playback speed, and next to each instrument there is a mute button and a headphones button to only listen to that particular instrument.

When you click on the pen (Edit) symbol on a tune/break, the tune sheet for that tune/break is opened. You can change the tune sheet, even while it is playing, by clicking in any place and selecting what kind of stroke the instrument should be playing there.

You can create your own tunes by clicking “New tune” in the bottom of the tune list. Any modifications that you make to existing tunes and any tunes that you create are saved in your browser, so when you restart your computer, they are still there, but to share them with other people, you need to click on “Tools” → “Share” to generate a link that contains your tunes. When opening a link that someone else sent you, use the “History” button on the top right to go back to the tunes/songs that you had created before.

## 4 Beats of Silence

## 8 Beats of Silence

## 12 Beats of Silence

## 16 Beats of Silence

Continue 4 Beats

Continue 8 Beats

Continue 12 Beats

Continue 16 Beats

from soft to loud

from loud to soft

from soft to loud

from high to low sound

< a-u = like a howling wolf

### Democracy Break

shout with your  
hands forming  
a funnel

1	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
2	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
3	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
4	This	is		what	demo		cracy		looks	like									
5	E		E		E		E		E		E		E		E		E		E
6	This	is		what	demo		cracy		looks	like									
7	E		E		E		E		E		E		E		E		E		E
8	This	is		what	demo		cracy		looks	like									
9	This	is		what	demo		cracy		looks	like									
10	This	is		what	demo		cracy		looks	like									
11	E			E			E			E				E					

from soft to loud

from soft to loud

### Laughing Break

fingers move up  
coners of your mouth

ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha	ha
----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

laughter

from high to low sound

### Star Wars Break

Move flat hand from top to bottom  
of face

1	ms			ms			ms			Is			hs
2	ms			Is			hs	ms					

### Progressive Break

5 fingers and other  
hand grabbing thumb  
(can be inverted by showing the sign upside down)

1	E				E				E				E				E		
2	E		E		E		E		E		E		E		E		E		E
3	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E

### Progressive Karla

rabbit ears OR finger pistol,  
the other hand is grabbing  
the thumb

1	E				E				E				E				E		
2	E		E		E		E		E		E		E		E		E		E
3	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
4	E				E				E				E				E		

### Clave

Point your thumb and index finger up as if indicating a distance of about 10 cm between them

E			E			E			E			E			E			E	
---	--	--	---	--	--	---	--	--	---	--	--	---	--	--	---	--	--	---	--

### Clave inverted

Like "Clave", but with the two fingers pointing down

		E		E				E		E				E		E			
--	--	---	--	---	--	--	--	---	--	---	--	--	--	---	--	---	--	--	--

### Yala Break

all fingertips of one hand gather and shake wrist

E		E			E			E			E			E			E		
---	--	---	--	--	---	--	--	---	--	--	---	--	--	---	--	--	---	--	--

### Dance Break

Show a > with your index+middle finger and  
move it horizontally in front of your eyes.

E-	very	bo	-	dy	dance	now													
----	------	----	---	----	-------	-----	--	--	--	--	--	--	--	--	--	--	--	--	--

Everybody sings

After the break, everyone continues to play  
walking around dancing randomly for a while.

### Hard Core Break

Point up the middle finger

1	I		I		I		I		I		I		E	E					
	E		I		I		I		I		I		E	E					
	E		I		I		I		I		I		E	E					
	E		I		I		I		E	E	E	E	E	E	E	E	E	E	E
2-4	E	e	e	e	e	e	e	e	e	e	e	e	E	E					
	E	e	e	e	e	e	e	e	e	e	e	e	E	E					
	E	e	e	e	e	e	e	e	e	e	e	e	E	E					
	E	e	e	e	e	e	e	e	E	E	E	E	E	E	E	E	E	E	E

3 × from soft to loud

I = Agogô plays low e = everyone play softly

2<sup>nd</sup> time: everyone except Surdos

4th time: Agogô plays high

### 4 times from soft to loud

Hold one arm vertically in front of  
your body and move the other  
up along the arm

When any break or sequence of breaks is shown  
followed by this sign, it should be played 4 times,  
starting very quietly and getting louder each time.

**Tamborim Stroke**

*Make a circle with your index finger and thumb, like "OK"*

Everyone plays the line of the tamborim once

**Play another instrument**

*Hold both hands in front of your face, and wave your arms to cross each other*

Show this sign followed by the sign of an instrument to make everyone play the line of that instrument.

**Switch Call/Response**

*Point with both index fingers forward and wave your arms to cross each other.*

Calling and responding instruments switch roles. Only works in Call+Response breaks, for example Wolf Break or Funk Break 1.

**In a loop**

*Hold one arm vertically in front of your body and make a wave over it with the other hand*

When any break or sequence of breaks is shown followed by this sign, it should be repeated continuously until the maestra instructs to play something else.

**Storming Break**

*show the arm as a measure with the other hand on elbow don't make a fist*

chosen instrument section plays sixteenths with volume indicated by maestra  
if you can't stand it anymore: scream

**Alerting / Magic Wand Break**

*show your flat hand and hit it with stick*

Stop the Surdos. Give a sign for when the Surdos should hit once, by hitting the stick on the hand in the air. It's easier to follow if you paint a small loop in the air with your stick, just before hitting. Start with just one hit every four beats, then add more.

**Chaos Break**

*Point with index finger at temple*

Everyone plays something chaotic, getting louder and louder. No Counting in!

**Again**

*Hit with flat hand on forehead*

Repeat the last break (combination)

**Improvisation**

*Point at your nose and at the sambista who can play freely*

Show all others what they should do in the meantime, so the length of the impro part is defined

## Notation

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**Call-Response**

E Everybody  
S Surdos  
A All others

**Surdos**

0 damped with hand  
sil silent hit (with one hand resting on the skin)

**Repenique**

fl flare: multiple hit with rebounding stick  
hd hand hits the skin  
sil silent hit with one hand resting on the skin  
ri hit rim and skin at the same time or hit only the skin near the rim

**Agogô**

h high bell  
l low bell

# Afoxê

tune sign : 'shaving the armpit'

## Groove

	1	2	3	4	5	6	7	8
Low Surdo	sil		sil	sil	sil		x	x
Mid+High Surdo	0		x	x	0		x	x
Repenique	fl	hd	ri	hd	fl	sil	ri	sil
Snare	x	.	.	x	.	x	.	.
Tamborim	x	x	x	x	x	x	x	x
Agogô	h	h	l	l	h	l	h	l

## Break 1

S		A	A	A	S		A	A	A	E	E	E	E	E
---	--	---	---	---	---	--	---	---	---	---	---	---	---	---

## Break 2

			S					S			S	S	S	S
--	--	--	---	--	--	--	--	---	--	--	---	---	---	---

S = Mid and high surdos, everybody else continues playing!

## Break 3

		S	S	S		S	S	S		S		S	S	S
--	--	---	---	---	--	---	---	---	--	---	--	---	---	---

S = Mid and high surdos, everybody else continues playing!

## Bra Break

1	Ri	Ri	Ri		A	A	A		Ri	Ri		A	A	
2	Ri	Ri	Ri		A	A	A		E	E		E	E	E

*pulling a bra*

Ri = call by repenique



# Angela Davis

tune sign: pull two prison bars apart in front of your face

## Groove

	1	2	3	4
Low Surdo	rh	rh	lh	lh
Mid Surdo	x	x	x	x
High Surdo				x
Repenique	fl	fl	fl	x
Snare	.	.	.	.
Tamborim	x	x	x	x
Agogô	l	h	l	h

Low surdo: turn your right stick 180° and hit the side of the drum  
rh = right hand, lh = left hand

## Break 1

1	E	E	E	E	E	E	E	E	E	E	E	E	E
---	---	---	---	---	---	---	---	---	---	---	---	---	---

## Break 2

1	S	A	A	A	A	A	A	A	A	A	S	
2	S	A	A	A	A	A	A	A	A	A	S	
3	S	A	A	A	A	A	A	A	A	A		E
4	E	E		E	E		E	E	E	E	E	E

*snare continues playing through the break!*

## Break 3

1	E			E	E	E	E					
2	E	E		E	E	E	E					
3	E				E	E	E	E				
4		E		E			E	E				E
5	E	E		E	E	E	E	E	E	E	E	E

*repeat until cut*

# Bhangra

this tune is a 6/8

tune sign : folded hands, like praying

# Groove

Groove		1	2	3	4	5	6	7	8
All Surdos	1	x			x	x			x
	2	x			x			x	x
Repenique	1	x	s		x	x		x	s
	2	x	s		x		x	x	x
Snare	1	r	.	.	l	.	l	r	l
									.
Tamborim		x	x	x	x	x	x	x	x
Agogô		h	h	l	l				
Shaker		x		x					
			x		x		x	x	x

s = soft flare

**s = soft flare**

## Break 1

1	S	S	S	S	S	S	S	S	A	S	S
2	S	S	S	S	S	S	S	S	A	S	S
3	S	S	S	S	S	S	S	S	A	S	S
4	S	S	S	S	S	S	S	S	A	sn	sn

do as I say, / fool, dam,

/ say / say



# Crazy Monkey

Sign: scratch your head and your armpit at the same time like a monkey

## Groove

	1	2	3	4	5	6	7	8
1	x		x	(x)	x	(x)	x	x
Low Surdo			x	x		x	x	x
Mid Surdo		x	x	x	x	x	x	x
High Surdo								
Repenique	fl	hd	x	hd	x	hd	x	x
Snare	.	.	x	.	.	x	.	(x) (x)
Tamborim		x	x	x	x		x	(x)
Agogô <i>altnerative</i>	l	h h	l l	h h	l l	h h	[- h h]	[ h h h]
Shaker	x		x	x	x	x	x	x

(x) = variations [ ] = triplet

## Break 1

1	l	h	h	h	h	l	l	A	A	A	l
2	l	h	h	h	h	l	l	A	A	A	l
3	l	h	h	h	h	A	A	E	h	h	A
4	E	h	h	h	E	h	h	E	A	A	ms

A = all others except agogô  
E = everyone  
ms = Mid Surdo

## Break 2

1	.	sn	sn	sn	E	.	.	.	sn = snare
2	.	sn	.	sn	E	.	.	.	.
3	.	E	.	E	.	E	.	E	= dead note on snare
4	.	sn	.	sn	E	.	.	ms	ms = Mid Surdo

## Break 3

1	S	S	S	A	S	S	A
2	E	E	E	E	E	E	ms
	I	h	I	h	I	I	(h)

ms = Mid Surdo

# Bongo Break 1

*play a bongo with  
one hand*

S		A	S	A	S	A	S	A	S	A	S	S	A
I		h	-	h	-	h	-	h	-	h	-	-	h

*play as loop*

## Bongo Break 2

*play a bongo with  
two hands*

[illegible]

# Monkey Break

*like tune sign*

$[UUU]$	$[AAA]$
---------	---------

alternative: different rhythm or just chaotic voices

# Shout like a monkey

# Cochabamba

tune sign : drink from a cup formed with one hand

Groove	1	2	3	4	5	6	7	8
Low+Mid surdo	x	0	x	0	x	0	x	0
High surdo		0		0		0		0
Repenique	x	x						
Snare/Shakers	.	.	.	.	.	.	.	.
Tamborim	x	x		x	x	x	x	x
Agogô	h	h	l	l	l	h	h	l

. = clicking bells together

Make sure the off beat (2 and 4) is always very clear. The snares have to exaggerate this off beat  
 Make sure the high and low surdos fit together well; playing the offbeat with the left hand makes this easier.

## Break 1 (Iron Lion Zion Break)

x	x	x	x	x	x	x	x	x
x	x	x	x	x	x	x	x	x
x	x	x	x	x	x	x	x	x

Everyone together ... start soft and go louder!  
 (from loud to soft if 1 is shown upside down)

## Bra Break *pulling a bra*

c	c	c	c	c	c	c	c	c
c	c	c	c	c	c	c	c	c
c	c	c	c	c	c	c	c	c

c = call by maestro (on repenique or snare)  
 A = All others answer

## Cross Kicks for surdos

sign 'X' with the arms, waving towards the sky

high surdo								
low surdo	x	x	0	0				

# Custard

tune sign : making an offer to the sky,

## Groove

	1	2	3	4
Low Surdo	0	x	0	x
Mid Surdo	x	0	x	0
High Surdo	x	0	x	0
Repenique		x	x	x
Snare	x	x	x	x
Tamborim	x	x	x	x
Agogô	h	h	h	h

## Break 1

1	S	S	S	S	A	A	A	A	A
2	S	S	S	S	A	A	A	A	A
3	S	S	S	S	A	A	A	A	A
4	E	E	E	E	E	E	E	E	E

## Break 2

1	T	T	T	T	A	A	A	A	A
2	T	T	T	T	A	A	A	A	A
3	T	T	T	T	A	A	A	A	A
4	E	E	E	E	E	E	E	E	E

ONE instrument section continues while the rest of the band plays this break

## Break 3

+ instr. sign  
that continues

1-7	A								A
2-8	A								A
8	sn	.	sn	.	sn	.	sn	.	sn

4 x repeated

## Break 5

1	sn	.	sn	.	sn	.	sn	.	sn
2	A	sn	.	sn	.	sn	.	sn	A
3	A	sn		sn	A		sn	sn	A
4	A	sn		A	sn	A	sn	A	sn

## Singing Break

Signed as Break 1,  
with a lot of  
blabla...

	*	*	*	*	*	*	*	*	*
1	I've	got	cus	tard	in	my	und	-	erpants
2	I've	got	cus	tard	in	my	und	-	erpants
3	I've	got	cus	tard	in	my	und	-	erpants
4	We've	got	cus	tard	in	our	und	-	erpants

Surdo players sing first half, same beats as they would play.

All other answer, same beats as they play.

Last part Everyone sings together.

# Drum&Bass

tune sign: With one hand in your ear lift the other and move it front and back

## Groove

	1	2	3	4	5	6	7	8
1	x		x	x	x		x	
Low Surdo								
Mid Surdo								
High Surdo		x	x	x		x		x
Repenique		x	x	x		x		x
Snare	.	.	.	.	.	.	.	.
1	.	x	x	x	.	x	.	x
2	.	x	.	x	x	.	.	.
Tamborim		x		x		x		x
Agogô	l	h	h		h	l	h	

## Break 1

1	E-	very	bo	-	dy	dance	now
---	----	------	----	---	----	-------	-----

Everybody sings

## Break 2

1	S	A	S		S	A	S	A
2	S	A	S		S	A	x	x

x = hits on snare and repi

## Break 3

1	E				E		E	
2	E				E		E	
3	E				E		E	

R = hit on repi

sn = snare

Ri = repi hit on rim

## Hip-Hop Break

*hit your chest*

1	S		S	A			S		S		A		S		Ri	Ri
2	S		S	A			S		S		A		S		R	R
3	S		S	A			S		S		A		S		S	A
4	S		S	A			S		S		A		S		sn	sn



tune sign: build an eyepatch with one hand in front of your eye

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[illegible]

			E						
			E			E	E	E	E

S	A	S	A	S	A	E	E
---	---	---	---	---	---	---	---

## White Shark

## simulating

a shark fin

[illegible]

# Funk

tune sign : glasses on your eyes

## Groove

	1	2	3	4	5	6	7	8
All Surdos	1	X	X	X	X	X	X	
Repenique		hd	hd	hd	hd	hd	hd	hd
Snare	.	.	.	X	.	X	.	.
Tamborim		X		X	X	X		
Agogô	l	h	l	h	l	h	h	h

## Break 1

1	S	S	A	A	S	S	A	A	S		A
2	S	S	A	A	S	S	A	A	S	A	A

## Break 2

1	E	E	E	E	E	E	E
---	---	---	---	---	---	---	---

## Call Break

1	E			[EEE]	E			<i>shout ...</i>
---	---	--	--	-------	---	--	--	------------------

... "oi": two arms crossing, with OK-sign

... "ua": two fists, knuckles hit each other

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# Hafla

Sign: spread arms and shake your shoulders and hips

# Groove

Groove	1	2	3	4	5	6	7	8
Low Surdo	x		x	x	x		x	x
Mid Surdo		x						
High Surdo		x	x	x		x	x	x
Repenique	ri	x	ri	x	x	x	ri	x
Snare	.	.	.	.	.	.	.	.
<i>easier</i>	.	.	.	.	.	.	.	.
Tamborim	x	x	x	x	x		x	x
Agogô	l	h	l	h	h		l	h

## Yala Break

all fingertips of one hand gather and shake wrist

[illegible]

## Kick Back 1

*repeat until cut*

ag = Agogô, switching between low and high each bar

S		A			S		A	
ag		ag		ag ag ag	ag		ag ag ag	ag ag

## Kick Back 2

[illegible]

. = Snare playing silent note

## Break 3

[illegible]

## Hook Break

*two fingers*

*hooked together*

S		S	A	A		S	A	A		S		A	A
S		S	A	A		S	A	A		S		A	A

# Hedgehog

tune sign : spiky fingers on the head

## Groove

	1	2	3	4	5	6	7	8
1	sil	X		X	sil	X	X	X
Low Surdo			X					X
Mid Surdo		X		X		X		X
High Surdo			X				X	
Repenique	ri	X		X	ri	X	ri	X
Snare	X	.	X	.	X	.	X	.
Tamborim	X	X		X	X	X	X	
Agogô	l	h	h	h	l	h	l	h

others continue playing

Break 1	1	count in from here						S		S		S	
---------	---	--------------------	--	--	--	--	--	---	--	---	--	---	--

## Hedgehog Call

Hedgehog Tune sign

call something else here

1	count in from here							E					H	e	d	g	e	h	o	g
---	--------------------	--	--	--	--	--	--	---	--	--	--	--	---	---	---	---	---	---	---	---

# Karla Shnikov

tune sign : move index+middle finger like rabbit ears and cover other fingers with other hand OR point with finger pistol to head

# Groove

Groove		1				2			3			4			
All Surdos	1-3	x				0	x	x					0		
	4	x				0	x	x		x		x	x		x
Repenique		x			x	x		x		x		x	x		x
Snare		.	.	.	.	x	.	.	.	.	.	.	x	.	.
Tamborim	1					x							x		
	2					x		x		x		x	x		
Agogô	1					h							h		

*>from soft to loud*

## Karla Break

*rabbit ears OR finger  
pistol shooting up*

[illegible]

## Break 2

1	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
2	E				E			E				E			
3	S		S		A			S		S		A	A	A	A
4	S		S		A			S		S		A	A	A	A

## Break 2 inverted

sign with two fingers  
pointing down  
instead of up

[illegible]

---

---

---

tune sign : put three fingers on your other upper arm (like covering a police badge)

# Groove

	1	2	3	4	5	6	7	8
x	x	sil	x	sil	x	sil	x	sil
		sil	x				x	x
x	x	sil			x	sil		x
ri	ri	sil	fl	fl	fl		hd	r
								hd
x	x	x	x	.	.	.	.	.
			x	.	x	x	x	.
x	x	x	x	fl	fl	fl		[xxx]
i	i	h	i	i	i	h	i	i

[ ] = triplet

## Break 1

[illegible]

## Break 2

[illegible]

Double Break

Make a T with both hands

Low Surdo

Mid Surdo

High Surdo

Kick Back 1

Surdos

Agogô

All others

Everyone else continues playing.

x		hd	x	x	hd	x	x	hd	x
		sil				sil			x
		sil	x	x		sil			x

x			x			x			x
l	h	l	h	l	h				
		x				x		[ x x x ]	

repeat until cut

Mozambique Break

Point both index fingers away from mouth (like bug antennas)

Surdos

All others

	sl	hd		sl	hd
ri	ri	ri	ri	ri	ri

# No Border Bossa

Sign: interlock your hands like a fence and then open it

## Groove

	1	2	3	4	5	6	7	8
All Surdos	sil				sil			
Hand resting on skin	.	.		h	sil	.		sil
Hand resting on skin	2	sil	x	h	sil	h	x	.
	.	.		.	.	.		.
Repenique		x		fl hd		ri	fl hd	fl
Snare	x	.	x	x	x	x	.	x
Tamborim		x	x	x		x	x	x
Agogô	h	h	l	l	h	x	l	h

Surdos: only 1 Stick in one hand; h = other hand hits skin

## Break 1

	E	E		E		E		E	E	
--	---	---	--	---	--	---	--	---	---	--

## Break 2

Surdos only, Rest continues									
sil			sil		sil		sil		sil

repeat until cut with Break 2\*

## Break 2\*

Surdos only, Rest continues									
sil			sil		sil		sil		sil

from soft to loud

## Bra Break

R	R	R		R		R		A	A	A
---	---	---	--	---	--	---	--	---	---	---



# Nova Balanca

tune sign: fists before breast, open hands and arms

# Groove

Groove	1	2	3	4
Low Surdo	x			
Mid Surdo		x		x
High Surdo			x	
Repenique	x			
Snare	.	.	.	.
Tamborim	x	x	x	x
Agogô	l	h	l	h

## Bra Break

## Intro

sn	sn	sn	sn	sn	sn	E
sn	sn	sn	sn	sn	sn	E

> *from soft to loud!*

## Break 1

[illegible]

## Break 2

S	E	S	E	S	E	S	E	S	E
---	---	---	---	---	---	---	---	---	---

# Orangutan

tune sign : monkey, both hands in armpits

## Groove

	1				2				3				4			
Low Surdo					x	x	x	x					x	x	x	x
Mid Surdo	x		x	x									x	x	x	x
High Surdo									x		x	x				
Repenique	x		ri	ri	x		ri	ri		ri	ri	ri	x		ri	
Snare	.	.	x	x	.	.	x	x	.	.	x	x	.	.	x	x
Tamborim			x	x		x	x				x	x		x	x	
Agogô	l	h			l		h	h		l			h		l	l

## Funky gibbon

*Upside down*

*'3 creature'*

1	S				S				S			S	S		S	
2	S	S														
3	S				S				S			S	S		S	
4	S															
1-4	.	.	sn	.	.	.	sn	.	.	.	sn	.	.	.	sn	.
1-4			ri				ri				ri				ri	

ri = Everyone else hits the rim

## Monkey Break

*One hand in armpit*

oo		E	E		E	E		oo		E	E		E	E	
----	--	---	---	--	---	---	--	----	--	---	---	--	---	---	--

oo = Shout Ook!

## Break 2

S		A	A	S		A	A		A	A	A	S		A	
---	--	---	---	---	--	---	---	--	---	---	---	---	--	---	--

## Speaking Break

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

*Make monkey noises*

tune sign : fists together, thumbs to the left and to the right

1 2 3 4 5 6 7 8

[illegible]

**Kick Back I**  
*thumb back over shoulder*

	A	S	S	A
repeat until counting in for Kick Back II				

**Kick Back II**  
*like Kick Back I,*  
*but with two thumbs*

	S	A	S	A	S	A
h	h	h	h	h	h	h
h	h	h	h	h	h	h

repeat until cut with one of the breaks

this break is only two counts long – afterwards continue normally with the first beat

n' in:	2	3	4
1			

[illegible]

S		S		S		S		A		A		A
---	--	---	--	---	--	---	--	---	--	---	--	---

**Zorro-Break**  
*sign 'Z' in the air*

			S		S		S
--	--	--	---	--	---	--	---

repeat until cut with one of the breaks

# Rope Skipping

sign with both hands a rotating rope and jump up and down

## Groove

	1	2	3	4	5	6	7	8
Low Surdo	x	x	x	x				x
Mid Surdo		x	x	x	sil			x
High Surdo		sil			x	x	x	
Repenique	sil	x		x	sil	fl	x	fl
Snare	.	.	.	.	.	.	.	.
Tamborim	x	x	x	x	x	x	x	x
Agogô	h	h	l	l	h	h	l	h

1  
2

## Oh Shit

E				Oh		Shit	
---	--	--	--	----	--	------	--

sign: two little fingers show horns of taurus

## Fuck Off

E				Fuck		Off	
---	--	--	--	------	--	-----	--

sign: one little finger

## Break 1

S		A	S	S	A		S	S	A	A	
---	--	---	---	---	---	--	---	---	---	---	--

## Break 2

S	S	A	A	S	S	A	A	S	S	A	S	A	
---	---	---	---	---	---	---	---	---	---	---	---	---	--

## Break 3

S	A	A	S	A	A	S	A	A	S	
---	---	---	---	---	---	---	---	---	---	--

**Küsel Break**  
*hands twist head*

S		S	S	S	S	S	S	S		A	A	A	A	A	A	
sn	.		sn	sn	.	.	sn	sn	.	sn	.	sn	.	sn	.	.

*all players turn around 360° while playing the break*

**Skipping Agogô**

h		h	h	h	h	h	h	h	h	h	h	h	h	h	h	h
---	--	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

**I like to move it**  
*curling hands  
up and down*

I		I		I		I		I		R		R		R		h
---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---

*Repi and Agogô*

*play as a loop*

**Eye of the tiger**  
*claws left and right*

Surdos (High, Middle, Low), Snare

Hi					Hi					Hi				Mi		Hi
.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
.	.	.	.	.	Hi					Agogô beating fast between both bells...				snare stops here		...until here

## Samba Reggae

tune sign: smoking a cigar/joint

## Groove

Groove		1				2				3				4			
Low Surdo	1	0				x				0				x			x
Mid Surdo		x				0				x				0			
High Surdo		0						x		0				x	x	x	x
Repenique				x	x			x	x			x	x			x	x
Snare		x	.	.	x	.	.	x	.	.	.	x	.	.	x	.	.
Tamborim		x			x			x				x		x			
Agogô		l		h		h		l	l			h		h		l	

## Bra Break

R = hit on repenique  
fl = flare on repenique  
T = Tamborim

1	fl		R	R		R	R		R		A		A			
2	fl		R	R		R	R		R		A		A			
3	fl		R	R		R	R		R		A		A			
4	T			T			T				T		T			
5	T			T			T				T		T			
6	sn	.	.	sn	.	.	sn	.	.	.	sn	.	sn	.	.	.
	T			T			T				T		T			
	sn	.	.	sn	.	.	sn	.	.	.	sn	.	sn	.	.	.
7	T			T			T				T		T		ls	
	sn	.	.	sn	.	.	sn	.	.	.	sn	.	sn	.	.	.

Is = low surdo picks up

### Clave

1	E	E	E	E	E
---	---	---	---	---	---

## Break 1

CALL by repi

1	x	x		x	x		x	x	x	x		x	x				
2	A		A		A	A		A	A								
3	x	x		x	x		x	x	x	x		x	x				
4	A			A			A		A								
5	sn	.	.	sn	.	.	sn	.	sn	.	.	sn	.	.	sn	.	.
6	sn	.	.	sn	.	.	sn	.	sn			A	A				
7	sn	.	.	sn	.	.	sn	.	sn	.	.	sn	.	.	sn	.	.
8	sn	.	.	sn	.	.	sn	.	sn			A	A				
9	sn	.	.	sn	.	.	sn	.	sn	.	.	sn	.	.	sn	.	.
10	sn	.	.	sn	.	.	sn	.	sn			A	A				
11	sn			sn			sn				sn		hs	hs	hs	hs	hs

hs = high surdo picks up

## Break 2

CALL by repi

1	x			x			x		x+A	A	A	A
2	x						x		x+A	A	A	A
3	x			x			x		x+A	A	A	A
4	x			x			x		x+A	A	A	A

### Break 3

fl = flare on repenique

R = hit on repenique

T+h = Tamborin + high agogô bell

snare continues playing this trough the break

1	sn	.	.	.	sn	.	.	.	sn	.	.	.	sn	.	.	.
2	S			S	S	.	S	.	S	S		S	S	.	S	.
3	A			A			A				A					
4	S			S	S		S		S	S		S	S		S	
5	A			A			A				A					
6	S			S	S		S		S	fl	R		R		R	
7	S			S	S		S		S	fl	R		T+h		T+h	
8	S			S			S						R		R	
													T+h		T+h	
													T+h		T+h	
													hs	hs	hs	hs

hs = high surdo picks up

### SOS Break

signed by waving

the palms diagonal

across one shoulder

1	S		A	A		A	A		S		A		A			
2	S		A	A		A	A		S		A		A			
3	S		A	A		A	A		S		A		A			
4	S		A	A		A	A		S		A		A		ls	

ls = low surdo picks up

after which the repenique picks up this rhythm and plays in the tune:

		x	x		x	x			x		x					
--	--	---	---	--	---	---	--	--	---	--	---	--	--	--	--	--

... until next time the SOS break is played. Then it goes back to:

		x	x			x	x			x	x			x	x	
--	--	---	---	--	--	---	---	--	--	---	---	--	--	---	---	--

### Knock on the door Break

knock with the knuckles of your

right hand on your flat left hand

snare continues playing this or the rhythm of Bra Break

1	E				sn	sn	.	.	sn	sn	.	.	sn	sn	[ E E E ]	sn
2	sn	.	.	sn	sn	.	.	sn	sn	.	.	sn	sn	.	.	sn
3	E			E			E				E			E		
4	sn	.	.	sn	sn	.	.	sn	sn	.	.	sn	sn	.	.	sn
	E				sn	sn	.	.	sn	sn	.	.	sn	sn	.	sn
	sn	.	.	sn	sn	.	.	sn	sn	.	.	sn	sn	.	.	sn
	R		R		R	R		R		R		R		R	R	

last run: repis plays this →

repeat until cut

### Dancing Break

sign by showing the dance:

arms down to the right, and

to the left – then arms up to

the right, and left .. and go!

(start down right)

The players wo don't play dance (see left)

1-7	S			S				S	S				S			
2-6	A			A				A	A				A			
8	A			A				A	A				A		ls	

ls = low surdo picks up

## Groove

tune sign : V with 4 fingers (vulcan salute) on both hands, slide the gaps into each other

w = whippy stick

## Bra Break

## Intro

1-4	RR	R		R				A	A		A	A						× 4
5-14		R	.	.	R	.	.	.	R	.	.	RR	RR	RR	RR			
6-15		R						A				A	A				A	× 4
7-16					A		A			A		A					A	

*Last beat overlaps with first Repr beat*

*Last beat overlaps with first Repi beat*

## Break 1

Pr		pr		pr			E	E		E	E			
----	--	----	--	----	--	--	---	---	--	---	---	--	--	--

Pr = long whistle   pr = short whistle

Pr = long whistle   pr = short whistle

## Break 2

S		S		S		S		A	A		A	A
---	--	---	--	---	--	---	--	---	---	--	---	---



# Sheffield Samba Reggae

tune sign : smoke a joint like  
a cup of tea (with thumb and  
index finger)

## Groove

		1	2	3	4
Low Surdo			x	x	x x x x
Mid Surdo		x		x	
High Surdo	1		x	x	x x
	2		x	x	x x x x
Repenique		x . . x	. . x .	. . x .	. . x . .
Snare		x . . x	. . x .	. . x .	. . x . .
Tamborim	1-3	x	x x	x	x x
	4	x	x x	x x	x x
Agogô			h l	l	h h l h l
			<i>l like</i>	<i>to</i>	<i>play the A go go</i>

## Bra Break

Intro

1	R	R	R	R	R	R	R	R	R
2	R	R	R	R	R	A	A	A	A
3-5	A	RR	R	R	R	RR	R	R	A
6	A	A	A	A	A	RR	R	R	A

*Surdos only, loop until told otherwise. Everyone else carries  
on with the main groove.*

## Break 1

S									
---	--	--	--	--	--	--	--	--	--

## Break 2

1	R	R	ri	R	R	R	ri	R	R	R	ri	R	R	ri	
2	S		A				A				A			A	
3	R	R	ri	R	R	R	ri	R	R	R	ri	R	R	ri	R
4	S		A				A				A			A	A
	R		R		R	R		RR	R	R		R		R	
	E		A		A	A					A		A	A	

*Snare plays the same as Repi*

## Break 3

1	S			S		S		A	A	A	A	A	A	A	
2	S			S		S		A	A	A	A	A	A	A	

## Whistle Break

Point to whistle

S		A	S	S		A	S	S	S	A	S	S		A	
---	--	---	---	---	--	---	---	---	---	---	---	---	--	---	--

*Loop until told otherwise*

## Outro

*Fist like "Stop playing",  
with thumb sticking out*

1	E	E	E	E	E	RR	R	R	R	E	E
---	---	---	---	---	---	----	---	---	---	---	---

*then stop playing*

# Walc(z)

this tune is a 6/8

tune sign : draw a triangle in the air with one hand

## Groove

	1	2	3	4
Low Surdo	x			
Mid+High Surdo		x	x	x
Repenique				
Snare	.	x	.	x
Tamborim	x	x	x	x
Agogô	l	h	l	h
Shaker	x	x	x	x

## Break 1

E	E	E
---	---	---

## Break 2

ls	ls	ls	ms	ms	ms	hs	hs	hs	A	A	A	A	A
----	----	----	----	----	----	----	----	----	---	---	---	---	---

## Bra Break

1	R	R	R	A									
2	R	R	A	R	R	A	R	A	A	A			

## Break 3

1	S	S	S	A	S	S	S	S	A				
2	S	S	A	S	S	E	E	E	E				

## Break 5

.	.	sn	.	sn	.	.	sn	.	sn	.	sn	.	E	E	E	E
---	---	----	---	----	---	---	----	---	----	---	----	---	---	---	---	---

## Cut-throat Break

Sign like cutting your throat with a finger

S	A	A	A	S	A	A	A	S	A	A						
---	---	---	---	---	---	---	---	---	---	---	--	--	--	--	--	--

## Cut-throat Break Fast

S	A	A	S	A	A	A	A	S	A	A	S	A	A			
---	---	---	---	---	---	---	---	---	---	---	---	---	---	--	--	--

# Van Harte pardon!

tune sign: heart formed with your hands

## Groove

	1	2	3	4	5	6	7	8
Low+Mid Surdo	0		x x	0		x	0	x x
High Surdo	sil	x	sil	x	sil	x	sil	sil
Snare 1 / Repenique	.	.	x	.	.	x	.	.
Snare 2 / Shakers	x	.	x	.	x	.	x	.
Tamborim		x		x		x		x
Agogô	h	.	l	l	l	.	h	h

## Break 1

g	.	.	r	.	.	o	.	.	o	.	.	v	.	e	.	E	E	E	E	E	E	hey!
Everybody sings this																shout:						

## Silence Break

the sign is 4 fingers up

										ls	ls
										ag	ag

ls = low surdo

ag = agogô

## Break 2

Low Surdo	x		sil							x	x	sil								x
High Surdo	x		sil							x	x	sil								
Snare / Repenique	x	.	.	x	.	x	x	x	.	x	x	.	x	.	x	x	x	x	.	x
Tamborim					x	x	x	x	.	x	x	.	x	.	x	x	x	x	.	x
Agogô					h	h	h	h	.	o	h	.	h	.	o	o	o	o	.	h

repeated on and on until maestra calls off:

together

Low Surdo	x		sil							x	x	sil								x	x
High Surdo	x		sil							x	x	sil								x	x
Snare / Repenique	x	.	.	x	.	x	(x)	x	x	.	x	x	.	x	.	x	x	x	.	x	x
Tamborim					x	(x)	x	x	x	.	x	x	.	x	.	x	x	x	.	x	x
Agogô					h	(h)	h	h	o	h	.	h	.	o	o	o	o	o	.	h	o

back into the groove

## Cross Break – Surdos

sign 'x' with the ams

	1	2	3	4	5	6	7	8
Low Surdo	x		sil					
High Surdo	x		sil					

repeated until cut

## Cross Eight Break – Surdos

sign 'x' with arms showing  
Eight Up

x	x	x	x	x	x	x	x
---	---	---	---	---	---	---	---

from soft to loud ...

# Voodoo

tune sign : aureole – make a circle around head with your index finger down

## Groove

	1	2	3	4	5	6	7	8
Low Surdo		x		x		x	x	x
Mid+High Surdo	1 sil	sil		sil		sil	sil	x
Snare	x	.	x	.	x	.	x	.
Repenique	x	x		x	x	x	x	x
Tamborim	x	x		x	x			
Agogô	h	h	l	l	h	l	h	l

## Scissor Break

Signed like scissors

E	E	E	E	E	E	E	E	E
---	---	---	---	---	---	---	---	---

1 2 3 4 in my un- derpants

# Xango

tune sign : rain trickling down, with 10 fingers

## Groove

		1			2			3			4			
Low Surdo	1	sil			x		x	x						
Mid Surdo		x		x										
High Surdo											x	x	x	x
Repenique			x	x	x		x	x	x					
<i>if too hard play tamb. Part</i>										x	x	x	x	
Snare		x	.	.	x	.	.	.	.	x	.	x	x	.
Tamborim	1	x		x		x		x		x		x		x
	2	x	x											
Agogô		l		h		l			l		h	l		

## Intro

*building a tower with fists  
on top of each other,  
upwards*

Everyone except surdos hits the rims

ri		ri	ri	ri		ri		ri		ri		ri		ri
----	--	----	----	----	--	----	--	----	--	----	--	----	--	----

repeat until cut

## Surdo Part of Intro

*flat hand on head*

can be remembered by:

start: 1 – 4 – 3 – 5

then: 2 – 4 – 3 – 5 :||

1	S									S		S		S
2	S											S		S
3	S							S		S		S		S
4	S											(S)		

not before before Boum Shakala Break repeat

## Boum Shakala Break

*Crossed fingers*

1	S		E	E	E		S		E	E	E		S		E
2	S		E	E	E		S		E	E	E		S		E
3	S		E	E	E		S		E	E	E		S		E
4	sn	.	.	sn	.	.	sn	sn	sn				hs	hs	hs

## Break 2

1	S		S	S			S	S		S	S	S	S		S
2	S		S	S			S	S		E		E	E		S
3	S		S	S			S	S		S	S	S	S		S
4	S		S	S			S	S		E		E	E		S
5	S		S	S			S	S		S	S	S	S		S
6	S		S	S			S	S		E		E	E	hs	hs

# Zurav Love

tune sign : open and close the beak of a bird with your hands

## Groove

	1	2	3	4	5	6	7	8
Low+Mid Surdo	x	x	x	x	x		x	
High Surdo				hd		hd		
Repenique	fl				fl		fl	
Snare	x	.	.	.	.	x	x	.
Tamborim				x		x		
Agogô		h	h	l	h	h		
Shaker		x		x		x		x

## Bra Break

1-3	fl	hd	ri	hd	ri	S	A	A
4	E			E		E	E	E
4	.	sn	sn	sn	.	sn	sn	sn

## Kick Back 1

	R	R	R		R	R	R	A
--	---	---	---	--	---	---	---	---

## Kick Back 2

	R	R	R		R	R	R	A
--	---	---	---	--	---	---	---	---

# Dance 1

*Mirror & Rainbow > Pizza > Tutu & Aeroplane > Boundary*

	1	2	3	4	5	6	7	8
1	Mr		Mr		RI			
	Mr		Mr		RI			
2	Pr		Pr		PI		PI	
	Pr		Pr		PI		PI	
3	Tr		Tr		AI			
	Tr		Tr		AI			
4	DBr	DBr	DBr	DBr	DBr	DBr	DBr	DBr
	DBr	DBr	DBr	DBr	DBr	DBr	DBr	DBr

## Mirror

Hold your arms streched out to your left, your hands at right angels to your arms, the right hand on your left. Move the right hand to the front of your face. Look on it, it's a mirror!

## Rainbow

Turn 90° to the right. Draw a rainbow with your hands from the bottom over your head to the other side (starting point of mirror). You have to turn your body :-)

## Pizza

Hold your arms at your waist, palms up. Step to a side and move one hand, as if you'd deliver a pizza.

## Tutu

Hold your arms at your waist, palms down. Step to a side and move both hands, describing a tutu (skirt). (Similar to pizza)

## Aeroplane

Hold your arms like wings of an aeroplane. Twist your body to a side. Each beat a step.

## Define a boundary

Step to a side, each beat two steps. Hold the corresponding arm streched out to the front. (Define the boundary.) Hide the other arm behind your back.

# Dance 2

*Push to sides > Star > Jump & Aeroplane > Queen*

	1	2	3	4	5	6	7	8
1	Sr		Sr		Sl		Sl	
	Pr		Pr		Pl		Pl	
2	St				St			
	St				St			
3	J & Ar				J & Al			
	J & Ar				J & Al			
4	Qr				Ql			
	Qr				Ql			

## Step

Step to a side. (Every second beat a step)

## Push

Step to a side, every second beat a step. Move both hands to the side, as if you'd give sth. a push.

## Star

[1] Move your right leg to the front, across your left leg. Move your right arm to the upper right. [2] Move your left leg on the right side of your other leg (cross in the front). Move your left arm to the upper left. [3] Move your right leg behind your left leg. (initial point, you don't have to cross) Move both arms

to the lower right. [4] Move your left leg to the left side of your other. (initial point). Move both arms to the lower left. Comment: Your feet draw a square.

## Jump

Jump with both feet.

## Aeroplane

See Dance 1

## Queen

Hold your arms stretched out to both sides. [1] Touch with one stretched out leg the ground in front of you. (Don't step) [2] Now step with that leg and walk side-wards. (3 steps, cross behind the leg.)



# Dance 3

*Shower > Afro Pump > Wheels > Seeds & Sun*

	1	2	3	4	5	6	7	8
1	G		T		G		T	
	G		T		G		T	
2	APr		API		APr		API	
	APr		API		APr		API	
3	Wr			X	WI			X
	Wr			X	WI			X
4	Se	Se	Se	Se	Su	Su	Su	Su
	Se	Se	Se	Se	Su	Su	Su	

## Get the water

Do a long step with your right leg to the front. Move your body down. Take bucket of water. Straighten yourself again and **Take a Shower**. (together 4 beats)

## Afro Pump

Move one foot up and down (pump). Move your hands beside your knees.

## Wheels

Move both arms in circles to a side. (Hold your hands down first and move them to the side.) [4] Move your hands fitfully to you chest. (X)

## Seeds

Cross with your right foot to the left. Step from one foot to the other (each beat two steps). Move your hands down and shake them (you're sowing seeds).

## Sun

Cross with your left foot to the right. Step from one foot to the other. Move your hands to the top and shake them (you're adoring the sun).

# Dance 4

*Lead Pipe > Puke > Shower > Swords*

	1	2	3	4	5	6	7	8
1	L				L			
	L				L		Go	
2	P				P			
	P				P			
3	G		T		G		T	
	G		T		G		T	
4	SWI			SWr			SWI	
		SWr			SWI			X

## Lead Pipe

Hold your left arm to the front, the right to the back, palms up (as if you are carrying a big pipe). Move your right foot to the front and swing the pipe. Go back to your initial position (4 beats). At "Go" you throw the pipe away and twist around. Comment: After the move you stand a bit ahead of your initial position.

## Puke

Hold your hand as if you'd catch a big ball in front of your face. [1] Jump with your right leg to the front. Twist your hands 360° to the front. (You end with your palms up, as if you'd carry a pile of paper). Move your body down. [2] Step back onto you left leg. Your hands to the same move as at beat 1 but reverse.

(You end this movement at beat 3.) [3] Jump with your right leg back. Your body seems to fall back. [4] Step to the front onto your left leg again.

## Swords

[1] Move one leg in front of the other leg. Move the corresponding arm down (it's a sword). The other arm is bowed. [2] Step on the other leg. Bow the stretched out arm. Stech out the other down. [3] Step on the other leg (you're now back on the initial position.) Bow the stretched out arm. Stretch out the other. [4] Here another swords-move starts, or in case of "X" you just step on the other leg. Comment: 16 beats are good for this move.

# Dance 5

*Snowboots & Hips > Step & Kick > Tiger > Winding Plants*

	1	2	3	4	5	6	7	8
1	Sn		Sn		Sn		J	
	Hi	Hi	Hi	Hi J	Hi	Hi	Hi	Hi J
2	Sn		Sn		Sn		J	
	Hi	Hi	Hi	Hi J	Hi	Hi	Hi	Hi J
3	S	S	Ki	S	S	S	Ki	S
	S	S	Ki	S	S	S	Ki	S
4	Ti		Ti		Ti		Ti	
	Ti		Ti		Ti		Ti	
5	Wir				Wil			
	Wir				Wil			

## Snowboots + Hips

3 steps forward as if stumping through deep snow (half pace). Jump right on 4th step. Shake hips back and forth for 4 beats, jump left, shake hips for 4 beats, jump + turn 180° around. 3 snow steps backwards, jump, hips, jump, hips, jump. On last beat turn 180° around to face front again.

## Step Kick

4 steps forward, kick forward on the 3rd step, then 4 steps backward, kick backward on the 7th step. Repeat.

## Tiger (with claws)

Jump forward. Arms are stretched out front. hands form tiger claws and scratch.

Jump to the right with claws, turn and jump back with claws, jump to the left with claws (should have jumped once around you to all 4 sides with claws). Repeat once

## Winding Plants

Start with elegantly crossing your arms in front of your right hip. Then wind your arms up like climbing plants, forming waves within 4 beats. When you reach the top, open hands to a bowl. While you are doing that, take 2 steps forward and 2 steps backward. Then repeat winding up on the left side. Once again right side and left side.

**RHYTHMS**



**OF RESISTANCE**