



ROR
Tunes & Dances

December 2021

Version 9626cd4 (no-ca)

History

The first Rhythms of Resistance band formed in 2000 in London out of Barking Bateria to participate in the Pink&Silver bloc in the protests against the World Bank summit in Prague.

Barking Bateria was one of the first Samba bands in the UK, formed by the Radical Anthropology Group at University of East London during a strike in 1996 and taking its inspiration from the “blocos-afros” bands (such as Olodum or Ilê Aiyê) that emerged in the mid-1970s in 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. This way they reappropriated Samba, which had originally come from the Afro-Brazilian communities but had been appropriated by the white privileged Brazilian society to be used for entertainment and profit. Today many of the blocos-afros bands still campaign for freedom, human rights and equal opportunities, and fight against social injustice and racism.

Rhythms of Resistance was formed in 2000 to join the UK Earth First action against the IMF / World Bank summit in Prague. A Pink&Silver carnival bloc was organized for the first time, taking inspiration from a movement called “Reclaim the Streets” (RTS), which has been blocking streets around the world since 1995 to create “temporary autonomous zones” and street parties to take back the space usually reserved for cars. Pink&Silver replaced the sound systems of RTS with Samba bands. During the protest, a 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 comprises more than 75 separate activist drumming bands all over the world. 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 large events. When 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!

Cultural Appropriation

Cultural appropriation is the adoption of elements of a minority culture by members of a dominant culture, while using these elements outside of their original cultural context. These cultural properties may be forms of dress, music or art, religion, language, intellectual property or social behavior, all of which may have deep cultural meaning to the original culture, but may be used as fashion by those from outside that culture.

Often, the original meaning of these cultural elements is lost or distorted, and such displays are often viewed as disrespectful, or even as a form of desecration, by members of the originating culture. Cultural elements which may have deep meaning to the original culture may be reduced to “exotic” fashion or toys by those from the dominant culture. When this is done, the imitator, who does not experience that oppression is able to “play”, temporarily, an “exotic” other, without experiencing any of the daily discriminations faced by other cultures. Appropriation and the “fetishizing” of cultures, in fact, alienates those whose culture is being appropriated

(From Wikipedia)

Rhythms of Resistance takes its form of action and some aspects of its music from a Brazilian Black liberation movement, while not being part of that movement. Our selection of instruments is the same and our way of maestrating similar to real batucadas. Custard, Samba Reggae and Sheffield Samba Reggae are simplified versions of original Samba Reggae rhythms, Afoxé, Voodoo and Xangô are directly rooted in Afro-Brazilian religion. Angela Davis, Cochabamba, Crazy Monkey, Hafla, Menaiek, No Border Bossa, Ragga and possibly others are based on styles of popular music from the Global South.

There is an ongoing debate in the RoR network about to what extent this is cultural appropriation, and what consequences to draw from that. Many bands have decided to stop calling themselves “Samba” or “Batucada”, but rather use alternative phrases like percussion or drumming. Some bands have decided to stop playing specific tunes.

Still it is important to acknowledge that our methods and music are inspired by Samba and Carnival and are using many elements from it.

RoR Player

The RoR Player can be used on computers and smartphones to browse the tune sheets of all RoR tunes, listen to them, combine them in different ways, modify them, and even create own tunes and share them with others. It can be found at <https://player.rhythms-of-resistance.org/>. It works directly in the browser, and after being used for the first time it, it can also be opened without an internet connection. Use the “Add to Home screen” function on a smartphone to use it like an app.

The player has two modes, which can be selected on top of the screen. In “Listen” mode, you can listen and read a detailed description of each tune by selecting one from the list on the left (on mobile devices, click on the menu button on the top left first). By clicking on the pen symbol, you can see the notes of a tune or break while it is playing.

By clicking the dropdown with the Equalizer symbol, you can make specific instruments louder or quieter, adjust the playback speed, and add a whistle sound on the 1 or on each beat.



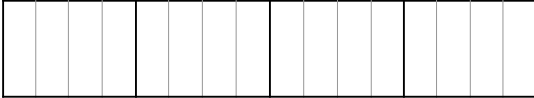

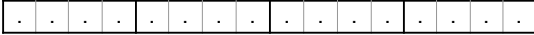

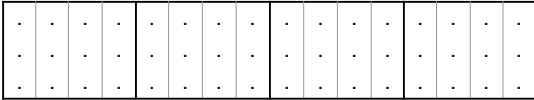
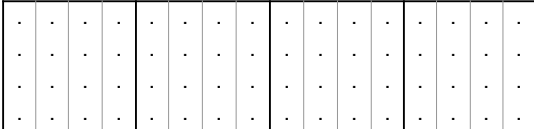
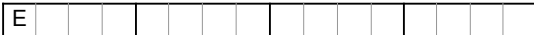
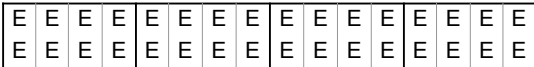


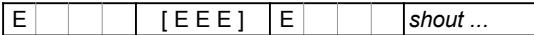
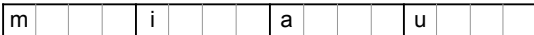
In “Compose” mode, you can modify tunes/breaks, compose your own ones, and listen to them in different combinations. You can find detailed instructions in the RoR Player user manual on:

<https://player-docs.rhythms-of-resistance.org/>

RoR Tube

RoR Tube is a video sharing platform for the RoR network. It can be found on <https://tube.rhythms-of-resistance.org/>. You can find there and publish your own videos of playing tunes, the RoR dances, fixing drums, participating in actions and other creative ideas. RoR Tube is a good resource for seeing in action the things that the tune sheet can only describe in text.

General Breaks

Silence <i>4 fingers</i>	1		4 Beats of Silence
Double Silence <i>two hands show 4 fingers</i>	1 2		8 Beats of Silence
Triple Silence <i>like "Double Silence" one hand upside down</i>	1 2 3		12 Beats of Silence
Quad Silence <i>like "Double Silence" both hands upside down</i>	1 2 3 4		16 Beats of Silence
Continue for One Bar <i>draw a horizontal line in the air with one finger</i>	1		Continue 4 Beats
Continue for Two Bars <i>like "continue for one bar" with both hands</i>	1 2		Continue 8 Beats
Continue for Three Bars <i>like "continue for two bars" and then "continue for one bar" in the opposite direction</i>	1 2 3		Continue 12 Beats
Continue for Four Bars <i>like "continue for two bars" and then again in the opposite direction</i>	1 2 3 4		Continue 16 Beats
Boom Break <i>Show an explosion away from your body with both hands</i>	1		
Eight Up <i>both hands move up while fingers shaking</i>	1 2		from soft to loud
Eight Down <i>both hands move down while fingers shaking</i>	1 2		from loud to soft
Karla Break <i>rabbit ears OR finger pistol shooting up</i>	1 2 3 4		from soft to loud
Oi/Ua Break ... "oi": two arms crossing, with OK-sign ... "ua": two fists, knuckles hit each other			
Cat Break <i>claws to left and right</i>			from high to low sound

Wolf Break*wolf's ears and teeth*

1	S	S	A	S	S	S	S	A	S
2	S	S	A	S	S	S	S	A	
3	S	S	A	S	S	S	S	A	
4	E	E	E	E	E		a	u	- - -

< 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
2	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
4	This	is		what	demo		cracy		looks	like			
5	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			
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			
----	----	----	----	----	----	----	----	----	----	----	--	--	--

laughter

*from high to low sound***Star Wars Break***Move flat hand from top to bottom
of face*

1	ms			ms			ms			ls		hs
2	ms			ls		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			
2	E		E	E		E	E		E	E		E	
3	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			
2	E		E	E		E	E		E	E		E	
3	E	E	E	E	E	E	E	E	E	E	E	E	E
4	E												

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

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

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

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

Yala Break*all fingertips of one hand gather and shake wrist*

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***Both hands in the air, with
index and pinky fingers
pointing up.*

1	I		I		I		I		I		E	E
	E		I		I		I		I		E	E
	E		I		I		I		I		E	E
	E		I		I		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

3 × from soft to loud

I = Agogô plays low e = everyone play softly

2nd time: everyone except Surdos4th 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. 8

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

Call-Response

E	Everybody
A	All others
S	Surdos
ls	Low Surdo
ms	Mid Surdo
hs	High Surdo
R	Repinique
sn	Snare
T	Tamborim

Strokes

x	hit the skin with a stick
.	hit the skin softly with a stick
hd	hit the skin with your hand
sil	silent stroke: hit the skin with a stick, while the other hand rests on the skin
O	put your hand on the skin to dampen the sound
fl	flare: multiple hit with rebounding stick
ri	hit the rim with a stick
w	hit the skin with a whippy stick (Tamborim stick), if not available hit the rim
h	Agogô: high bell
l	Agogô: low bell

Angela Davis

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

Groove

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

w = whippy stick (or rim)

Break 1

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

Break 2

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

repeat until cut

Angry Dwarfs

tune sign: looking angry, form an A with your hands over your head (as a taper hat)

Groove

		1	2	3	4
Low Surdo	1	sil	x	sil	x
Mid/High Surdo		x	x	x	x
Repinique		fl	fl	fl	fl
Snare	
Tamborim		x	x	x	x
Agogô		h	l	h	h
Shaker		x	.	x	x

*Tambs play 4x solo and then continue while the rest plays the break.
Surdos play the groove in the 4th beat of the last bar.*

Call Break

Intro

5	R	R	R	R	R	A	A	A	A	A	A
6	R	R	R	R	R	A	A	A	A	A	A
7	R	R	R	R	R	A	A	A	A	A	A
8	ms	R	ls	R	ms	R	R	R	R	R	R

No Cent for Axel Break

1	KeinCent	für	Ax-	el	E	E	E	E	E	E	E
---	----------	-----	-----	----	---	---	---	---	---	---	---

"No" gesture, then "money" gesture (rub thumb and index)

snare continues playing through the break!

Tension Break

2 fingers running on the palm of the other hand

1	T	T	ms	T	Tls	Tms	ms	ls	ms
2	T	T	ms	T	Tls	Tms	A	A	A

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
Repinique	x	x		x		x		x
Snare/Shakers
Tamborim	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!
 <

Call Break

c	c	c	c	c	c	c	c	A
c	c	c	c	c	c	c	c	A
c	c	c	c	c	c	c	c	A

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

Cross Kicks for surdos

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

high surdo								0		x	x
low surdo	x	x						0			

Bhaṅgrā

this tune is a 6/8

tune sign: folded hands, like praying

Groove

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

s = soft flare

Break 1

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

do	as	l	say,	you	old	fool,	dam	dam,	say
								l	say

Coupé-Décalé

Groove	1	2	3	4	5	6	7	8
Low Surdo	1		x	x	x		x	
	2		x	x	x			
Mid&High Surdo	1							
	2							
Repi & Snare								
Tamborim	1							
	2							
Agogô								
Shaker	1							
	2							

[illegible]

16 bars in total. Repi&Snare start on rim, then Agogô joins in, then Tamb joins, then Shaker. In the end, Surdos pick up.

Break 1	1					
	[E E E]	[E E E]	E	fl	R	E
	[h h h]	[h h h]	h			

Break 2	1	A	A	A					S	A							S
	2	h	h	h					S	h							E
		A	A	A						A							
		h	h	h													

Groove (6/8)		1	2	3	4	5	6	7	8
--------------	--	---	---	---	---	---	---	---	---

1	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					fl							x
	l	h		l	h			l	h			h	l	h		h	h
	x	.		x	x			x	.	x		x	.	x		x	.

1	l		h	l	h	h	h	l	h	l	l	h	h	l	h	h	h
2	l		h	l	h	h	h	l	h	l	l	h	h	l	h	h	h

1	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	A
2	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	h
3	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	l

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
High Surdo					fl	hd		
Repinique	fl	hd	x	hd	x	x	x	x
Snare	.	.	x	.	.	x	.	(x) (x)
Tamborim		x	x	x	x	x	x	(x)
Agogô <i>altnerative</i>	l	h	l	h	l	l	[- h h]	[h h h]
Shaker	x	x	x	x	x	x	x	x

(x) = variations [] = triplet

Break 1

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

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

Break 2

1	.	sn	.	sn sn	E	E	.	.	.
2	.	sn	.	sn sn	E	E	.	.	.
3	.	E	.	E E	.	.	E	.	E
4	.	sn	.	sn sn	E	E	.	.	ms

sn = snare

. = dead note on snare

ms = Mid Surdo

Break 3

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

ms = Mid Surdo

Bongo Break 1

*play a bongo with
one hand*

[illegible]

Bongo Break 2

*play a bongo with
two hands*

[illegible]

Monkey Break

like tune sign

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

Shout like a monkey

alternative: different rhythm or just chaotic voices

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				x				
High Surdo		x				x		x
Repinique		x	x	x		x		x
Snare
1	.	x	x	x	.	x	.	x
2	.	x	x	x	x	x	x	.
Tamborim		x		x		x		x
Agogô	l	h	l	h	l	h	l	h

Dance Break

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

Everybody sings and starts dancing

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

Break 2

x = hits on snare and repi

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

Break 3

R = hit on repi
Ri = repi hit on rim
sn = snare

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

Hip-Hop Break

hit your chest

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

Drunken Sailor

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

Groove

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

Break 1

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

Break 2

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

White Shark

simulating
a shark fin

1	S	A					S	A											
2	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S
3	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S
4	S	l	h	A	S	A	S	A	S	A	S	A	S	A	S	A	S	A	S

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	
Repinique		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
---	---	---	---	---	---	---	---

Oi/Ua Break

1	E			[EEE]	E		shout ...
---	---	--	--	-------	---	--	-----------

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

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

Hafslund

Sign: spread arms and shake your shoulders and hips

Groove

Groove		1	2	3	4	5	6	7	8
Low Surdo	1	x		x	x	x		x	
Mid Surdo		x							
High Surdo			x	x	x				
Repinique		x		x	ri	x	ri	x	ri
Snare		.	.	.	x
easier		.	.	.	x
Tamborim		x		x	x	x		x	
Agogô		l		l	h			l	h

Yala Break

all fingertips of one hand gather and shake wrist

[illegible]

Kick Back 1

repeat until cut

ag = Agogô, switch low and high every two bars

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

Kick Back 2

S		A		A		A		A		A		S		S		A		S		A		.	.
---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	---

. = Snare playing silent note

Break 3

[illegible]

Hook Break

two fingers

hooked together

[illegible]

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	X	X
High Surdo								
Repinique	ri	X	X	X	ri	X	ri	X
Snare	X	X	X	X	X	X	X	.
Tamborim	X	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
---	--------------------	--	--	--	--	--	--	---	--	--	--	--	--	---	---	---	---	---	---	---	---

HipHop

tune sign: pointing with your index fingers to the ground, your thumbs pointing towards each other

Groove

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

Kick Back 1

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

Kick Back 2

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

Break 1

1		2		3		4		S		A		S		S		A
---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---

(Count in Break 1 for the second measure)

Jungle

tune sign: swing your fist above your head and share your body, like dancing to techno music.

Groove

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

Break 1

1	A	A					l		
2	A	A	A				l		E

Break 2

1	E	E	E	E	E	ls
---	---	---	---	---	---	----

Kaerajaan

tune sign: place forearms on top of each other in front of you, fingertips aligned with elbows (like in Estonian folk dance)

Groove		1	2	3	4	5	6	7	8
Surdos	x		0	x	0	x	0	x	x
Repinique		x		x		x		fl	x
Snare	.	.	x	.	x	.	x	.	x
Tamborim	x	x	x	x	x	x	x	x	x
Agogô	h	h	l	l	h	h	h	l	l
Shaker	.	.	x	.	.	.	x	.	x
Break 1	1	E	E		E	E	E	E	Hei!
		h	h		l	h	h	l	Hei!
Break 2	1	A		A	A	S	S	S	S
	2	h	h	h	l	S	S	S	S
		A	A	A	A	S	S	S	S
		h	h	h	l	S	S	S	S

March For Biodiversity

Groove		1	2	3	4
Low Surdo	1-3	x	x	x	x
	4	x	x	x	x
Mid Surdo	1-3	sil	sil	sil	sil
	4	sil	sil	sil	sil
High Surdo	1-3			x	x
	4			x	x
Repinique	1-3	fl	ri	ri	ri
	4	fl	ri	ri	ri
Snare	1-4	.	.	x	.
Tamborim	1,3		x	x	x
	2,4	x	x	x	x
Agogô	1	l		l	h
	2	l	h	h	l
	3	h		h	l
	4	l	l	l	h
Shaker	1-4	.	.	x	.

Intro

Low Surdo	1-5	sil			sil			sil	x	x	sil	x	x
	6	sil											
Mid & High Surdo	2											hs	ms
	3-5		hs	ms		hs	ms		hs	ms		hs	ms
Repi	6		hs						x	x		x	x
	1-5			sil	x		sil	x		sil	x	sil	x
Snare	6								x	x		x	x
	4								fl	fl		fl	fl
Tamborim	5		fl			fl			fl	fl		fl	fl
	6		fl	x	x	x		x	x
Agogô	4	x			x			x			x	x	x
	5	x							x	x		x	x
	4	h	h	l							h	h	l
	5										h	h	l
	6								h	h		h	h

Break 1	1	ri	ri	ri	E	E	E	ri	ri	ri	E	h
---------	---	----	----	----	---	---	---	----	----	----	---	---

Break 2	1	E	E	E	E	E	hey!				
---------	---	---	---	---	---	---	------	--	--	--	--

Menaiek

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

Groove

- Low Surdo
- Mid Surdo
- High Surdo
- Repinique
- Snare
- Tamborim
- Agogô

	1	2	3	4	5	6	7	8
x	x		x	0	x	0	x	0
x	x	0			x	0	x	x
		0						
ri	ri	0					x	hd
x	.	x					x	.
x	x	.	x	x	.	x	.	x
		x
x	x	x	x	fl	fl	fl		[x x x]
l	l	h	l	l	l	h	l	l

[] = triplet

Break 1

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

Break 2

1-3	l		h		l			l			h				A	A	A	A	A
4	l	h	l			l	h	l	l										

Double Break

Make a T with both hands

- Low Surdo
- Mid Surdo
- High Surdo
- Agogô

x		0	x	x	0	x	0	x	0	x
		0		x			0	x		x
x		0				x	0			x
l		h		l		l	h	l		h

Like the groove, but double speed.
Everyone else continues playing normally.

Kick Back 1

- Surdos
- Agogô
- All others

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	ri	ri	ri	ri

sl = slap with thumb (by rotating the hand)

No Border Bossa

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

Groove

Groove		1	2	3	4	5	6	7	8
All Surdos	1 sil	sil		x	h	sil		x	h

Hand resting on skin	2	sil	h	x	h	sil	h	x	h
Hand resting on skin	
Repinique			x	fl hd	fl hd	fl	ri	fl hd	hd
Snare	x	x	.	x	x	x	x	x	x
	
Tamborim		x		x			x	x	
Agogô	h	h	l	l	x	h	x	l	x

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

Break 1

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

Surdos only, Rest continues

sil		sil	sil		sil		sil		sil
-----	--	-----	-----	--	-----	--	-----	--	-----

repeat until cut with Break 2*

Surdos only, Rest continues

sil		sil	sil		sil		sil		sil
-----	--	-----	-----	--	-----	--	-----	--	-----

from soft to loud

Call Break

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

Nova Banca

tune sign: fists before breast, open hands and arms

Groove

	1	2	3	4
1	x			
2		x		
3			x	
4				x

Call Break

Intro

[illegible]

> 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				
Repinique	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	

Repeat until cut

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

Pekurinen

Groove

		1	2	3	4
Low Surdo	1		x		x
	2		x		
Mid Surdo	1-2	x		x	
High Surdo	1	x		x	
	2	x		x	x
Repinique	1	fl	x x	x x	x x
	2	fl	x x	x x	x x
Snare	1	x . . .	x . x .	. x . .	x . x .
	2	x . . .	x . x .	. x . .	x . . .
Tamborim	1	x	x x	x	x x
	2		x	x x	x x
Agogô	1	h	l	h	h
	2	h	l	h	h

Break 1

Repinique	1	x	x x	x fl	x x	x x	h
Agogô	1				l l	l	h
All others	1				x x	x	

Break 2

1	h	x x	x x	h	x x	x x
2	h	x x	x x	E	E	E

x: Repi, Snare & Tamb

Break 3

1	T	T	T	T	A	A	A	A	A
2	ls	ls	ls	ls	ls			E	

Clave Plus

Like Clave, but vertically, like letter C

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

Disco Barricade Break

Build barricade by stacking hands on each other

1	Dis-	co	dis-	co	barr-	ri-	ca-	do!
2	E	E	E	E		E	E	E

Call Break

Repinique	1	fl	x x	x x	ri	x x	x x	ri
	2	x	x x	ri ri	x	x	x	x
Tamborim	1			x	x			x
	2			x x	x	x	x	x
Agogô	1			h	h			h
	2			h	h			h
All others	2				x	x	x	h

Ragga

Groove

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

	1	2	3	4	5	6	7	8
1	X	X	X	X	X	X	X	0
Low Surdo	0	X	0	X	0	X	0	X
Mid Surdo	0	X	0	X	0	X	0	X
High Surdo								
Repinique	x	x	x	x	x	x	x	x
an additional variation
Snare	.	x	.	x
Tamborim	.	x	.	x
Agogô	l	l	l	h	l	l	l	l

Kick Back I

thumb back over shoulder

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

repeat until counting in for Kick Back II

Kick Back II

like Kick Back I,
but with two thumbs

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

repeat until cut with one of the breaks

Break 1

1	S	A	S	A	S	n' in:
						1

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

Break 2

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

Break 3

1	S	S	S	A	A	A
---	---	---	---	---	---	---

Zorro-Break

sign 'Z' in the air

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

others continue playing

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	x				x
High Surdo		sil			x	x	x	
Repinique	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	A	
---	--	---	---	---	---	--	---	---	--

Break 2

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

Break 3

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	.	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	h	h	h
---	--	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

I like to move it
curling hands
up and down

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

Repi and Agogô

play as a loop

Eye of the tiger
claws left and right

1

hs						hs		ms		hs						hs		ms	
.
.	hs		ms		hs									

Agogô beating fast between both bells...until here

snare stops here

Sambasso

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

Groove

		1	2	3	4
All Surdos		x	w	x	w
Repinique		x	.	x	.
Snare		x	.	x	.
Tamborim	1		x	x	x
	2		x	x	x
Agogô		l	h	h	l
Shaker		x	x	x	x

w = whippy stick

Call Break

Intro

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

Last beat overlaps with first Repi beat

Keep playing groove during first 2 beats

Break 1

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

Pr = long whistle pr = short whistle

Break 2

1-4	S		S		S		S		A	A		A	A			
-----	---	--	---	--	---	--	---	--	---	---	--	---	---	--	--	--

repeat 4 times

Tequila

tune sign: Shake salt onto your hand

Groove

	1	2	3	4	5	6	7	8
Low Surdo	x	0	(0) (0)	x	0	(0) (0)	x	0
Mid Surdo	x	x	x		x	x		x
High Surdo								
Repinique				hd	x	x	x	ri
Snare
Tamborim		x		x		x		
Agogô	h	h	h	h	h	h	h	h

Low Surdo starts with an upbeat before the 1
(0) = Can be played optionally to make the rhythm easier to understand

Break 1

Shake salt on number 1

1	l	l	l	l	l	h	Tequila!	(ls)
---	---	---	---	---	---	---	----------	------

Break 2

1	hs				ms	ls	ms	hs	ls	ms	ms
2	hs

. = Shaker

Call Break

1-3	R	R	A		R	R	R	A	A	Repeat 3 times	R = call by Repinique
-----	---	---	---	--	---	---	---	---	---	----------------	-----------------------

tune sign: form a root with your hands, interlace the fingers and wiggle them like flames

tune sign: form a roof with your hands, interlace the fingers and wiggle them like flames

	1	2	3	4	5	6	7	8
1	0	0	0	0	0	0	0	0
2	0	0	0	0	0	0	0	0
3	0	0	0	0	0	0	0	0
4	0	0	0	0	0	0	0	0
5	0	0	0	0	0	0	0	0
6	0	0	0	0	0	0	0	0
7	0	0	0	0	0	0	0	0
8	0	0	0	0	0	0	0	0

[illegible]

Roof	E	E	the	Roof	E	E	the	Roof	is	on	Fi-	re	E
The													

[illegible]

tune sign: folded hands, like praying

this tune is a 6/8

Groove

Groove		1	2	3	4	5	6	7	8
Surdos	1	ls	ls	hs	hs	ms	ms	ls	ls
	2	ms	ms	ls	ls	hs	hs	ls	ls
Repinique		x	x	x	x	x	x	x	x
Snare		x	.	x	.	.	x	x	.
Tamborim	1	x	x			x	x		
	2	x	x	x	x	x	x		
Agogô		l	l	h	l	l	h	h	h
		l	l	l	l	l		h	l
Shaker		x	.	x	.	.	x	x	x

Rented a Tent Break *(showing both sides of a tent from up to down)*

[illegible]

tune sign: wave an imaginary tissue like saying goodbye to a train

7
8

Sign: move your hand in front of your body from one side to the other like a train passing by

[illegible]

Shaker keeps playing the groove

Break 1

Shaker keeps playing the groove

Van Harte pardon!

tune sign: heart formed with your hands

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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	sil
Snare 1 / Repinique	.	.	x .	.	.	x .	.	.
Snare 2 / Shakers	x .	.	x .	.	.	x .	.	.
Tamborim		x		x	x		x	x
Agogô	h .	l l	l .	h h	.	l .	l l	l .

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 / Repinique	x .	.	x .	.	.	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 x	.
Agogô						h h	h h	.	o h	.	h h	.	o o	.	o o	.	h o	.

repeated on and on until maestra calls off:

together

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

Walc(z)

this tune is a 3/4

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

Groove

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

Break 1

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

Break 2

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

Call Break

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

Wolf

tune sign: drawing big “V” in the air with both hands (from up to down)

Groove

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

Pat 1 (2)

Low Surdo					x	x			
Mid Surdo		x							
High Surdo	x	x	x	x	(x)	(x)	(x)		

(x) = added in pat 2

Break 1

1	sn		S	S	S	S	S	S	S
2	sn		S	S	sn	sn	S	S	

Break 2

1	S	S	A	S	S	S	A	S	S	A
2	S	S	A	S	S	S	A	E	E	Oil!

Oil! = Everybody shouts “Oi”

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		
Repinique	fl				fl		fl	
Snare	x	x	x	.
Tamborim		x		x		x		
Agogô		h	h	l	h	h		
Shaker		x		x		x		x

Call Break

1-3	fl	hd	ri		hd	ri	S		A		A
4	E					E	E		E		E
4	.	sn	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					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 stretched out to your left, your hands at right angles 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 stretched 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.

Dance 6

Löyly & Hot > Mosquito > Murder > Sun & Baby & Windy

	1	2	3	4	5	6	7	8
1	Löyly right	Löyly right	Löyly right	Löyly right	Hot left	Hot left	Hot left	Hot left
2	Mosquito right	Mosquito right	Mosquito right	Mosquito right	Mosquito left	Mosquito left	Mosquito left	Mosquito left
3	Murder right	Murder right	Murder right	Murder right	Murder left	Murder left	Murder left	Murder left
4	Sun front left	Sun front left	Sun front right	Sun front right	Baby back	Baby back	Baby back	Baby back
	Sun front left	Sun front left	Sun front right	Sun front right	Windy back	Windy back	Windy back	Windy back

Löyly

Pour water onto the sauna with both of your hands while stepping sideways.

Hot

Wave some air towards your head while stepping sideways.

Mosquito

Both hands together fly up into the air like a mosquito, then clap in the air. Step sideways at the same time.

Murder

First touch your foot with your

hand behind your back. Then step to the side while pulling apart the prison bars.

Sun

Jump on one leg while waving the other foot and hand in the air.

Baby

Make a 360° turn while holding a baby in your arms.

Windy

Vertically rotate both your arms backwards twice.

RHYTHMS

OF RESISTANCE

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