



ROR
Tunes & Dances

March 2012

General Breaks

- Silence**
4 fingers
1

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 4 Beats of Silence
- Double Silence**
two hands show
4 fingers
1

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2

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 8 Beats of Silence
- Triple Silence**
like „Double Silence“
one hand upside down
1

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2

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3

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 12 Beats of Silence
- Quad Silence**
like „Double Silence“
both hands upside down
1

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2

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3

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4

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

 16 Beats of Silence
- Continue One Line**
move on finger horizontally
1

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

 Continue 4 Beats
- Continue Two Lines**
like „continue one line“
with both hands
1

.
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

2

.
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

 Continue 8 Beats
- Eight Up**
both hands move up
while fingers shaking
1

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

 from soft to loud
2

E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
- Eight Down**
both hands move down
while fingers shaking
1

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

 from loud to soft
2

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

2

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

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 E E E E E
- from soft to loud
- from soft to loud
- Laughing Break**
fingers move up
corners of your mouth
1

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

 laughter
from high to low sound
- Cat Break**
claws to left and right
1

m				i				a				u			
---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--

 from high to low sound
- Clave**
1

E			E			E			E			E			
---	--	--	---	--	--	---	--	--	---	--	--	---	--	--	--
- Clave inverted**
1

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

General Breaks II

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
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
rim/r	hit rim and skin at the same time or hit only the skin near the rim

Agogo

h	high bell
l	low bell

Afoxe

tune sign : 'shaving the armpit'

Groove

High+Mid Surdo
Low Surdo

Repenique

Snare

Tamborim

Agogo

	1	2	3	4	5	6	7	8
1	0 sil		0 sil	x	0 sil			
	fl	hd	rim	rim	fl	hd	sil	
	x	.	x	.	x	.	x	.
	x	x	x	x	x	x	x	x
	h	h	h	l	h	l	h	l

Break 1

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

Break 2

1				S			S	S
2				S		S	S	S

S = Mid and high surdos
Everybody else continues playing!

Break 3

1		S	S	S	S	S	S	S
2	S	S	S	S	S	S	S	S

S = Mid and high surdos
Everybody else continues playing!

Bra Break

pulling a bra

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

Ri = call by repenique

"Tamborin Stroke"

1	E	E	E	E	E	E	E	E	E	E
	1	2	3	4	what	are	we	here	for	

Wolf Break

wolf's ears and teeth

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

< a-u = like a howling wolf

Bhangra

this tune is a 6/8

tune sign : folded hands, like praying

Groove

1

Surdos
(all play the same)

Repenique

Share

Tamborim

Agogo

Shaker

	1	2	3	4	5	6	7	8
1	x			x	x			x
2	x			x	x		x	x
1	x	s	s	x	s	s	x	s
2	x	s	s	s	s	x	x	x
1	r	.	.	.	r	.	.	.
	x	x	x	x	x	x	x	x
	h	h	h	h	h	h	h	h
	x		x	x	x	x	x	x

s = soft flare

r = right hand

l = left hand

Break 1

1

2

3

4

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

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

Break 2

1

2

3

4

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

pa -	pa -	pa -	pa -	pa -	pa -	pa -	pa -	pa -
dam,	dam,	dam,	dam,	dam,	dam,	dam,	dam,	dam,
paa-	paa-	paa-	paa-	paa-	paa-	paa-	paa-	paa-

now ---

now.

now ---

now.

Break 3

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

Bra Break

1	R	R	R	R	R	R	R	R	R	
2	A	A	A	A	A	A	A	A	A	
3	R	R	R	R	R	R	R	R	R	
4	A	A	A	A	A	A	A	A	A	
5	R	R	R	R		A	A	A	A	
6	R	R	R	R	R	R	R	R	R	
7	S	S	S	S	S	S	S	S	S	
8	A	A	A	A	A	A	A		eh	

R = Repenique

from soft to loud
eh: shout

Cochabamba

tune sign : drink from a cup formed with one hand

Groove

	1	2	3	4	5	6	7	8
x x		0		0	x x	0	x x	0
		0	x	x		0		0
	x x			x		x x		
.	.	x	.	.	.	x	.	.
		
x x	x x		x x			x x	x x	x
h h	l l	h h	. l	h .	l l	h .	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)

[illegible]

Everyone together ... start soft and go louder!

Bra Break

pulling a bra

[illegible]

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

[illegible]

Custard / Welfare State

tune sign : making an offer to the sky,

Groove

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

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						
8	sn . sn .	sn . . sn	. sn . . sn	. sn . . sn	. sn . . sn	sn sn sn sn	

4 x repeated

Break 5

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

Crazy Monkey

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

Groove

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

(x) = variations [] = triplet

Break 1

1	—	h	—	—	ms
2	—	h	—	—	
3	—	h	—	—	
4	E	h	h	h	

A = all others except agogo

E = everyone

ms = Mid Surdo

Break 2

→

2

၈

4

sn = snare

. = dead note on snare

ms = Mid Surdo

[illegible]

Break 3

→

2

ms = Mid Surdo

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

Bongo Break 1

*play a bongo with
one hand*

1

[illegible]

play as loop

Bongo Break 2

*play a bongo with
two hands*

1

[illegible]

play as loop

Monkey Break

like tune sign

Shout like a monkey

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

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

[illegible]

Break 1

Everybody sings

1	E-	very	bo - dv	dance	now
---	----	------	---------	-------	-----

Break 2

x = hits on snare and repi

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

Break 3

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

Progressiv Break

5 fingers and other hand grabbing thumb

R = hit on repi
sn = snare

R_i = repi hit on rim

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

Hip-Hop Break

hit your chest

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

Drunken Sailor

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

Groove

Groove	1	2	3	4	5	6	7	8
High Surdo	X	X	X	X	X	X	X	X
Mid Surdo	X	X	X	X	X	X	X	X
Low Surdo	X	X	X	X	X	X	X	X
Repenique	fl	x	x	x	fl	x	x	r
Snare	x	x	x	.	x	x	x	x
Tamborim	x	.	x	x	x	.	x	x
Agogo	l	h	l	h	l	l	h	l

Break 2

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

Break 2

1	S	A	S	A	S	A	E	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
1 All Surdos	X	X	X	X	X	X	X	
Repenique	fl	hd	fl	hd	fl	hd	fl	hd
Snare	.	.	.	X	.	X	.	.
Tamborim		X		X	X		X	
Agogo	l	h	l	h	l	h	h	h

Break 1

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

Break 2

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

Call Break

1	X	[t r i p l e t]	X	shout ...
---	---	-----------------	---	-----------

... "ol" : 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
High Surdo		x		x		x	x	x
Mid Surdo			x	x				x
Low Surdo	x				x		x	x
Repenique	ri	x	ri	x	x	x	ri	x
Snare
easter
Tamborim	x	x	x	x	x	x	x	x
Agogo	l	h	l	h	h	h	l	h

Yala Break

all fingertips of one hand gather and shake wrist

[illegible]

Kick Back 1

repeat until cut

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

Break 3

[illegible]

Hook Break

two fingers

hooked together

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

tune sign : spiky fingers on the head

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

1

others continue playing

1

call something e

1

Hedgehog Tune sign

Angela Davis

aka James Brown

tune sign: move your hand in circles beside both sides of your head

Groove

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

Mid 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
---	---	---	---	---	---	---	---	---	---

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	E	E

snare continues playing through the break!

Break 3

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

repeat until cut

tune sign : point with a finger pistol on your head

Groove		1				2				3				4			
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		
Agogo	1	l			l	h		l		l				l	h		l

Break 1	1	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
<i>sign: showing</i>	2	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
<i>shooting</i>	3	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
<i>finger pistol</i>	4	E															

Break 2	1	E	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	A
	4	S		S		A			S		S		A	A	A	A	A

Break 2 inverted	1	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
<i>sign with two fingers</i>	2	E				E				E				E			
<i>pointing down</i>	3	S		S		A				S		S		A	A	A	A
<i>instead of up</i>	4	S		S		A				S		S		A	A	A	A
	5	S		S		A				S		S		A	A	A	A
	6	S		S		A				S		S		A	A	A	A
	7	E				E				E				E			
	8	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E

No Border Bossa

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

Groove

Groove	1	2	3	4	5	6	7	8
Surdos	sil	h	x	h	sil	h	x	h
<i>Hand resting on skin</i>
2	sil	h	x	h	sil	h	x	h
<i>Hand resting on skin</i>
Repenique	x	ri	fl hd	fl hd	fl	x	fl hd	fl hd
Snare	x	x	x	x	x	x	x	x

Tamborim	x	x	x	x	x	x	x	x
Agogo	h	x	l	x	h	x	l	x
	h	x	l	x	h	x	l	x

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

Break 1

[illegible]

Break 2

[illegible]

Break 2*

[illegible]

Bra Break

[illegible]

Nova Balanca

tune sign: fists before breast, open hands and arms

Groove

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

Bra Break

Intro

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

> from soft to loud!

Break 1

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

Break 2

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

Rope Ski

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

Groove	1	2	3	4	5	6	7	8
High Surdo								
Mid Surdo								
Low Surdo								
Repenique								
Snare								
Tamborim								
Agogo								

[illegible]

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

sign: one little finger

[illegible]

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

Break 3	S	A	A		S	A	A		S
---------	---	---	---	--	---	---	---	--	---

Break 3

Samba Reggae

tune sign: smoking a cigar/joint

Groove

	1				2				3				4			
High Surdo	1	0						x	0				x	x	x	x
Mid Surdo		x			0				x				0			
Low Surdo		0			x				0				x		x	
Repenique				x	x			x	x			x	x		x	x
Snare		x	.	.	x	.	.	x	.	.	.	x	.	.	x	.
Tamborim		x			x			x				x		x		
Agogo		l			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		T			
5	T			T				T				T		T		T			
	sn	.	.	sn	.	.	.	sn	.	.	.	sn	.	sn	.	sn	.	.	.
6	T			T				T				T		T		T			
	sn	.	.	sn	.	.	.	sn	.	.	.	sn	.	sn	.	sn	.	.	.
7	T			T				T				T		T		T			
	sn	.	.	sn	.	.	.	sn	.	.	.	sn	.	sn	.	sn	.	.	.

ls = low surdo picks up

Clave

1	E		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		x		x						
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	.	.	sn	.	.	A	.	.	.
7	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	.
8	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	A	.	.	.
9	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	.
10	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	A	.	.	.
11	sn	.	.	sn	.	.	sn	.	.	sn	.	.	sn	.	.	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			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

snare continues playing this through 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		R		R	
8	S			S			S						hs	hs	hs	hs

hs = high surdo picks up

fl = flare on repenique

R = hit on repenique

T+h = Tamborin + high agogo bell

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

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
2	E																
3	E		E				E				E			E		E	
4	E																
	R		R			R	R		R		R			R		R	

repeat until cut

last run: repis plays this →

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 who 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

[illegible]

Break 2
High Surdo
Low Surdo
Agogo
Tamborim
Snare / Repenique

[illegible]

repeated on and on until maestra calls off:

together

[illegible]

back into the groove

Cross Break – Surd sign 'x' with the ams

	1	2	3	4	5	6	7	8
1	X	Sil			X	Sil		
2	X	Sil		X	X	Sil		X

repeated until cut

Cross Eight Break – Sur
sign 'x' with arms showing
Eight Up

X	X	X	X	X	X	X
---	---	---	---	---	---	---

from soft to loud ...

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

1	
2	
3	
4	
5	
6	
7	
8	

→

[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

Xango

tune sign : rain trickling down, with 10 fingers

Groove

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

Intro

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

Everyone except surdos hits the rims

r	r	r	r	r	r	r	r	r	r
---	---	---	---	---	---	---	---	---	---

repeat until cut

Surdo Part of Intro

flat hand on head

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

can be remembered by:
start: 1 - 4 - 3 - 5
then: 2 - 4 - 3 - 5 :||

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	sn	hs hs hs hs		

Break 2

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

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 the 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 you 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 your to your cheast. (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 your 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. Stechout the other down. [3] Step on the other leg. (you're now back on the initial position.) Bow the stretchout arm. Stechout 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 pase).

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