

ROR Tunes & Dances

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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 / Word 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.

RoR Sheetbook Generator

On https://sheets.rhythms-of-resistance.org/ you can find a service that can generate sheetbook PDFs with a custom selection of tunes, ready to be printed as A4, A5 or A6 booklets.

General Breaks

Silence 4 fingers	1																	4 Beats of Silence
Double Silence two hands show 4 fingers	1 2																	8 Beats of Silence
Triple Silence like "Double Silence"	1 2																	12 Beats of Silence
one hand upside down Quad Silence like "Double Silence"	3 1 2																	16 Beats of Silence
both hands upside down Continue for One Bar	3 4 1																	Continue 4 Beats
draw a horizontal line in the air wit	-	i e fin	ger	•			•	•		•	•	•	•	•	•		•	Continue 4 Beats
Continue for Two Bars like "continue for one bar" with both hands	1 2			-	-	-	-		-		-				-			Continue 8 Beats
Continue for Three Bars like "continue for two bars" and then "continue for one bar" in the opposite direction	1 2 3	-																Continue 12 Beats
Continue for Four Bars like "continue for two bars"	1 2 3	-		-														Continue 16 Beats
and then again in the opposite direction	4																	
Boom Break	1	E	:46 4															
Show an explosion away from you	וו טטנ	iy w	ונוו ג	JOLI	ı ııa	rius	•											
Eight Up both hands move up while fingers shaking	1 2	E E				E E				E E		E E		E E		E E	E E	from soft to loud
Eight Down both hands move down while fingers shaking	1	E E				E E			E E	E E	E E	E E		ı		E E		from loud to soft
Karla Break rabbit ears OR finger pistol shooting up	1 2 3 4	E E E	E E E			E E E		Е	E E E	E E E	E E E	E E E		Е	E E E	E E E	Е	from soft to loud
Oi/Ua Break "oi": two arms crossing, with Of	_					[ΕI	ΕE]	Е				sh	out			
"ua": two fists, knuckles hit each	n othe	er																
Cat Break		m				i				а				u				

from high to low sound

u

claws to left and right

Wolf Break wolf's ears and teeth	1 2 3 4	S S S E	S S S E		A A A E	S	S S	S S E < a	n-u =	S S S	a e a	A A u	- wlin	- g w	S - volf	
Democracy Break shout with your hands forming a funnel	1 2 3 4 5 6 7 8 9 10	E	E is E is		E	E E E E E E E E E E E E E E E E E E E	emo E E emo E E emo emo emo		E E cra E cra cra cra	E E icy icy	E E	E E IOO E IOO IOO E	ks ks ks	E E like E like E like	E	from soft to loud
Laughing Break fingers move up coners of your mouth			a ha n higi					ha	ha	ha	ha	ha				laughter
Star Wars Break Move flat hand from top to bottom of face	1 2	ms ms			ms Is		hs	ms ms				ls			hs	
Progressive Break 5 fingers and other hand grabbing thumb (can be inverted by showing the s	1 2 3 ign up		E E E		E E	E	E E	E E	E	E E	E	E E	Е	E E	Е	
Progressive Karla rabbit ears OR finger pistol, the other hand is grabbing the thumb	1 2 3 4	E E E I	E	E	E E E	E		E E E	E	E E	E	E E E	E	E E	E	
Clave Point your thumb and index finger	up as	E s if inc	dicatii	E ng a	dist	E ance		abou	ut 10	E 0 cr	n b	E etw	een	the	em	
Clave inverted Like "Clave", but with the two finge	ers po	inting	E dow	n	Е			Е			Ε			Е		
Yala Break all fingertips of one hand gather a	nd sha	E ake w	E			E		Е				Ε				
Dance Break Show a > with your index+middle move it horizontally in front of you	_		very	/	bo	- d	у	I		er t			ak,		-	Everybody sings continues to play domly for a while.
Hard Core Break Both hands in the air, with index and pinky fingers pointing up.	1 2–4							I I E e e e F	E	 	E	шеее ш	E			$3 \times$ from soft to loud

I = Agogô plays low e = everyone play softly

2nd 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 ellbow 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

Ε Everybody All others Δ S Surdos Low Surdo I٩ Mid Surdo ms High Surdo hs R Repinique

Snare sn

Tamborim Τ

Strokes

hit the skin with a stick Х

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

put your hand on the skin to dampen the sound 0

flare: multiple hit with rebounding stick fl

hit the rim with a stick ri

hit the skin with a whippy stick (Tamborim stick), if not available hit the rim W

Agogô: high bell h

Agogô: low bell

Angela Davis

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

Groove		1				2				3				4			
Low Surdo Mid Surdo	1	x x	x	x x	x	w x	x	x	w	x x	w	x		w			
High Surdo														х	х	x	x
Repinique		fl				fl				fl			x	x	x		
Snare			-			x	-		-		-			x		-	-
Tamborim		x				x			x	x	x			x			
Agogô				I		h				I	h	\	- wb	h innv	stick	(or	rim)
												vv -	- WII	ірру	Sucr	(0)	11111)
																	Е
Break 1	1	E		Е		Е		Е		Е		Е		E		Е	
Break 2	1	S		Α	Α	A		Α	Α		Α	Α		A		S	
Break 2	2	s		Α	Α	А		Α	Α		Α	Α		Α		S S	
Break 2	2	S S		A A		A A		A A				A A		A A		S	E
Break 2	2	s		Α	Α	А		Α	Α	Е	Α	Α		Α			E
Break 2	2	S S E	re co	A A E	A A	A A E	ina th	A A E	A A		A A	A A E		A A		S	Е
Break 2 Break 3	2	S S E	re co	A A E	A A	A A E	ing th	A A E	A A		A A	A A E		A A		S	E
	2 3 4 1 2	S S E	re co	A A E	A A	A A E	ing th	A A E	A A gh th E E	ne br	A A eak!	A A E		A A		S	E
	2 3 4 1 2 3	S S E sna	re co	A A E ontin	A A	A A E		A A E	A A gh th	e br	A A eak!	A A E		A A		S	
	2 3 4 1 2 3 4	S S E sna E E E	re co	A A E ontin	A A	A A E playi	ing th	A A E nroug E	A A gh th E E	E E	A A eak!	A A E		A A E		S	E
	2 3 4 1 2 3	S S E sna E E E	re co	A A E ontin	A A ues	A A E		A A E nroug	A A gh th E E	e br	A A eak!	A A E		A A		S	

Angry Dwarfs

palm of the other hand

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	х			x	х			х	x		х	
Repinique				fl			fl					fl			fl		
Snare				х	х			x	•		•	х	х		•	x	
Tamborim				x				x				х		x		x	
Agogô		h			h	ı			h	ı		h		h			
Shaker		x			x	х	•	•	x	x		•	x	x	•	•	x
										inue beat					/s th	e bre	eak.
Call Break	5	R	R		R	R		R		Α	Α		Α	Α		Α	
Intro	6	R	R		R	R		R		Α	Α		Α	Α		Α	
	7	R	R		R	R		R		Α	Α		Α	Α		Α	
	8	ms		R		ls		R		ms		R		R		R	
No Cent for Axel Break	1	Keir	Cen	t	für	Ax-		el		E	E		E	E		E	
"No" gesture, then "money"										1							
		sna	re c	ontin	ues	play	ing t	hrou	gh tl	he bi	eak.	!					
Tension Break	1	Т	Т	ms	Т	Tls	<u> </u>	Tms				ms		ls		ms	
2 fingers running on the	2	Т	Т	ms	Т	Tls		Tms		Α	Α		Α	Α		Α	
		_								_					_		

Antitek

tune sign: place your hands as if you're holding a telescope over one eye and rotate your hands as if to zoom in and out

Groove		_			7				က			4				5			~	9			^				ω			1
All surdos		×		-	×			<u>×</u>				×				×			<u>×</u>				×			-	×			
Repinique		Ē	×		. <u> </u>		×			×		·=		×		· =	×		. <u> </u>		×		·=		×	$\widehat{\mathbf{x}}$	·=		×	
Snare				<u>:</u>	×	\odot	· ·	· ·	\odot	•	\odot	×	\odot	•	\odot	<u> </u>	· •	·	×	<u>:</u>	•	\odot		\odot		\odot	×	:		\odot
Tamborim		×		×			×		×								×	×												
Agogô																							_							
Break 1	ш	Ш						Ш			Ш			Ш																
Break 2	ш	Ш	Ш		ш	ш	Ш	Ш	Ш	Ш		Ш	ш	ш																
Call Break Repinique	_	×	×		×		×	×		×		×	×	×		×			×				×				×			
	. 2	× ×	(×		•	×		.		×	;	:		: Ш							(Ш	Ш	
All surdos	- 0	×			×			×				×				×Ш	×		×		×		×		×			× ш	×Ш	
Snare	7	su	S		S	- W	Sn	S	_	S		su	S	S		ш													111	
Singing Break 1	1-2	×		×			×	-										×	×		×		×							
wave no-no with one hand, show 1 finger with another	ı∟ %	non sauf	u enb	non quant		non, c'est,	یئے ک											c'es	t pa qu	s bie and	c'est pas bien d'casser, quand on a gagné	cas: 1 gag	ser, gné							
Singing Break 2	1-2	×		×			×	-									×	×	×		×		×							
break 1		lon De	_	non		2	ے ا	-							1				lou	s on	nous on casse pas,	se b	as,			1				7
but with 2 fingers	SS	sauf	quant	ant		c'est,	<u>;</u> ;												c'e	st d	c'est des caméras	amé	ras							

Bella Ciao

tune sign: put the fingertips together with straight fingers, building a top of a mountain with both hands

Groove		1				2			3				4			
Low Surdo	1–4	x			X	x		x	x			x	×		x	
Mid Surdo	1–4										x	X	x	X		
Repinique	1–2 3 4	fl fl fl		x		x fl		x	fl fl		x		x x x		x x x	
Snare	1–4				X		-	X		(x)	•	x	-	•	x	
Tamborim	1–4					х	x	X			X		х		x	
Break 1	1 2	S S				S S		S	S S				S		S	
Break 2	1–3 4	S E	Е	S E		E	E	E	A E	Α	A E		A E	Α	A E	
Break 3	1 2	cia cia				bel cia		la	cia cia				bel	-	la	
Intro	0	eve	eryb	odi	V						ri		ri		ri	
same as tune sign but	1	ri		ri							ri		ri		ri	
with a movement: the	2	ri		ri							ri		ri		ri	
two "sides of the mountain" approach	3	ri				ri		ri	ri				ri		ri	
each other	4	ri				ri			ri		ri		ri		ri	
	5	ri		ri							ri		ri		ri	
	6	ri		ri							ri		ri		ri	
	7 8	ri ri				ri			ri				ri			

Bomba

Groove

Low Surdo Mid Surdo High Surdo

Repinique

Tamborim

Agogô

Shaker

Snare

	××		×	×		×
	×					•
∞	×			×		
	×		×	×		×
			×			×
	×			Ŧ		
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	×					
4	×				4	
	×	×	×	×	_	×
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	×			×	_	
က						
	×	×	•		_	×
	×		×			×
		×	•		_	•
7	×			×	4	<u> </u>
	×		×			×
		×	×		_	×
			•			•
-	×	×				•

×

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<u>~</u>

2

RR R

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Break 1
Break 2
Low+Mid Surdo
High Surdo + Repi
Snare

Call Break

 \mathcal{L}

<u>~</u>

RR

<u>س</u>

R

×

×

×

×

×

×

×

×

×

With both hands point at yourself and then at the band

Bhangrā

tune sign: folded hands, like praying

x x	_
x x x - x x x	
X - X	× • • • • • • • • • • • • • • • • • • •
- × × ×	Ø
X X X <td< td=""><td>- -</td></td<>	- -
x	× × ×
x x x x x x x x x x x x x	ح د
S	× ×
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S S S S S S S S S S S S S S S S S S S	
S S S S S S S S S S S S S S S S S S S	S
S S A A A S S S S S S S S S S S S S S S	S
s s s s s s s s s s s s s s s s s s s	S
	do as l say,

Ш	Ш	Ш	Ш	sn sn sn	l want	-									
	Ш	Ш	Ш	s us us us	wou	пом.		R = Repinique						from soft to loud	eh: shout
	Ш	Ш	Ш	Е	pa- dam	right	ш	я 8				4			eh
					~		ш	22	⋖	<u>~</u>	⋖	⋖	<u>~</u>		
	Ш	Ш	ш	Ш	pa -	dam	Ш	œ	⋖	ď	⋖	⋖	ď	ഗ	A
		Ш		Ш		ра-		2	⋖	~	⋖		~	S	4
					n,					~			~		A
	Ш		Ш		dam,	<u>_</u>	Ш	м	<	~	<	~	~	တ	⋖
	Ш	Ш	Ш	Ш	pa-	paa	ш	2	⋖	~	⋖	~	~	S	4
							ш	2	<	~	⋖	~	<u>~</u>		٨
	Ш		ш		pa -		ш	ď	⋖	<u>~</u>	⋖	~	<u>~</u>	S	۷
	_	7	က	4			_	_	7	က	4	2	9	7	œ

Call Break

Break 3

Break 2

Chichita

tune sign: make two fists and rub middle joints against each other

Groove		1				2				3				4			
Low Surdo	1–4	x				x		х		х				x		x	
Mid Surdo	1–4	x		x	x					x		x	x				
Repinique	1–3 4	x x	x	x	x	x		x		х	x	x x	x x	х	x	x x	
Snare 1	1–4	fl		x	x	fl		x	x	fl		x	x	fl		x	x
Snare 2	1–3 4	fl x	fl	x x	x	fl x	fl	x x		fl x	fl x	x x	X X	X X		X X	
Agogô	1, 3 2, 4			l h	l h	h I		l h	l h	h I							
Break 1	1	S		Α		S		Α		S		Α		S		Α	
Break 2	1 2–4 5	S S S		A		S A S		A A A	Α	S S	Α	A A A		S A S		A A A	
Double Break 2 show 2 fingers with both hands	1 2–4 5 6–8 9	\$ \$ \$ \$ \$		A A A		S A S A S		A A A A	A	S S	A	A A A A		S A S A S		A A A A	
Intro	1–3	S	sn	A	A go	es (S dire	S ctly	in i	A tune	A e af	ter	S	S D, 0	thei	A rs s	top

End

2 fists diverge diagonally

Tune continues for 12 bars (3× repi-line) and gets constantly faster. For the last 4 bars, everyone plays the last part of repi line.

Chichita is a tune that was composed by the Peruvian Lima-based collective Tamboras Resistencia. The tune bases its sounds in a popular local music genre called "chicha", which combines Andean "huayno" and tropical "cumbia".

Cochabamba

tune sign: drink from a cup formed with one hand

Groove	~			2				က			4				2				9			^				ω			ı
Low+Mid surdo High surdo	× ×			0 0		×	×		× ×		0 0		×	×	×	×			0 0	×	×		×	×		0 0	×	×	
Repinique		×	×			×			×	×			×				×	×		×	×			×	×		×		
Snare/Shakers		•	•	×					<u> </u>	•	×	•	•						· ×	•	•					×	•	•	
Tamborim		×	×			×			×	×			×				×	×		×	×			×	×		×		
Agogô	h h l h l h l h l h l h l h l h l h l h	icking	bd	<u>v</u>	h . h	h ethe			_		<u>_</u>	•			_	_	•	<u>_</u>		_	_		4						
	;)	ັນ ເ) 	נו	! ;																							

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

(Iron Lion Zion Break) **Break 1**

× × × × × × × × ×

c = call by maestro (on repinique or snare) ∢ ∢ ⋖ ⋖ ပ ပ ပ ပ ပ ပ ပ ပ ပ ပ ပ ပ

ပ ပ ပ

ပ

Call Break

ပ

ပ

Cross Kicks for surdos

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

high surdo low surdo

0	0

Everyone together ... start soft and go louder!

A = All others answer

Coupé-Décalé

Groove		-			7				က			4				2			9				_							
Low Surdo	- 2	× ×							× ×	× ×						× ×							××	×	× ×	×				
Mid&High Surdo	- 2			× ×			××					× ×			××			× ×			××						× ×	×	× ×	
Repi & Snare		×	·	×	•	•	×	×		×	•	×	•			×		×	•	•	×	×			×		· ×	· .	•	
Tamborim	- 0	× ×		× ×						= =		××				× ×		× ×					××	×	××	×	×			
Agogô		_																			ے		_		_					
Shaker	- 0	× ×		× ×	<u> </u>		××				· ·	<u> </u>		× ×		× ×			· ·		× ×		· ×	· ×	· ×	· ×	· ×	· ×	· ×	
Intro Low Surdo	∞																						×	×	×	×				
Mid&High Surdo Repi & Snare	8 1/8	·E					· =	. <u> </u>				<u>.</u> =				.⊏					.E	.=			. <u> </u>		× =	×	×	
Tamborim Agogô	2 -8 3 -8	× -		× ⊆						-		×				× -		× C			ے		_		_					
Shaker	~ 8	××		× ×			××			× ×	• •	× ×		× ×		× ×		× ×			× ×		· ×	· ×	· ×	· ×		· ×		
				16 b.	16 bars in total. Repi&Snare start on rim, then Agogô joins in, then Tamb joins,	ι tota	I. Re	pi&S	nare	start	on r	im, t	hen,	1gog	ô joi	ns in	, the	n Ta	mb jc	oins,	then Shaker. In the end, Surdos pick up.	Sha	ker.	In th	ie en	d, Si	urdo	s pic	y,	ا ہ
Break 1	-		[EEE] [hhh]	h]		[EEE [hhh	EEE] [hhh]		ше	=		<u>~</u>		Ш		¥	Ģ.	fl, R: only Repi	Repi											

Break 2	-	ح ح		∢ ⊏						4 4		S	∢ -		∢ -							∢ ⊆	S	
	0	: ∢ ⊏		- ₹						. A L		S	:	_ H H H H	— П - П			— Е] Р]	ш с	=		: <	ш	
Groove (6/8)		~			7			က			4		5			9			_			∞		
Low Surdo	_	×						×	×				<u>×</u>						×	×				
Mid&High Surdo				×		×	×				×	×			×		×	×				×		×
Repinique		×		×		×	×	•	· ×	•	· ×	•	<u>×</u>	•	×	•	×	×	•	×		×		
Snare		×		×		×	×	•	· ×		· ×	-	<u>×</u>	•	×	•	×	×		×		×		
Tamborim		×		×		×			<u> </u>		×		<u>—</u>		×		×					×		×
Agogô		_		ے				_										ح	_	_				_
Shaker		×	•		×			×			· ×		<u>×</u>	•	•	<u>×</u>			×			×		
Intro (6/8)	⊢ ⊘			<u>د</u> د		ل ل					<u>د</u> د	ב ב	- 4	∢	다 소		۲ ∢	도 ◀	- ∢		∢	도	<	٦
Crest Break (6/8)	τ-	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	∢ -		<u>~</u>	<u>م</u>	<u>م</u>	<u>م</u> –		α_	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	ď	ď	~	<u>~</u>	4 ح	۲ ک
	7	~	œ	<u>~</u>	<u>~</u>	= ∢ -	= < -	<u> </u>	<u>к</u>	<u>~</u>		- ∢ c	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	<u>~</u>	: ∢ -	= ∢ -
	က	ď		<u>~</u>		- œ	- œ		<u>~</u>		- -		- X	A L	∢ ⊏		∢ -	∢ -	∢ –		A –	∢ -	- ∢ ⊏	_

Crazy Monkey

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

Mid Surdo High Surdo Repinique		_			_	_		_	_			;		_		_	_	_		>	_	_	
-		<u>×</u>		×	-				×	×		<			$\widehat{\mathbf{x}}$		×	× ×		< ×	× ×		×
Œ	×	×	×	×	×				× ×	×	×			×	×	×	× ×	×		×	×		
	рц	х О		×	×		<u> </u>	 Pd	×	×	×	=		рц	×		× ×	×		×	×		
•	•	×	•	×	· ×		•	<u> </u>	· ×	× .	×		•	•	×	•	× ×	×	·	×	· ×	•	× ×
	× ×			×		×		×		×			×	×			×		×		×		$\widehat{\mathbf{x}}$
_	ч Ч					ے				_	_				ے				_	_ -		- H	
	ے			_				<u></u>	_								_			_			
×	×	<u>×</u>		×	<u>×</u>		×		×	×		×	×		×		×	<u>×</u>		×	×		
(x) = variations	ariati	ions			≡	triplet																	
- 0 π		<u>еее</u> ш		< c			< < < <	4 4 5 4		< E			A = all others except agogô E = everyone ms = Mid Surdo	all of	hers /one Sul	do do	ept	ago	gô				

Break 2	- 0 m 4				SN E SN	sn sn sn	S C E	шш · ш		шш . ш	· · ш		Э S		sn = snare . = dead note c ms = Mid Surdo	iare ad n	ote o urdo	= snare = dead note on snare s = Mid Surdo	are					
Break 3	⊢ ⊘	σш —	ωш⊏	νш —	ш —	∢ ш ⊏	ш —	νш —		ωш—	10 111		A (h)		ms = Mid Surdo	is bil	rrdo							
Bongo Break 1 play a bongo with one hand	~	σ –		∢ ⊑	ω –	₹ ⊑		ω –	4 L	₹ 도	ω –		4 L	ω –		۸ ـL		₹ ⊑	ω –	ω –	<u>ν</u> –	A h play as loop	A h	
Bongo Break 2 play a bongo with two hands	~	σ ∢ −	⋖	∢ ⊏	ω –	4		∽ < −	ر ح	4 ⁻	σ –	⋖	٩ ـ ـ	ω ∢ −	⋖		∢	∢ ⊑	ω –	σ –	<i>σ</i> –	S A h play as loop	S 4 L S	
Monkey Break like tune sign		alte	rnati	[U]	[UUU] ive: differ	ent i	hyth		or ju	[A	[AAA] st chaotic	/ ic ve	[UUU] [AAA] alternative: different rhythm or just chaotic voices	, 	Shout like a monkey	ike a	то	nkey						

Drum&Bass

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

Groove	•	-			2				က				4			5				9							∞			- 1
Low Surdo Mid Surdo High Surdo	~	×			×		×	×	×	×	×	×	×			×				×	<u>×</u>	×	<u>×</u>	×	×		×			
Repinique					×			×		×		× ×		×	×					×							×			
Snare	T 2		• •		××			××				× ×				· ×		· ×		× ×	· ×	× ·	· ×		· ×		××	· .	· ×	
Tamborim					×					-	×	<u>×</u>								×			×		×		×			
Agogô							_											ے												
Dance Break 1 E- very bo - dy dance now Show a > with your index+middle finger and move it horizontally in front of your eyes.	1 Idle fi	E- inger (very and ma	J Mov	bo e it h	- horiz	dy	Ily ir	dance n front	nt of	you	r eye	now yes.				Ε̈́	əryb	ody	Sin	Everybody sings and starts dancing	pul 8	start	s da	anci	ng				
Break 2	L 2	တ တ	4 4	o o		တ တ	∢ ∢		o ×	×	0) ^	ω ×	S	∢			II ×	hits	ou s	sna	x = hits on snare and repi	ı pu	repi							
Break 3	- 0 E	шшш					шшш				шшш		шшш						<u> </u>	<u> </u>	R = hit on repi Ri = repi hit on rim	in re	id on r	<u>Ë</u> .		sn :	us II	snare		
Hip-Hop Break hit your chest	- 0 c 4	w w w w		S S S S	4 4 4 4					S S S S	0, 0, 0, 0,	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8				S R S	译	sn	S & S	4 ½ 4	R R	S Z S		SES	Ri Sn	S S	< ~ <	α 8 E 9 8	S Z S RS	

Drunken Sailor	5	Sa	ij	Z			1	Ine	Sig	Ju:	tune sign: build an eyepatch with one hand in front of your eye	<u>0</u>	an e	eye	pat	ch Ch	Σ	Ċ.	ne	þа	pu	.⊑	for	it o	f yo	Ţ	eye	4 \		
Groove	-	-				7			က				4			5				9			_				ω			
Low Surdo Mid Surdo High Surdo		\times × ×			^ ^ ^	\times × ×			$\times \times \times$		×		×	×		$\times \times \times$				\times × ×				\times × ×	×		×		×	
W	2	\times \times				×××			$\times \times \times$		×		×	×	~	×		×		×		×	×				×			
Repinique		F		×		×	×	Ē	×		F		×	.E		Ŧ		×	Ë	×		×	. <u>.</u>		F		×		Ë	
Snare		×			×	· ×	•	×	×					•	•	×	•	•	×	×		•	× ×	•	×		×	•	· ×	
Tamborim		×	×						×		×		×			×	×						×		×		×			
Agogô											_									_										
Break 1		ш		ш	H	Ш			Ш				ш																	
Break 2	_	S		4		S	4		S		4			Ш																
White Shark 1 simulating 2	- Z	တ			<				S			<				တ တ			∢ ∢				တ တ			∢ ∢				
a shark fin 3	က	S		<		S	⋖		S		⋖		S	⋖		<u> </u>	_	∢ 4		S		<	0)		⋖		ω -		< 4	
7	4	σ –		4 L		S	⋖		S		⋖		s –	H A		- v	-	= ∢					Ш				_	_	_	

tune sign: glasses on your eyes

All Surdos 1	•	_		7			2			4			·′	၃			٥						1			
		×	×	<u> </u>	 ×		×	×					×			×			×		×	 				
Repinique		-	hd	<u>=</u>		pq	Œ		þq	F			- pq	Œ		멀	=			pq	-		×	P	·=	þq
Snare			•	<u>×</u>				•	•	×	•				•	•	×	•	•				<u>×</u>	· ·	•	•
Tamborim				×						×		×					×					 ×	×			
Agogô		_	ے		_					٦		ے										 				
Break 1	. <u> </u>	S	S	. <	⋖		တ	S	-	. <		S	.	S	S		_ <		⋖		S	<	- -	-	<	.
2	 .,	S	S	⋖	⋖	$\dagger \dagger$	S	S		⋖		S		S	S		⋖		⋖	\prod	S	4	4			

ш

shout ...

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Break 2

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

Hafla

Sign: spread arms and shake your shoulders and hips

Groove	_		2			က		4			2			9			^		∞				_
Low Surdo Mid Surdo High Surdo	×	×	×		×	× ×		× ×			×		×	 ×	×		× ×		× ×				
Repinique	×	.=			-=	 ×		· E			×		Ē	. <u>. </u>			×	×	.E		.=	. <u> </u>	
Snare	•	×	•	•	×	•	•	×	•		•		×	× ×	×	•			<u>×</u>	•	×	×	
easier	•	×	•	•	×	•	•	×	•	•	•	•	×	•	×	•	•		<u>×</u>	•	•	•	
Tamborim	×	×			×	 ×		×		× ×	×		×		×		×		<u>×</u>				
Agogô					ے	 											_						

Ш ш all fingertips of one hand gather and shake wrist ш ш Yala Break

ag = Agogô, switch low and high every two bars repeat until cut ag ag ag ag ag ⋖ ag ഗ ag ag ag ag A s g Kick Back 1

. = Snare playing silent note ⋖ ഗ တ ⋖ ⋖ ഗ ⋖ ⋖ ഗ ⋖ ⋖ ഗ Kick Back 2

⋖ ⋖ ⋖ ∢ ∢ sn sn sn ഗ တ တ ⋖ ∢ ∢ ⋖ ⋖ ⋖ sn sn sn ⋖ **4 4** တ တ ⋖ ⋖ ∢ ∢ **∀** ഗ ⋖ ⋖ ⋖ **4 4** တ တ ⋖ ⋖ ⋖ e s sn sn sn A V ⋖ S 4 တ တ - 0 **Hook Break** two fingers

hooked together

Break 3

Hedgehog

tune sign: spiky fingers on the head

Groove		_			7			က			4			Ŋ				9			_			∞			
Low Surdo Mid Surdo High Surdo	~	<u></u>		× ×		××	×	<u>.</u>		 \times ×		× ×	×	<u>.</u>			$\overline{\times}$ \times		××	×	×		× ×	×		$\times \times \times$	$\overline{}$
Repinique		· C		×		×		.⊏		×		×		· C			×		×		.⊏		×	·=		×	
Snare		×	•	×		×	•	×	•	×		× .	•	×			×	<u> </u>	×	•	×		•	×			
Tamborim		×		×				×		×				×			×				×		×	×			
Agogô		_		٦																							
Break 1	~	coni	count in from here] mo.	here									S	ers	coni	inue	others continue playing	ving		S			S			
Hedgehog Call Hedgehog Tune sign	~	coni	count in from here	l mo.	here			Ш						ш			H				ca//	call something else here H e d g e h o g	g	ng e/s e h	se h	g g	

HipHop

Low Surdo Mid Surdo

Groove

High Surdo

Repinique

Tamborim

Snare

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

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	×	×			×			
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9				×	×		ح	×
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					×			
2	×	×	×	Ŧ	×	×	_	×
4				×			۲	×
4				×	•		C	×
4			×	×	· ×		ے	×
4	×		×	×	· ×			×
	×		× ×	×	· ×		-	
4				×	· × · · · · · · · · · · · · · · · · · ·	×	_	× ×
	×	×		×	· × · · · · · · · · · · · · · · · · · ·		_ _	
		×		×	· × · · · · · · · · · · · · · · · · · ·	×	_	
8		×			· × · · · · · · · · · · · · · · · · · ·		-	×
		×		*	· × · · · · · · · · · · · · · · · · · ·	×	_ _ _	
8		×			· × · · · · · · · · · · · · · · · · · ·		-	×
8		×			· × · · · · · · · · · · · · · · · · · ·	×	-	×
8	×		×		· × · · · · · · · · · · · · · · · · · ·	×	-	×

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Kick Back 2

Break 1

Kick Back 1

Shaker

Agogô

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(Count in Break 1 for the second measure)

Jungle

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

Groove	~	_ [7				က				4			2				9				^			~	∞			
Low Surdo Mid Surdo High Surdo	<u></u>	× ×	× × × × × × × × × × × × × × × × × × ×	×××	×		\times ×	×	<u>∞</u> ×	××		\times \times	×	^ ^ ^	$\frac{\times}{\times \times \times}$	<u></u>	_ × ×	×	$\times \times \times$	×		××	×	××	××	××		×	$\times \times \times$	×	
Repinique	<u> </u>			<u>.</u>		×			∉			· =		×		Œ			Ë		×			=			. <u>. </u>	×	×		
Snare		× ×		•	×	•	•		×	×			×	•	•	×	×	•	•	×		•	×		×		<u> </u>	· ×	•	•	
Tamborim	<u>×</u>			×					×			×			×	×			×					×					×		
Agogô	_	_	_				_			_												_									
Shaker	<u>×</u>		×		<u>×</u>		×		×		×		×		×	×		×		<u>×</u>		×		×		×		×	×		
Break 1 1		4 4	4 4 4 4						בב	ב ב						∢ Ш	4 Ш	∢ Ш		∢ Ш		— ш		с Ш	ч ш			— ш			

Break 2

Kaerajaan

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

 ∞

/

9

2

4

က

N

Groove

Repinique

Surdos

Tamborim

Snare

Break 2

Break 1

Shaker

Agogô

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		•			•		
		•					
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	×						တ တ
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						-	← ∨

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		1				2				3				4			
All Surdos	1-3	x				0		x	x					0			
	4	×				0		X	Х		X		X	X		X	
Repinique		x			X	х			X		X		X	X		х	
Snare			•			х	-	-	-	-	-	-	-	X			
Tamborim	1					х								х			
	2					Х			Х		Х		X	Х			
Agogô	1	ı			I	h		I		ı			I	h		I	
		>fr	т	so	ft t	o Ic	oud										
Karla Break	1	Ε	Е	Е	Ε	Ε	Е	Е	Е	E	Ε	Е	Ε	Ε	Е	Е	E
rabbit ears OR finger	2	E	Е	Е	Ε	E	Ε	Е	E	E	E	E	Е	Ε	Е	Е	Ε
pistol shooting up	3	E	Е	Е	Ε	E	Ε	Е	E	E	E	E	Ε	Ε	Е	Е	Ε
	4	Ε															
Break 2	1	E	Е	E	E	E	Е	Е	Е	E	Е	Е	Е	Е	E	E	E
	2	lΕ				E				E				Е			
	3	s		s		Α			S		S		Α	Α	Α	Α	
	4	S		S		Α			S		S		Α	Α	Α	Α	
						!				<u>!</u>							
Break 2 inverted	1	E	Е	Е	Е	Ε	Е	Е	Е	Ε	Е	Е	Е	Ε	Е	Ε	E
sign with two fingers	2	E				Е				E				Е			
pointing down	3	S		s		Α			S		S		Α	Α	Α	Α	
instead of up	4	S		S		Α			S		S		Α	Α	Α	Α	
	5	S		S		Α			S		S		Α	Α	Α	Α	
	6	S		S		Α			S		S		Α	Α	Α	Α	
	7	E				Е				Ε				Е			
	8	Ε	Ε	Е	Е	Ε	Ε	Ε	Е	Ε	Ε	Ε	Е	Ε	Ε	Ε	Е

Malkhas Akhber

tune sign: put one fist on top of the other, as if you were holding a paddle, and start paddling

Groove	_			2		က			4			5				9			_			∞			
Low Surdo Mid+High Surdo	×		×	×	×	 ×		×	×		×	×			×	×	×		×			×		×	
Repinique														×	.⊏		×				·=	×	멀		
Snare	∓		×	•	×	H H	•	×	•	·	· ×	F	Ŧ		×	•	×	•	Œ	—	×	•	•	×	
Tamborim																			×		×	×		×	
Agogô		_			_	 		_																	

Hey! Break

×

make an X with your index fingers

March For Biodiversity

Groove		_1				2				3				4			
Low Surdo	1–3	x		х		x		х		x	х	х		x	х	х	
	4	x		х		x		х		х				х			
Mid Surdo	1–3	sil		sil		sil		sil									
	4	sil		sil		sil		sil		х				х			
High Surdo	1–3									х	Х	Х		х	х	Х	
	4									х				х			
Repinique	1–3	fl		ri				ri	ri	fl		ri			ri		
r topii iiquo	4	fl		ri				ri	ri	fl fl		x			sil		
	7	"		"				"	"	''		^			Jii		
Snare	1–4					х								х			
Tambarim	1.2					,,								,	.,		
Tamborim	1,3					X			X			X		X	X		
	2,4	X			Х			Х			Х	Х		Х	Х	Х	
Agogô	1	1								ı		h		h	h		
	2	1		h		h	h			ı				ı			
	3	h				h				h		ı		ı	1		
	4	ı		ı		ı		ı		ı				h			
Shaker	1–4					x								x			
Intro																	
Low Surdo	1–5	sil				sil				sil				sil			
	6	sil									Х		Х		х	Х	
Mid & High Surdo	2														hs		ms
	3–5		hs		ms		hs		ms		hs		ms		hs		ms
	6		hs								Х		Х		х	Х	
Repi	1–5			sil	Х			sil	Х			sil	Х			sil	х
	6										х		Х		х	х	
Snare	4										fl				fl		
	5		fl				fl				fl				fl		
-	6		fl						X		Х		Х		Х	Х	
Tamborim	4									X				X			
	5	X				X				Х				Х		.,	
\ aoaô	6	x h	h	ı							Х		Х	h	x h	X	
Agogô	4 5	"	11	l										n h	n h	l	
	6										h		h		h	h	
Dunals 4	4		!	:				F	F			,a!	-:			l-	
Break 1	1	ri	ri	ri		Е		Е	Е	ri		ri	ri	Е		h	
Break 2	1	E		Е		Е		Е		Е		hey	!				

No Border Bossa

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

Groove			1			2				3			7	4			2				9			7				œ			
All Surdos	1 sil		sil			<u> </u>		×		×			_		Sil		Sil				4	_	×	<u>×</u>		×		4		Sil	
Hand resting on skin			. 📆	•	•	٠ ح		×		×				· ·	. <u>i</u> S	•	. <u>is</u>				ے .	^	×			×		۰ ح		. <u>is</u>	
Hand resting on skin			•	•	•	•							•	•	•	•	•	•		•											
Repinique					×					<u></u>	Р			рq	F				×		. <u> </u>				2		Ŧ	рц		—	
Snare		×	×	•	×	×	•	•	×	×	•	<u> </u>	×	· ×	•	×	×	•		×	×	•	×	×	•	•	×	×		•	×
Tamborim				×		×				×			×		×				×		×			<u>×</u>			×			×	
Agogô	ح					<u>×</u>		_						×			드		ے		×					_		×			
		•,	Surdos: only 1 Stick in one hand; h = other hand hits skin	.so	only	2	tick	in or	ie h	and;	<u></u>	oth	er h	land	hits	ski	_														
Break 1		Ш			ш	Ш			H	ш	H		Ш		Ш				ш	П	ш			Ш	Ш		Ш	ш			
		-,	Surdos only, Rest	os o	only,	Res		continues	les.																					<u>s</u>	
Break 2		لت	sil					sil		sil			H		Sil		sil			П		sil		sil	_					Sil	
																								Б	repeat until cut with Break 2*	until	cut	with	Bre -	ak 2	*
;		L	Surdos only, Rest) SO	nly,	- Re		continues					-											-						si	
Break 2*			sil from soft to loud	Sofi	t to k	pno		S.		is si			\dashv		Si		<u>s</u>			\neg		S	lis	S.	_					<u> S</u>	
Call Break		Ш	<u>~</u>		<u>~</u>	8			H	2			2		2		Ш		2		2			⋖	∢ .		⋖	⋖			

Menaiek

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

(₫	١
٠	2	•
7	ŕ	١
7	>	:
	۱	J
1	1	
ι	•	J

Low Surdo Mid Surdo High Surdo

Repinique

pq

×

pq

×

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pq

×

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×

×

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Snare

Tamborim

Agogô

[] = triplet

_

Break 1

_ _ _ _ _ _ _ _ _

1 4

Break 2

⋖

⋖

⋖

۷

⋖

⋖

⋖

_

34

Double Break

Make a T with both hands

Low Surdo Mid Surdo

Agogô

High Surdo

Everyone else continues playing normally.

_

 \Box

Like the groove, but double speed.

×

0

×

0

×

×

0 0

×

0

×

Kick Back 1

Surdos

All others Agogô

×		×
		××
X		
×		
		×
×	h	
	_	
	4	
×	4	
	_	
	Ч	×
	4	
×	_	

repeat until cut

Mozambique Break

v. Point both index fingers away from mouth (like bug antennas) Ы S

All others Surdos

2	hand	the	fina	ctor	(hy rotating the	, dmith thimh	1441	vith	v delo	<i>5/0</i> =	70			
		Ē	Ē		ī	ī		ï		.⊏	'n		ï.	Ē
	pq			<u>s</u>					hd			s		

slap with thumb (by rotating the hand) ري د

Norppa

Groove		1				2				3				4			
Low Surdo Mid Surdo High Surdo	1	х		x		x		x		x		x		x			x
Repinique				x				x				х			fl		ri
Snare			•	x				x	•			x	-		х	•	х
Tamborim			x				х				х		x	х			х
Agogô					h					h			h				h
Break 1		Х		Х		Х		Х		Ε				Неу			
Break 2															Х,	.: Sr	nare
Surdos	1	hs	ls	hs	ls	hs	ls	hs	ls	hs	ls	hs	ls	hs	ls	hs	ls
	2	х		х		x		х		x							
Repinique	1	١.								ri		ri		ri		ri	
Snare	2 1	ri	ri	ri	ri	X	Х	Х	Х	X							
Silale	2	x		x		×	Х	x	Х	X		•		•		•	
Tamborim	1	^			-	^				^				х		х	
	2	х		х		x		х		х							
Agogô	2												ı	ı	I		I
Break 3																	
Low Surdo	1	Х		Х		х		Х		х		х		х		Х	
Mid Surdo	1					x		х		х		х		Х		х	
High Surdo	1							х		х		Х		х		х	
Repinique	1									x		х		х		х	
Snare	1											х		х		х	
Tamborim	1													х		х	
Agogô	1															I	
Call Break	1	S				Неу	,1			Α				Неу	,1		
Call Dieak	ı					l ley	!							1 ICy	12		
Shouting Break	1	Е										□ □ Re	nlac	e wi	E th ov	E vn sh	nout
Break 5											_		امام	٧٧1	01	01	
Low Surdo	1	Х												х	Х	Х	х
Mid Surdo	1	х													х	Х	x
High Surdo	1	х														Х	x
Repinique	1	х															x
Snare	1	х															
Tamborim	1	х		х	х	x	х										x
Agogô	1	1							h								
						•		-		-				•			

Nova Balança

tune sign: fists before breast, open hands and arms

4

က

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Groove

Low Surdo Mid Surdo High Surdo

×

×

×

×

×

×

×

×

×

×

×

×

×

Repinique

Snare

Tamborim

×

×

×

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×

×

×

×

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S S

S S

Sn Sn

S

Ш Ш

S Sn

Sn Sn

S Sn

S S

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Sn

Agogô

Call Break

Intro

> from soft to loud!

Ш ш Ш

Break 2

Break 1

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Orangutan

tune sign: monkey, both hands in armpits

Groove		1				2				3				4			
Low Surdo Mid Surdo High Surdo		x		x	x	x	x	x	x	x		x	x	x x	x x	x x	x x
Repinique		x		ri	ri	x		ri	ri		ri	ri	ri	x		ri	
Snare				x	x			x	х			x	x			x	x
Tamborim				x	х		x	x				x	x		x	x	
Agogô		ı	h			ı		h	h		I			h		I	I
						,											
Funky gibbon Upside down	1 2	S	S			S				S			S	S		S	
'3 creature'	3 4	S	3			s				s			S	s		S	
	1–4	.		sn				sn				sn				sn	
	1–4			ri				ri				ri		<u> </u>		ri	
										ri :	= Ev	eryo		Rep else			
Monkey Break		00		Е	Е		Е	Е		00		Е	Е		Е	Е	
One hand in armpit													C	00 =	Shc	ut C	ok!
Break 2		S		Α	Α	S		Α	Α		Α	Α	Α	S		Α	
Ou saldou Bussi						1								Ī			
Speaking Break																	

Make monkey noises

Pekurinen

Groove		_1				2				3				4			
Low Surdo	1					х								x		x	
Mid Surdo High Surdo	2 1–2 1 2	x x x				X				x x x		X				x	
Repinique	1 2	fl fl		x x	x x	x x		x x		x fl	x x	x x		x x		х	x
Snare	1 2	x x				x x		x x			x x			x x		x	
Tamborim	1 2	x		x x	x	x	x	x		х	x x	x		X		x x	x
Agogô	1 2	h h			 			h h			h	l h		I		h	
Break 1 Repinique Agogô All others	1 1 1	х		x	х		х	fl		X I X		x I x		x I x		h	
Break 2	1 2	h h		x x	x x		x x	X X		h E		x E	х	E	х	х	
										-		X	Rep	oi, Sı	nare	& Ta	amb
Break 3	1 2	T Is		T Is		T Is		T Is		A Is	Α	Α		A E	Α	Α	
Clave Plus	1	Е			E			E				Е	Е	E			
Like Clave, but vertically, lik	ke lette	r C									•						
Disco Barricade Break Build barricade by stack- ing hands on each other	1 2	Dis- E	,	со	Е	dis-		co E		barı	r -	ri- E	ca- E	Е	do!		
Call Break																	
Repinique	1 2	fl x		X X	X X	х	x ri	ri	ri	x	Х	Х	X X	Х	х	ri	
Tamborim	1	^		^	^				х							х	
Agogô	2 1 2						x h	x h	h	X			X		X	h	h
All others	2									х			х		х		

Ragga	·	tune sign:	S.	gn:		ts 1) Ogo:	et è	e,	ţ	ш	s to) 	<u>e</u>	eff (anc	fists together, thumbs to the left and to the right	ţ	.E	зht											
Groove	•	~			2				က				4				2			9				^				∞			ı
Low Surdo Mid Surdo High Surdo	-	× 0 0		$\times \times$			0 × ×		× 0 0			××			\circ × ×		× 0 0		××			$\circ \times \times$		× 0 0		8	× × × × × × × × × × × × × × × × × × ×	8		\circ × ×	
Repinique an additional variation			×	× ·	· ·	× .	× ·	×	•	×	× ·	×		×	× ·	×		×	× ·	•	×	× ·	×	•	× ×	× ·	× ×	€ .	×	× ·	×
Snare			·	×	· 	•	×	•	•	•	×	×			×				× ×	•	•	×	•	•	8	×	×	$\widehat{\mathbf{x}}$		×	
Tamborim				×			×				×				×				×			×			<u>×</u>	×	×	$\widehat{\mathbf{x}}$		×	
Agogô		_											_																		
Kick Back I thumb back over shoulder		S		0)			⋖		S			S			<		S		S			A Pepe	atu	S ==	lnos	lib	S if	∏'p	A S S A Repeat until counting in for Kick Back II	A	Π≡
Kick Back II like Kick Back I, but with two thumbs		s c	<u> </u>	A T	۳ -	s c	∢ ⊑	ح	s c	ح	∀ ∟	s r	ح	s c	< ⊏	ے	s r		A h	<u></u>	S C	∢ ⊏	ے	s r	ے	∀ ∟	o c	ح	o -	∢ ⊑	٦
Break 1		S		A S		<	S		<u>-</u> - +	<u>:</u>			^			_	er.			4		rep D	eat		cut s bro	with	is or	e of ally t	repeat until cut with one of the breaks this break is only two counts	breg	aks tra
Break 2	_	ш							·				ш	Ш	Ш	_ [1			-				0	ща	× <u>></u>	i t	he f	normally with the first beat	oeat	,
Break 3	←	S		S			S		⋖		Ш	⋖			4																
Zorro-Break sign 'Z' in the air	Ш.	S outinue playing	\overline{\cut_0} \c	ontii	lne l	play	/ing		S								တ					Leb	eat	S	cnt	with	S	e of	repeat until cut with one of the breaks	S	aks

tune sign: V with 4 fingers (vulcan salute) on both Sambasso hands, slide the gaps into each other **Groove** 2 3 1 All Surdos Х w Х w Χ w Х w Repinique Χ Χ Х Х Snare Х Χ Χ Χ Х Tamborim 1 Х Х Χ 2 Χ Χ Χ Χ Χ Χ Χ Χ Agogô I h h ı Shaker Х Х Χ Χ Х Х w = whippy stick **Call Break** 1–4 RR R R R Α × 4 Intro R [RRRRRR] R R R 5-14 R 6-15 × 4 Α Α Α Α Α 7-16 Α Α Last beat overlaps with first Repi beat Keep playing groove during first 2 beats Break 1 EE EE pr pr Pr = long whistle pr = short whistle Break 2 S S S S S A A A A 1-4

repeat 4 times

Rope Skipping

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

Groove		_				7			Ì	3			4				2				9				7			8			
Low Surdo Mid Surdo		×	× 03	× iii		×	×	×	<u>~</u>	×			× × ×						<u>.</u>	Sil	_						×			×	
High Surdo Repinique		Si		×	×	—			<u> </u>	<u>.</u>	*	× ×	× =	<u> </u>	×		× <u>=</u>	×	× ×	× ×	× =	×	×	×	× ×	×	×	× =			
Snare				•		×			•	<u> </u>		•	<u>×</u>		•	•	•	•	•		×			×	×		× .	×	•	•	•
Tamborim	- C	××			× ×	× ×				× ×		× ×	× × × ×				××			××	××			×		×	<u>~</u>	×			
Agogô					<u>_</u> _												۲			٦	٦						_ _				
Oh Shit		Ш	H		H		H	H	뛰	40			S	Shit				sig	ın: t	0 M	littk	sign: two little fingers show horns of taurus	iger	S S	hon	, ho	rns	of i	tauı	rus	
Fuck Off		ш			H		\mathbb{H}		\vdash	Fuck				#0				síg	<i>I</i> D: 6	эис	litte	sign: one litte finger	ger	,							
Break 1		S			\vdash	4			S	S		4	\vdash				Ш		S		⋖			S	S		4	<			
Break 2		S	S	4	₹	S	S		Ø) ▼	S	S	<	A S				⋖	⋖	S	S	⋖	⋖	S	S	4	<	S	4			
Break 3		S	< <	<		S	4	<	57	S	4	<	S	(0)																	

Küsel Break		S	S	S S	S S	S S	S		S		S &		C	₹ 6		< 5	4	< 5	"	4 %	∀ 5		< δ		∢ ç			
	 5	all play	Vers	; tur	n aro	all players turn around 360° while playing the break	0° W	ille f	jayi	ing t	he b	reak	: : _	5	-	5	-	5			5	· -	5		5	-		.]
Skipping Agogô	<u> </u>	도		ح	4	_ _	H H			ے	ے	ے														<u> </u>		
l like to move it curling hands	<u> </u>	Repi and Agogô	, pur	Ago	- go		H							<u>~</u>				<u>~</u>			<u> </u>		ے		R	R h	h 60	
		Surdo	S (H	ligh,	Midc	Surdos (High, Middle, Low), Snare	v), Si	Jare																				
Eye of the	_	hs					hs	(0)		ms			hs								hs	S		ms			hs	
tiger claws left and	7	· ·	•		•		. <u>s</u>		•	ms		•	. <u>ග</u>	. Ag	Agogô beating fast between both bells.	bea	· iting	fasi	t bet	Wee	n bc	oth k	Sells.	. ;			. <u>P</u>	. <u>e</u>
right		•	·	•		•	\dashv	•	·		-			SU	snare stops here	stop	s he	j.										\neg

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Sound Of Da Police	Polic	O			tune blue l	sig igh	sign: hold lights of a	of a	ΘĞ	ne Sic	one hand police car	عار ية	ins	<u>iqe</u>	dn	a	d t	urn	Ħ	left	tune sign: hold one hand inside up and turn it left and right like the blue lights of a police car	D	ght	Ě	e L	Je		
Groove	~		2				က			4				5			9				^			∞				
Low Surdo Mid+High Surdo	×		<u>×</u>		×	×	≡ ×	×	× ×	<u></u>				×		×			×	×	<u>≅</u> ×	×	×	<u>.</u> ×				
Repinique	Œ	рд	-	멀	×	РЧ	-	_ ک	P	×	Ы	.=	рq	-		₽		멀	×	рq	-	2	7	×	멀	. <u> </u>	Ъ	
Snare	· ×	•	×	•			•	•	•	×	•			×		×	•	•	•				•	×	•	•		
Tamborim		×	×		×	×						×	×			× ×			×	×						×	×	
Agogô	ح									_									ح		_							
Shouting	Whoop! Whoop!		_Mhoc	- id										Whoop!	_ <u>i</u> doc		Whoop!	— <u>ā</u>										
Intro	1 Whoop!		Whoop!	idc	တ	S	S	S	S	S				Whoop!	- jd		Whoop!	<u>- ä</u>	တ	S	S	0)	S	S				
Break 1	Ш	ш		Ш		Ш		Ш	Ш		ш		Ш		From soft to loud	ı so	ft to	nol	7									
Break 2	1 Whoop!		E Whoop!	idc			E Whoop!	<u>- d</u>	ш⋚	E Whoop!	<u>-</u>																	
Beast Break evil claws going down	4		4		×	×	×	×	×	×				∢		4		"	× Ag	×	= Agogô, can be supported by Repi	x ge	x x	×	ed t	≥ 8	Pepi	
Beast Break Inverted evil claws going up	ح		드		⋖	∢	4	4	4	4				٦		ے			4	⋖	<		4	4	4	= Agogô	□ gô	

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-	3
	D
	B
ı	_

tune sign: Shake salt onto your hand

Groove		~		2				က			4				2			9			7			∞			I
Low Surdo Mid Surdo High Surdo	×	0 ×	 (0) ×	×	×		0 ×		×					× ×	0 ×	<u> </u>	(0) ×	×	×	0 ×							$\overline{\hat{\mathbf{x}}}$
Repinique				×						þq	×							×				×	^	×	×	Ы	
Snare		•	•	<u>×</u>	•	•			•	•	×	•	×	•	•	•		×	•	•		•	•	<u>×</u>	•	•	
Tamborim				<u>×</u>							×		×					×						×			
Agogô			 																							:	
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Break 2	-	S	-	<u> </u>			E SE		\vdash			<u>v</u>	ms ms	nsh	Sur	soc	start	with	3 up	beat:	ts be	efore	Surdos start with 3 upbeats before the 1	<u></u>	<u>s</u> <u>s</u>	ms ms	S L
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		·		\dashv	\dashv		\exists									. = Shaker	aker										
Call Break	1	2	<u>~</u>	▼			2		2	<u>«</u>	4		4		œ	Repeat 3 times	at 3 t	imes	"	₾	n Ca	ll by	R = call by Repinique	iniqu	ā		

The Roof Is on Fire

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

Groove	~		2			က				4			2				9			_				∞
Low Surdo Mid+High Surdo		× ×	<u>×</u>		×			×	×	×	×				×	×	×	×				××		
Repinique	×	×			×		×	×	×	×			×		×		×				×	×	×	×
Snare		×	<u>×</u>	•	•		•	×	•	· ·	×	•	•	•		×	×	•	•	•	•	×		
Tamborim		 ×						×					×		×		×	×				×		
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Call Break

Break 1

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The Sirens of Titan

tune sign: folded hands, like praying

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Groove	~			7	3	_		4		5			9		^			∞	1
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Repinique	<u>×</u>			×	×		×	×		×			×		×		×	×	
Snare	×	· •	•	×	×		•	×		×		<u> </u>	· ×	•	×			×	
Tamborim	- 2 × ×	× × ×	× ×	× ×	×	×	×	×		× ×	× ×		× ×						
Agogô														_	د د	ے	<u> </u>	- ع	
Shaker	- ×	- · 	- ×		- × 	- ·	- ×	×	•	- ×			· ×		: ×	· ·	= ×	- ×	

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

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ğ	×	×	×	×			×	×	-	-	×	×	Ren- ted a tent,
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인 설명	_	7	_	7	_	7	_	7	_	7	_	7	1
Neilled a Teill Diear (Stownig Both Sides of a teilt Holli ap to down	Low Surdo		Mid Surdo		High Surdo		Snare		Agogô	(same as Groove)	All others		

Ren- ted a tent!

Ren- ted a tent!

Ren- ted a tent!

Ren- ted a tent!

0

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

Groove			-				7				က			4				5				9				_			∞			
Low+Mid surdo High surdo	-		×	×			×			<u>×</u>		×		×				×	×			×			<u>×</u>		×		×			-
Repinique		P	×		- <u>-</u>	P	×		hd	×		·=	멀	×			hd	×		- <u>-</u>	P	×		hd	×		. <u>_</u>	hd	×			(hd)
Snare						•	×	•	×	•	•	•	•	×			×				•	×		×	•	•	•	•	×			×
Tamborim			×					×		×		×				×		×														
Agogô			_					_ _				_				_		_														
Shaker		•	×		×	-	×			×		×		×			-	×		×		×			×		×	•	×			<u> </u>
Doppler Break		0,	Sign.	: mc	ž	you	Sign: move your hand in front of your body from one side to the other like a train passing by	n pi	fron	it of	you	boc	ty fr	Ощо	one s	side	to tf	e o	her	like	a tre	ain p	assi	ing k	>							
Low Surdo	7		×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	is	Si	is S	Sil	Sils	sil sil	ii.	lis I	is	.s	si	si	si	si	si
Mid Surdo	_																												×	×	×	×
	7		×	×	×	×	sils	sil sil	ii Sii	is I	- Si	<u>s</u>	<u>s</u>	<u>s</u>	<u>.</u>	<u>s</u>	si	si	i <u>s</u>	<u>is</u>	Sil	sils	sil sil	ii Sii	<u>.</u>	<u>.</u>	<u>.</u>		<u>s</u>	<u>s</u>	<u>s</u>	
High Surdo	_																	. <u> </u>	. <u>_</u>	. <u> </u>	. <u>_</u>	. <u>_</u>	<u>.</u>		·=	. <u>_</u>	.=	·=	×	×	×	×
Repinique	_		. <u>_</u>	·=	·=	·=	. <u>_</u>	ri ri	·=	·=		·⊏	.⊏	.⊏	·=	·=	·=	·=	·=	·=			 	ī.			.=	.⊏	×	×	×	×
Snare	-										. <u>_</u>	·=	·=	<u>.</u>	<u>.</u>	. <u> </u>	. <u> </u>	. <u> </u>	. <u>_</u>		<u>-</u>	. <u>_</u>	. <u>_</u>	i i	. <u>_</u>	Ξ.	. <u>_</u>	. <u>_</u>	×	×	×	×
Tamborim	_																												×	×	×	×
Break 1																								()	hak	er X	eeb	Shaker keeps playing the groove	ying	the	groc	Š
Low Surdo	_		×															×									_					
Mid Surdo	← ¢		>							×								×														
High Surdo	1 ←	•	<							<u>×</u>															×							
	7		×															×	Si	Si	Si Si	Sil	sils	sil sil		<u>is</u>	<u>.is</u>	Si				
Repinique	← (рq																						×							
Snare	N N																	×							<u>.</u> _							
Tamborim	7																								×							
																								(O)	hak	er Ke	ebs	Shaker keeps playing the groove	ying	the	groc	se Se

Van Harte pardon!

tune sign: heart formed with your hands

Groove	_1	2	3	4	5 6	7	8
Low+Mid Surdo High Surdo	0 sil		x 0 sil	x	o x	x x 0 sil sil	sil x x
Snare 1 / Repinique	x	x	x . >	x x .	x	x x .	x x .
Snare 2 / Shakers	x	x x	. x >	κ x .	x x	x . x	x . x .
Tamborim	x	x	x	x		x x	x x
Agogô	h . I		h . I . I		I . h h h .		hhh.hh
Break 1	g		ody sings this	. v . e .	EE EE	E E	hey! shout:
Silence Break the sign is 4 fingers up				ls Is ag ag			
Break 2 Low Surdo High Surdo Snare / Repinique Tamborim Agogô	x x x	x :	x x x	x x x		x x x x	x x x h o
	repeated	d on and on unt	il maestra cal	ls off:	together		
Low Surdo High Surdo Snare / Repinique Tamborim Agogô	x x x	'	x) x x	x x x	x sil s x sil s x x	il sil sil sil sil sil sil sil sil sil s	sil x x x x x x x x x x x x x x x x x x x
Cross Break – Surdos						Daci	t into the groove
sign 'x' with the ams	1	2	3	4	5 6	7	8
Low Surdo High Surdo	X X	sil sil		x	x sil sil		x
						re	epeated until cut
Cross Eight Break – Surdo sign 'x' with arms showing	s						
Eight Up	x x	x x	х	х х	from soft to loud		

•	Х	Х	х	Х	Х	Х	Х	Х	from soft to loud .

Walc(z)

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

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П	7

Groove	-			2					က					4					
Low Surdo Mid+High Surdo	<u>×</u>	*	×	<u> </u>		×		×	<u>×</u>		×	<u>×</u>		<u>×</u>		×	×	×	×
Repinique		×	×			×	×	×			×	×				×	×	×	
Snare			×	· ·	•	×		· ×	•	•	×	×	· 	×	×	×	×	×	×
Tamborim		×	×			×		×						×		×		×	
Agogô	_	ے	ے	_		٦		ے	_		ے								
Shaker	×	×	 ×	<u>×</u>		×		×	×		×	×		×		×	×	×	
Break 1	Ш	Ш	ш																
Break 2	<u>\o</u>	<u>s</u>	<u>8</u>	ms	S	ms		ms	hs		hs	hs	S	⋖	4	⋖	⋖	⋖	⋖
Call Break	2 A	K K	α ∢	< ₩		<u>«</u>		<	x x		<u>к</u> к	₩ ∢	~ _	4 4					
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Break 5		. Sn	su			su		. us			su	. sn	ا ا	Ш	Ш	Ш	Ш	Ш	Ш
Cut-throat Break	တ	∢ .	4	S		4		4	S		4	4		\mathbb{H}					
Sign like cutting your throat with a finger	roat with	a finger																	

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Cut-throat Break Fast

Wolf

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

Groove	•	_			7				က			4				2			9				_			∞				
Low Surdo		×			<u>×</u>				×			×				×			<u>×</u>				×			<u>×</u>				
Mid Surdo			×	×					^	×	×						- '	×	×					×	×	×				
High Surdo							×	×						×	×						×	×	×	×	×	×	×	×	×	
Repinique		×	×	×			·=		×	×		×		. <u> </u>	. <u> </u>	×		× ×			. <u> </u>			×	×	<u>×</u>		. <u>_</u>		
Snare		<u> </u>	×	•			×			×	•		•	×		—	•	· ×	•	•	×	•			×	<u> </u>	•	×	•	
Tamborim	- 8	× ×	× ×	×		×	×		× ×	× ×		×		×		××	× ×	× ×	× ×	× ×		××	××							
Agogô					_		۲							ے		_	_		_											
Shaker		×	<u>×</u>	· ·	<u>×</u>		×	•	×	<u>×</u>	•	×	•	×		×	•	×	<u>×</u>	·	×	•	×		×	<u>×</u>		×	•	
Pat 1 (2)														×	×	×					×	×	×							
Mid Surdo				×		×					×		×	<	<	<					<	<	<							
High Surdo		×	×	×	×	×	×	×	() ×	(x)	(x) (x)	×																		
	l																							٥	= (×)	add	added in pat 2	n g	at 2	
Break 1	<u>~</u>	sn		S	-			-	S	S		S				sn	S	S	_			S	S		S	S				_
	2	su		S	S			S	S	S		S				su	S	S	S			S	S			_				
Break 2	_	S	S	40	⋖		S	S	S	S		⋖			S	ഗ		S	⋖			တ	S		S	⋖				_
	7	တ	(C)		⋖		S		S	ഗ		⋖			Ш		Ш	ш	Ш	Ш		Ш				Ö	=			
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Żurav Love

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

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Low+Mid Surdo High Surdo

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Repinique

Snare

Tamborim

Agogô

Shaker

Call Break

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Kick Back 1

Kick Back 2

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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				Al							
	Tr				Tr				Al							
4	DBr	DBI														
	DBr	DBI														

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.

Push to sides > Star > Jump & Aeroplane > Queen

	1	2	3	4	5	6	7	8
1	Sr		Sr		SI		SI	
	Pr		Pr		PI		PI	
2	St				St			
	St				St			
3	J & Ar				J & Al			
	J & Ar				J & Al			
4	Qr				QI			
	Qr				QI			

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 streched out to both sides. [1] Touch with one streched 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.)

Shower > Afro Pump > Wheels > Seeds & Sun

	1	2	3	4	5	6	7	8
1	G		Т		G		Т	
	G		Т		G		Т	
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).

Lead Pipe > Puke > Shower > Swords

	1	2	3	4	5	6	7	8
1	L				L			
	L				L		Go	
2	Р				Р			
	Р				Р			
3	G		Т		G		Т	
	G		Т		G		Т	
4	SWI			SWr			SWI	
		SWr			SWI			Χ

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 streched out arm. Stech out the other down. [3] Step on the other leg (you're now back on the initial position.) Bow streched out arm. Strech 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.

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 elegantily crossing your arms infront 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 2 and steps backward. Then repeat winding up on the left side. Once again right side and left side.

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

	_1	2	3	4	5	6	7	8
1	Löyly	right	Löyly	right	Hot le	ft		
	Löyly	right	Löyly	right	Hot le	ft		
2	Mosqu	uito right			Mosq	uito left		
	Mosqu	uito right			Mosq	uito left		
3	Murder right				Murde	er left		
	Murde	r right			Murde	er left		
4	Sun fr	ont left	Sun fr	ont right	Baby	back		
	Sun fr	ont left	Sun fr	ont right	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.

