

XR Rhythms UK (mostly from Rhythms of Resistance)

General breaks

		1	+	2	+	3	+	4	+
Clave		E	E	E	E	E	E	E	E
<i>Index and thumb U</i>		Shut the		system down					
Knock on the door 🗨️		E						E - E - E	
<i>Knock on palm</i>		E						E	E
<i>(Sn loops "x..x")</i>		E	E	E	E	E	E	E	E
		Hey, knock on		the door		I want you to		let me in	
Bunny Ears	2x	{R R		R R		R R		R R	
<i>Arms forward</i>		A A		A A		A A		A A	}
<i>over your head</i>	2x	{R R R		R R		A A		A A	}
		R R		A A		R R		A A	
		R R		E E E		E E		E	
		Do you want		some bunny		ears? Yes we		want some	
		bunny ears		...What do you		want? Bunny		ears...	
		Bunny Bunny		...We like		stroking our		bunny ears	
Conga 🗨️	2x	{S		S		S		S S	}
<i>C with whole</i>	2x	{S		S		S		S	}
<i>hand</i>		Pythons like		kittens ... Very		tasty...			
Little Cat 🗨️	R	R		R		R R		R R	
<i>Conga sign</i>			R	R R		R		R	
<i>with air quotes</i>		R R		R R		R		R	
<i>in other hand</i>		(Four silent		beats)				R	
		Oh where has		little cat gone,		has little cat		gone? Where	
		has little cat		gone? Oh					
X Break	4x	{E !		! !		E !		! !	
<i>Crossed</i>		E E		E E		E		HEY!	}
<i>forearms/sticks</i>		EXTINCTION		REBELLION!					
Flappy Mouth		E		E - E - E		E		HEY!	
<i>"Talking" hand</i>		I've got a big		mouth					
Wolf Break	3x	S S		A S S		{S S		A S}	
<i>Arms "bite" with</i>		S S		A S S		S S		A E	
<i>fingers as teeth</i>		E E		E E		E !		!	
		Who's afraid		of the big bad		wolf... No		we're not	
		scared at all		AAH-WOO!					
Hardcore Break	4x	{{(E)						E E	
<i>Double devil</i>		E						E E	
<i>horns down</i>		E						E E	
		E				E E E E		E E E E}	
		Here we go ...		Ready for it		ready here		we Go	

1st time – B 8s on I, 2nd – E 8s except S, 3rd – E 8s quiet, 4th – E 8s loud, B on h.

E – everyone, A – everyone else answers, S – surdos, R – repis, ! – shout, 🗨️ – loop

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1x/2x/4x Silence	4/8/16 beats of silence
<i>Four fingers up/eight up/eight down</i>	
4/8 Hits	Hit every beat for 1 bar/2 bars
<i>Fist and four flat fingers still/turning over</i>	
Broccoli	Three beats of silence then hit on beat 4
<i>Fist over three fingers</i>	
Boom	A hit on beat 1 and then three beats of silence
<i>Hands fly away from your head</i>	
Progressive Hits	Hit on first beat in bar when counted in
<i>Fist, other hand shows 1. Wind up for next part</i>	When told, build up to first 2 beats, 3 beats, all 4, all 8s, all 16s.
Karla Break	Three bars 16s from quiet to loud,
<i>Thumb and first two fingers up</i>	then a bar just with a hit on beat 1 (or signed 1-bar break)
Progressive Karla	One bar hitting every beat, then all 8s, then all 16s,
<i>Right hand up, left hand grabs thumb</i>	then a bar just with a hit on beat 1 (or signed 1-bar break)
Capped Karla 🗨️	A bar of 16s then a bar just with a hit on beat 1
<i>Flat palm over Karla break sign</i>	
Double Clave	Two bars of clave
<i>Clave sign in each hand</i>	
4x Clave	Four bars of clave from quiet to loud
<i>Clave in one hand, four fingers in other, all rising</i>	
Chaos	Play noise until signal
<i>Pulling your hair out</i>	
Tam Line	Whistler whistles the tam line, everyone plays it once
<i>One hand OK sign</i>	
Aeroplane 🗨️	Band divides into two groups (e.g. some instruments stop playing first/line drawn down the middle of the band)
<i>See-saw arms up and down</i>	Whistler see-saws one arm high, only that group plays
	Whistler see-saws the other way, only the other group plays