



# **SONGS, BREAKS AND CHANTS *STARTER PACK***

**JUL 2025**

## **AUDIO AND MORE AT**

<http://player.xrrhythms.uk>

## **BASED ON RHYTHMS OF RESISTANCE**

<http://rhythms-of-resistance.org>

|               |   |              |   |
|---------------|---|--------------|---|
| General signs | 1 | Hedgehog     | 5 |
| Core breaks   | 2 | Samba Reggae | 6 |
| Funk          | 3 | Bhangra      | 7 |
| Karla         | 4 | Some chants  | 8 |

**GENERAL SIGNS****INSTRUMENTS****LOW/HIGH  
SURDO**

Raise fist and point to  
low/high on forearm

**ALL SURDOS**

Raise fist and brush up  
and down forearm

**REPI**

One hand devil horns

**SNARE**

Cross index fingers

**TAM**

Tap palm

**AGOGÔ**

Tap finger between  
index and thumb

**SHAKER**

Wave loaf of bread

**BACKPACK  
(TAM, AG., SH.)**

Raise forearm and  
brush spread fingers

**COUNTING IN**

Check everyone has seen your signs and then whistle and count on your fingers **1, 2, 1 2 3 4** (two bars)  
For bigger bands, whistle and count **1... 2... 1, 2, 1 2 3 4** (four bars)  
It helps if your counting in looks different (e.g. uses a different hand) from signing Break 1/2/3!

**DIRECTIONS****STOP**

Other hand pulls down raised fist

**PLAY MAIN PART**

Hands on head in M

**EVERYONE (ELSE)**

Hand does horizontal loop

**KEEP GOING  
/REPEAT**

Both hands vertical loop

**LOUDER/QUIETER**

Raise/lower flat hand (or sign)  
(Don't wait for whistle in if no other signs)

**FASTER/SLOWER**

Spiral hand up/down  
(Don't wait for whistle in)

**PLAY 1/2/3/4  
TIMES**

One finger horizontal (or sign) in one hand,  
1/2/3/4 horizontal in other

**BREAK 1/2/3  
FROM SONG**

1/2/3 fingers up

**CORE GENERAL BREAKS****1X/2X/4X SILENCE** 4 fingers up/8 up/8 down 4/8/16 beats of silence

|   |          | <b>1</b> | <b>+</b> | <b>2</b> | <b>+</b> | <b>3</b>         | <b>+</b> | <b>4</b>           | <b>+</b> |
|---|----------|----------|----------|----------|----------|------------------|----------|--------------------|----------|
| <b>4 HITS/8 HITS</b> 1x/2x                  | {E       |          |          | E        |          | E                |          | E                  | }        |
| Fist and 4 flat fingers still/turning       |          |          |          |          |          |                  |          |                    |          |
| <b>CLAVE</b> (clah-vay)                     | E        |          | E        |          | E        |                  | E        |                    | E        |
| Finger and thumb 'U'                        | Shut     |          | the      |          | sy-      |                  | stem     |                    | down     |
| <b>KARLA BREAK</b> Quiet to loud: 3x        | {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            | }        |
| Thumb and 2 fingers                         | E        |          |          |          |          | (or other signed |          | break in this bar) |          |
| <b>PROGRESSIVE KARLA</b>                    | E        |          |          | E        |          | E                |          | E                  |          |
| Grab thumb of                               | E        |          | E        | E        |          | E                |          | E                  |          |
| raised hand                                 | 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        |          |          |          |          | (or other signed |          | break in this bar) |          |
| <b>E.G. KARLA + CLAVE</b> Quiet to loud: 3x | {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            | }        |
| Karla bk sign then clave                    | E        |          | E        |          | E        |                  | E        |                    | E        |
| <b>KNOCK ON THE DOOR</b>                    | E        |          |          |          |          |                  |          | E - E - E          |          |
| Knock on palm                               | Hey      |          |          |          |          |                  |          | knock on the       |          |
| (Snare and surdos can                       | E        |          |          |          |          |                  |          |                    |          |
| click sticks on "empty"                     | door     |          |          |          |          |                  |          |                    |          |
| beats)                                      | E        |          | E        |          | E        |                  | E        |                    | E        |
| E - E - E – beat split into 3 (triplet)     | I        |          | want     |          | you      |                  | to       |                    | let me   |
|   | E        |          |          |          |          |                  |          |                    |          |
|   | in       |          |          |          |          |                  |          |                    |          |
| <b>A BREAK</b>                              | E        |          |          |          |          | ACT              |          | NOW!               |          |
| Forearms do upside-down 'V'                 |          |          |          |          |          |                  |          |                    |          |
| <b>X BREAK</b> 4x                           | {E EX-   | TIN-     | CTION!   | E RE-    | BE-      | LLION!           |          |                    |          |
| Cross arms/sticks                           | E E      | E E      | E E      | E E      | E E      | E E              | E E      | E E                | }        |

**4X CLAVE** Clave and 4 fingers, rising Four bars clave quiet to loud**CHAOS BREAK** Pulling hair out Play noise until signed  
(Don't wait for whistle in)**SEE ALSO: 7 BREAK** from **BHANGRA**, **WHISTLE BREAK** from **SAMBA REGGAE**

**FUNK**

Double OK sign

Low

High/Tam

Starter repi 1 3x

Starter repi 2

Starter snare

Agogô

**BREAK 2**

| <b>1</b>                            | <b>+</b>                             | <b>2</b>                            | <b>+</b>                              | <b>3</b>           | <b>+</b>                            | <b>4</b>                             | <b>+</b>                             |
|-------------------------------------|--------------------------------------|-------------------------------------|---------------------------------------|--------------------|-------------------------------------|--------------------------------------|--------------------------------------|
| x<br><i>I</i><br>x<br><i>I</i>      | x<br><i>like</i><br>x<br><i>like</i> | x<br><i>po-</i><br>x<br><i>them</i> | x<br><i>ta-</i><br>x<br><i>mashed</i> | x<br><i>toes</i>   |                                     |                                      |                                      |
|                                     |                                      | x<br><i>Oh,</i><br>x<br><i>Cos</i>  |                                       | x<br><i>I</i>      | x<br><i>do</i><br>x<br><i>don't</i> | x<br><i>you?</i>                     |                                      |
| {ri<br><i>Mash</i>                  | x<br><i>is</i>                       | ri<br><i>fine,</i>                  | x}<br><i>but</i>                      | ri<br><i>chips</i> | x<br><i>are</i>                     | x<br><i>clear-</i><br>x<br><i>ly</i> | ri<br><i>be-</i><br>x<br><i>tter</i> |
| x<br><i>Hu-</i><br>x<br><i>Give</i> | x<br><i>rry</i><br>x<br><i>us</i>    | x<br><i>up</i>                      | x<br><i>we're</i>                     | x<br><i>blee-</i>  | x<br><i>ding</i>                    | x<br><i>star-</i>                    | x<br><i>ving</i>                     |
| r<br><i>I</i>                       | l<br><i>like</i>                     | r<br><i>hash</i>                    | l<br><i>browns</i>                    | r<br><i>be-</i>    | l<br><i>tter</i>                    |                                      |                                      |
| E<br><i>Hu-</i>                     | E<br><i>rry</i>                      | E<br><i>up,</i>                     | E<br><i>we're</i>                     | E<br><i>blee-</i>  | E<br><i>ding</i>                    | E<br><i>star-</i>                    | E<br><i>ving</i>                     |

x – hit, ri – rim click,

r/l – quiet snare right/left, h/l – high/low Ag

**KARLA**

One hand air  
quotes gripped by  
the other one

|               |    |      | <b>1</b> | <b>+</b> | <b>2</b> | <b>+</b> | <b>3</b> | <b>+</b> | <b>4</b> | <b>+</b> |   |
|---------------|----|------|----------|----------|----------|----------|----------|----------|----------|----------|---|
| Low           | 3x | {x   |          |          | x        | x        |          |          |          |          | } |
|               |    | Ra-  |          |          | bbit     | run      |          |          |          |          |   |
|               |    | x    |          |          | x        | x        | x        | x        | x        | x        |   |
|               |    | Ra-  |          |          | bbit     | run      | from     | the      | ca-      | ges      |   |
| High          | 3x | {    |          |          | x        |          |          |          | x        |          | } |
|               |    |      |          |          | Run      |          |          |          | fast     |          |   |
|               |    |      |          |          | x        | x        | x        | x        | x        | x        |   |
|               |    |      |          |          | Run      | fast     | from     | the      | ca-      | ges      |   |
| Repi          |    | x    |          | x        | x        | x        | x        | x        | x        | x        |   |
|               |    | Kar- |          | la       | said     | you      | won't    | be       | fur      | coats    |   |
| Starter snare |    | r    | l        | r        | l        | r        | l        | r        | l        | r        | l |
| Tam           |    |      |          |          | x        |          |          |          | x        |          |   |
|               |    |      |          |          | Kar-     |          |          |          | la       |          |   |
|               |    |      |          |          | x        | x        | x        | x        | x        |          |   |
|               |    |      |          |          | saved    | us       | from     | the      | farm     |          |   |
| Agogô         |    | l    |          | l        | h        | l        | l        | l        | h        | l        |   |
|               |    | Ha-  |          | ppy      | bu-      | nnies    | ha-      | ppy      | bu-      | nnies    |   |

**KARLA BREAK (KARLA),**  
**PROGRESSIVE KARLA (KARLA)**

Play as normal, but repi plays main part in the last bar

x – hit, r/l – quiet snare right/left

h/l – high/low Ag



## HEDGEHOG

Spiky fingers  
on head

|               |    | <b>1</b>       | <b>+</b>    | <b>2</b> | <b>+</b> | <b>3</b>   | <b>+</b> | <b>4</b>     | <b>+</b> |
|---------------|----|----------------|-------------|----------|----------|------------|----------|--------------|----------|
| Low           | 3x | {sil<br>Hedge- | x<br>hog    | }        |          | x<br>I'm   | x<br>a   | x<br>hedge-  | x<br>hog |
| High          | 3x | {              | x<br>Hedge- | x<br>hog | }        |            | x<br>a   |              | x<br>hog |
| Repi          | 3x | {ri<br>1/2/3   | x<br>hedge- | x<br>hog | }        | ri<br>I'm  | x<br>a   | ri<br>hedge- | x<br>hog |
| Starter snare | 3x | {R<br>Hedge-   | L<br>hog    | R<br>a   | }        | R<br>small |          | R<br>guy     |          |
| Tam           | 3x | {x<br>Hedge-   | x<br>hog    | }        |          | x<br>I'm   | x<br>a   | x<br>hog     |          |
| Agogô         | 3x | {l<br>1/2/3    | h<br>hedge- | h<br>hog | }        | l<br>I'm   | h<br>a   | l<br>hedge-  | h<br>hog |

### NOTE

We don't have any breaks that only go with this song, but try

**A BREAK, 4 HITS** and **PROGRESSIVE KARLA** from the **CORE GENERAL BREAKS**

**SAMBA REGGAE**'S' with fingers  
and thumbs

Low

High

Repi

Starter snare  
(or play repi line)

Tam

Starter agogô

**BREAK 2**

4x

**WHISTLE BREAK**

Whistle S part 2x

Swung 16s:

**NOTE**

|                                      | 1   | +        | 2     | +         | 3                     | +      | 4                | +           |
|--------------------------------------|---|----------|-------|-----------|-----------------------|--------|------------------|-------------|
| Low                                  | 0   |          | x     |           | 0                     |        | x                | x           |
|                                      | I   |          | quite |           | like                  |        | re-              | ggae        |
| High                                 | 0   |          |       | x         | 0                     |        | x                | x           |
|                                      | Time  |          | to    |           | play                  |        | sam-             | ba re- ggae |
| Repi                                 |   | x x      |       | x x       |                       | x x    |                  | x x         |
|                                      |   | Can I    |       | get a     |                       | bit of |                  | re- ggae    |
| Starter snare<br>(or play repi line) | R   | L        | R     |           | R                     |        | L                |             |
|                                      | Bo-   | ssa      | for   |           | re-                   |        | ggae             |             |
| Tam                                  | x   | x        | x     |           | x                     |        | x                |             |
|                                      | Cla-  | ve       | for   |           | re-                   |        | ggae             |             |
| Starter agogô                        | l   | h        | l     |           | h                     |        | h                |             |
|                                      | Cla-  | ve       | for   |           | re-                   |        | ggae             |             |
| <b>BREAK 2</b>                       | {R  | R        | R     |           | R                     |        | E A A A}         |             |
|                                      | Sam-  | ba       | re-   |           | ggae                  |        | sam- ba re- ggae |             |
| <b>WHISTLE BREAK</b>                 | S   | A S      | S     | A S       | S S A S               |        | S A              |             |
| Whistle S part 2x                    | Time  | (yep) to | do    | (yep) the | Sheff whi- (yep) stle |        | break (yep)      |             |
| <b>NOTE</b>                          | All the surdos playing the main part together sounds like |          |       |           |                       |        |                  |             |
|                                      | We  |          | like  | to        | play                  |        | sam- ba re- ggae |             |

x – hit, 0 – mute w/ hand,  
R/L – snare right/left, h/l – high/low Ag

E – everyone, A – everyone else answers,  
S – all surdos, R – repi, – loops



# **BHANGRA** Wavy hands snaking up

All surdos

3x

| 1            | +    | 2       | +     | 3      | +      | 4     | +         |
|--------------|------|---------|-------|--------|--------|-------|-----------|
| {x           |      |         |       | x      |        | x     | }         |
| Swing        |      |         |       | your   |        | drum  |           |
| x            |      |         | x     |        |        | x     |           |
| side         |      |         | to    |        |        | side  |           |
| x            | x    | x       | x     | x      | x      | x     | x         |
| {r           | l    | r       | l     | r      | l      | r     | l}        |
| Bang-        | er   | bang-   | er    | bang-  | er     | bang- | er        |
| R            | L    | R       | L     | R      | L      | R     | L         |
| h            | h    | h       | h     | l      | l      | l     | l         |
| Dan-         | cing | a       | lot,  | like   | it     | or    | not       |
| (silent bar) |      |         |       |        |        |       |           |
| {S           | S    | S       | S     |        | S      | S     |           |
| S            |      | A       |       | A      | S      | S     | }         |
| S            |      |         | S     |        |        | S     | (do Bk 3) |
| swing        | on   | this    | beat  |        | Cos    | the   |           |
| cool         |      | (That's |       | right) | is     | so    |           |
| dan-         | cing | a-      | round | right) | you'll | be    |           |
| fool         |      | (That's |       | right) | like   | a     |           |
| swing        | on   | this    | beat  | right) | Cos    | the   |           |
| cool         |      | (That's |       | right) | is     | so    |           |
| a            |      |         | bang- |        | cos    | it's  |           |
|              |      |         |       |        |        | er    | (do Bk 3) |
| E            | E    | E       | E     | E      | E      | E     | E         |
| Dan-         | cing | a       | lot,  | like   | it     | or    | not       |
| E            | E    | E       | E     | E      |        |       | HEY!      |
| This         | is   | my      | fa-   | vour-  | rite   | part  |           |

**BREAK 1**

3x

**BREAK 3****7 BREAK**

Finger and thumb, 5 in other hand

x – hit, r/l – quiet right/left

R/L – louder right/left, h/l – high/low Ag

E – everyone, A – everyone else answers,

S – all surdos, SHOUT!



**SOME CHANTS****TIME IS RUNNING OUT**

Tapping a watch

(Everyone clicks 8s until whistler starts call and response on top)

**FOR THE REST**, the whistler can mime shouting then lead a chant or nominate someone else to, looping until called back in

Rhythms are approximate but suggest what might go with different songs. If in doubt, use Samba Reggae

It's generally better to play around rather than over chants

These chant rhythms can very easily be adapted to whatever you're supporting

Talk to stewards etc. to come up with appropriate ones to lead the crowd in, give the odd break from drumming and remind people what we're there for

|       |               | <b>1</b> | <b>+</b> | <b>2</b>       | <b>+</b> | <b>3</b>       | <b>+</b> | <b>4</b>  | <b>+</b> |
|-------|---------------|----------|----------|----------------|----------|----------------|----------|-----------|----------|
| "Our  | time          | time     | is       | ru- nning out" |          |                |          | Our       |          |
|       | time          | time     | is       | ru- nning out  |          |                |          | "Our      |          |
| 3x    | {"What do     | we       | want?"   |                |          | Cli- mate      |          | ju- stice |          |
|       | "When do      | we       | want     | it?"           |          | Now            |          | } "Ex-    |          |
| 3x    | {tin- ction " |          | Re-      |                |          | be- llion      |          | "Ex- }    |          |
| There | is            |          | no       |                |          | pla- net       | B,       |           | there    |
|       | is            | no       | pla- net | B              |          | (x)            |          | (x)       | There    |
| The   | sea           |          | (x)      | is             |          | ri- sing,      |          | (x)       | and      |
|       | so            |          | are      |                |          | we (x)         |          | (x)       | The      |
| "Say  | it            |          | loud,    |                |          | say            | it       | clear"    |          |
| Re-   | fu-           |          | gees     | are            |          | wel-           | come     | here      |          |
| The   | peo-          | ple      | (x)      | u-             |          | ni-            | ted      | (x)       | will     |
|       | ne-           | ver      | be       | de-            |          | fea-           | ted      | (x)       | The      |
| "Show | me            |          | what     | de- mo-        |          | cra- cy        |          | looks     | like"    |
| This  | is            |          | what     | de- mo-        |          | cra- cy        |          | looks     | like     |
| We    |               |          | are      | un-            |          | sto- ppa- ble, |          |           | a-       |
| no-   | ther          |          | world    | is             |          | po- ssi- ble   |          |           |          |