

# Rhythm Cup Explorations™

## Symbols and Meanings

Rhythm Cup Explorations™ and pieces using the Rhythm Cup Explorations™ system uses the following proprietary notation symbols and system which includes but is not limited to:



Normal cup position is upside down, held by the right hand

○ Tap table/floor with cup (hold cup in RH)

× Lift cup with RH and tap top of cup with LH



Freeze your cup and body in a fun position



With your LH, reach over your own cup and tap your friend's cup



Tap forehead lightly with cup



Tap table/floor & slide cup the length of note



Tap cup behind back



Pass and place cup in front of the person to your right



Pick up cup in front of you



With your left hand (the free one), high five with neighbor across from you.



Flip your right wrist with the cup to the right and tap the table with the opposite side (bottom) of the cup.



Toss cup in the air



Tremble the cup on the table or your leg like a drum roll



Tap table with cup and drag to your right on beat 1. On beat 2, flick wrist up quickly for a "whoosh" sound



Lift hands high and shout "Hey" as loud as you can! (OR Hold out hands to invite audience to sing.)