

# Meat Free Monday: The Kitchen Samba

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**A**

Free and improvisatory

Fast latin feel ♩ = 116

Food Blender

(Explore free sounds and rhythms)

(Which day is

*mp* *f*

7

meat free? Mon day!)

12

**B**

Repeat ad lib. **C CALL & RESPONSE**

(Meat free Mon day!)

*ff*

17

Repeat ad lib.

(Mon day!)

(Mon day!)

*f*

*fff*

22

**D**

(Which day is meat free? Mon day!)

28

Repeat ad lib.

32

**E SOLOS**

Repeat ad lib.

36

**F**

Repeat ad lib. **CODA - on cue**

(Mon day!)

*fff*