

Under The Sea – Pennsic 2017

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Set 1

1. Sellenger's Round
2. Amoroso
3. Washerwoman's Bransle
4. Scotch Cap
5. Ly Bens Distonys (Music repeat structure of ABC)
6. Rufty Tufty
7. Rostiboli Gioioso or Gioioso in Tre
8. Hyde Park

Set 2

1. Gathering Peascods
2. Black Alman
3. Hearts Ease
4. Gracca Amorosa
5. Black Nag
6. Montarde Bransle
7. Belfiore
8. Newcastle

Set 3

1. Jenny Pluck Pears
2. Anello
3. Parson's Farewell
4. Lorayne Alman
5. Upon A Summer's Day
6. Contentezza d'Amore
7. Grene Gynger
8. St. Martins

Set 4 (if time)

1. Petite Vriens
2. Pease Bransle
3. Chestnut
4. Leoncello
5. Beggar Boy
6. Picking of Sticks
7. Gelosia
8. Whirligig

These notes were adapted from the Isenfir dance booklet compiled by Lord Bryan Morgan (mka David Oxford), updated by Lady Nicolosa d'Isenfir (mka Kendra Schmid) from numerous sources, including *SCA Dance Cheat Sheets* by Greg Lindahl, *Joy and Jealousy* by Vivian Stephens and Monica Cellio, *Court & Country - Dances of the Renaissance in England and France* by Alex Clark, and *The Rose & Nefr Dance Manual* by Susan Henry. Many notes are our own reconstructions from original sources (including *The English Dancing Master* by John Playford and *Orchesography* by Thoinot Arbeau). *Gresley* Manuscript by Dansmelya and Bildner. Any original material from other sources may have been edited to conform to how the dances are done in Isenfir and to fit the style of the other notes in this booklet.

Updated for Under The Sea Ball for Pennsic 2017

July 23rd, 2017

Amoroso**Ebreo (1475)**

Arrangement: One couple

Part A

1-12 12 Pive (starting left)

Part B

13-16 Man leaves woman with 2 steps (starting left), 1 piva, 3 steps (ending on a half-bar)

17-20 Woman same to catch up

Part C

21-24 Man leaves woman with 3 pive (starting left), step (ending on a half-bar)

25-28 Woman same to catch up

Part D

29-31 Man leaves woman with 2 steps (starting left), piva, 2 steps

32 Man finishes with step right, and mezzavolta to face woman

33 Both reverenza left

34-37 Man returns with 3 pive (starting left), step (ending on a half-bar)

38-46 Repeat Part D with woman leaving

Entire dance repeats, women going first.

Anello**Domenico (1450)**

Arrangement: two couples, one behind the other

Part A

1-6 6 Saltarelli, starting left

7 Saltarello left, drop hands

8 Saltarello right, spreading out to form a square set, first couple turning as a unit to face the second couple

Part B

9 Men movimento, women movimento

10-11 Men 2 saltarelli to trade places, passing through center by right shoulders

12-14 Repeat with women going first and trading

Part C

15 Men movimento, women movimento

16 Men voltatonda (starting left) (turn around)

17-18 Repeat with women going first and turning

Part D

19-20 Men do 4 pive (starting left, 2 per bar) to trade places, going outside the square and behind their partner

21-22 Repeat, with women trading places

Part E

23 Men movimento, women movimento

24 Repeat

25 Men ripresa right (towards partner, take hands)

26 Reverenza left

Repeat the dance, with the women going first. The first couple needs to wheel around to reform the original formation.

Beggar Boy**Playford (1651)**

Arrangement: A longways set of 3 couples.

Part 1

1-4 Double forward and back

5-8 Repeat

9-10 All face partners. Couples 1 and 3 double backward, away from each other, while couple 2 doubles forward to meet each other

11-12 All double back to place

13-16 The 3 men take hands and circle halfway around (1st and 3rd men changing places), while the women do the same

17-24 Repeat 9-16, all ending in their original places

Part 2

1-8 Siding

9-12 The second couple faces each other and takes a double away from and then toward each other, while the 1st and 3rd couples change places, the 1st couple going inside the 3rd couple13-16 1st couple sets and turns single, while the 2nd and 3rd couples (at the top of the set) take hands and circle once around

17-24 Repeat 9-16, all ending in their original places

Part 3

1-8 Arming

9-12 All face partners and take a double backward away from, and then a double toward their partner

13-16 The men do half of a hey, while the women do likewise. End with 1st couple at the bottom, and 3rd couple at the top

17-24 Repeat 9-16, all ending in their original places

Repeat chorus, a total of three times, until all are back in original positions.

Part 3

Arm right
Arm left

Chorus

Couples 1 and 2 cast off and return to places. (Couple 2 follows couple 1 as couple 1 casts down, through couple 2's place, back to original places).

Couples 1 and 2 form a right hand star and circle once around back to place.

Repeat above with couples 2 and 3. When casting off, couple 3 should lead and couple 2 should follow.

Grand cast.

Repeat chorus, a total of three times, until all are back in original positions.

**Belfiore
Domenico (1581)**

Arrangement: Three dancers in a line holding hands, Man 1 on left, Woman in middle, Man 2 on right

Part A

1-12 12 pive, starting left (slower than usual)

Part B

13 Man 1 doppio left
14 Woman doppio left, to catch up
15 Man 2 doppio left, to catch up

Part C

16 Man 1 movimento
17 Woman movimento
18 Man 2 movimento

Part D

19 Man 1 voltatonda (4 steps, ccw)
20 Woman voltatonda
21 Man 2 voltatonda

Part E

22-24 Man 1 piva left, piva right, piva left, going behind the others, and ending to the right of Man 2
25-27 Woman does the same, ending beside Man 1
28-30 Man 2 does the same

Part F

31-32 Men doppio right, changing places, Man 2 going in front of Woman, Man 1 going behind her.
33-36 Woman does a "figure-6" = 4 pive starting left, going to her right behind Man 1, circles him, goes behind Man 2 to end on his left

Do dance twice more, rotating roles.

**Black Alman
Inns of Court (1570)**

Arrangement: A processional line of couples. All steps are alman steps

1-8 Four doubles forward, face partner and drop hands
9-10 Double backward away from partner
11-12 Double forward toward partner

13-14 Quarter-turn left (men face up the hall, women face down the hall), double forward up or down the hall
15-16 Turn around over your right shoulder, double forward to place
17-20 Face partner, men set and turn in place
21-24 Women do the same.
25-26 Take both hands, turn halfway (clockwise) using one double into partner's place
27-28 Four slip steps up hall
29-30 Turn halfway back to your own side
31-32 Four slip steps down hall.
33-34 Drop hands, double backward away from partner
35-36 Double forward toward partner.

Repeat with the women setting and turning in place first (measures 17-20), followed by the men (21-24).

**Black Nag
Playford (1657)**

Arrangement: A longways set of 3 couples.

Part 1

1-4 Double forward and back
5-8 Repeat
9-10 Face partner, take 2 hands. First couple 4 slips up hall
11-12 Second couple 4 slips up the hall
13-14 Third couple 4 slips up the hall
15-16 All turn single
17-24 Couples slip back to place in reverse order, all turn single

Part 2

25-32 Siding
33-34 First man and 3rd woman change places (passing face to face)
35-36 First woman and 3rd man do the same
37-38 Second man and second woman do the same
39-40 All turn single
41-48 Do the changes again (in the same order) to return to place, all turn single

Part 3

49-56 Arming
57-64 Men hey (start by passing right shoulders)
65-72 Women hey (start by passing right shoulders)

Chestnut Playford (1651)

Arrangement: A longways set of 3 couples

Part 1

- 1-4 Double forward and back
5-8 Repeat
9-10 Face your partner. All back away from their partners for a (small) double
11-12 Double forward to change places with partner, passing right shoulders
13-16 The three men take hands in a circle and go around once, women do the same
17-24 Repeat 9-16, all ending in their original place

Part 2

- 25-32 Arming
33-34 Face your partner. All back away from their partners for a (small) double
35-36 Double forward to change places with partner
37-40 Men do a half hey, women do the same, first couple ending in third place and third couple ending in first place
41-48 Repeat 33-40, all ending in their original place

Part 3

- 49-56 Siding
57-58 Face your partner. All back away from their partners for a (small) double
59-60 Double forward to change places with partner
61-64 First couple leads down the center to the bottom of the set, second and third couples walking up their own side to follow first couple. second couple ends in second place, third couple ends in first place
65-72 Repeat 57-64, but with first couple casting off up the set to end in first place

Contentezza d'Amore Caroso (1581)

Figure 1

Do this entire part while facing each other, holding both hands except in the final riverenza.

- 1 - 4 Riverenza to each other.
5 - 8 Two continenze (left then right).
9 - 12 Four reprise, travelling around in a circle to the left.
13 - 16 Four reprise, travelling back around the circle to the right.
17 - 20 Two continenze, as above.
21 - 24 Riverenza, releasing outside hands.

Figure 2

In this part the lady begins by travelling away from the man, then at the end she turns around to face him.

- 1 - 4 Two slow puntate forward, beginning with the left foot.
5 - 6 Two passi gravi forward.
7 - 8 Double step (seguito ordinario) forward.
9 - 12 Two slow puntate forward.
13 - 14 Two passi gravi forward.
15 - 16 Double step (seguito ordinario) forward, finishing by turning around to face the man.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

Figure 3

In this part the man travels forward to stand next to the lady, repeating the steps she performed in part 2. Both end this section facing forward.

- 1 - 16 As 1 - 16 above, with the man travelling forward. At the end, the lady makes a half turn to face forward next to the man.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

Figure 4

In this part the lady walks across the front of the man to his left, and then the man repeats. Both end up facing forward again, then do the puntate gravi and the riverenza, and finish facing each other holding right hands.

- 1 - 4 Lady: Two passi gravi steps and a seguito
5 - 8 Lady: Repeat, starting on the right foot.
9 - 12 Man: Two passi gravi steps and a seguito
13 - 16 Man: Repeat, starting on the right foot.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

Figure 5

Take right hands, and cross over, then walk back down the room, with the lady leading and the man following, then finish by facing each other and holding hands.

- 1 - 4 Exchange places with 2 puntate while holding right hands.
5 - 16 6 seguiti travelling toward the rear of the room, and meeting.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

Part 2

- 1-4 All holding hands, forward a double into the center, and a double back out ("beer hall run")
5-8 Repeat 1-4
9-24 Repeat Part 1 (9-24)

Part 3

- 1-4 Side to right shoulders
5-8 Side to left shoulders
9-24 Repeat Part 1 (9-24)

Part 4

- 1-4 Arm right
5-8 Arm left
9-24 Repeat Part 1 (9-24)

Upon a Summer's Day Playford (1651)

Arrangement: A longways set of 3 couples.

Part 1

- 1-4 Double forward, double back
5-8 Set and turn single
9-16 Repeat 1-8
17-20 Take hands in lines, double forward (toward the other line) and back
21-24 Bottom two men and bottom two women raise their joined hands to form an arch, while the first man and first woman go down the set in the center, go out through the arch on their own side, and meet at the bottom
25-40 Repeat 17-24 twice, until all are in their original places

Part 2

- 1-4 Side to right shoulders
5-8 Set and turn single
9-12 Side to left shoulders
13-16 Set and turn single
17-40 Repeat Part 1 (17-40)

Part 3

- 1-4 Arm right
5-8 Set and turn single
9-12 Arm left
13-16 Set and turn single
17-40 Repeat Part 1 (17-40)

Washerwoman's Bransle Arbeau (1589)

Arrangement: A circle of dancers.

Part A

- Double left, double right.
Repeat.

Part B

Face partner, single left and right (essentially setting to partner) men wag fingers at women. Repeat with women wagging fingers.

Part C

Face in, double left, clapping hands (once per beat).
Double right (no clapping).
Double left, clapping hands.
Turn around in place to left using 4 kicks.

Whirligig Playford (1651)

Arrangement: Set of three couples.

Part 1

Double forward and back
Repeat

Chorus

The middle couple goes up between the first, casts off and returns to place, then crosses over between the first couple with a half-figure-eight, ending improper.

The middle couple repeats above, going between the last couple, ending proper.

First couple casts into third couple's place, followed by the rest who come through an arch made by the first couple, so that second couple is now in the first place and the third in the second place (grand cast).

Repeat chorus, a total of three times, until all are back in original positions.

Part 2

Side to right shoulders
Side to left shoulders

Chorus

Man 2 and woman 1 arm right and continue into a hey with man 1. (Man 2 passes woman 1 by right shoulders (while arming), then passes man 1 by left shoulders, woman 2 by right shoulders again, and ends his own original place). The second woman and couple 3 do the same.

Repeat above, with the second man now doing a hey with couple 3 and the second woman dancing with couple 1, beginning by arming left.

Grand cast.

- 29-30 Women come toward each other a double, crossing by right hands and pivoting on the joined hands to give partner left hands
- 23-24 Turn partner by the left once around, all ending in their original position

Part 2

- 1-2 Couples meet a double
- 3-4 Change places with contrary (taking both hands and turning clockwise)
- 5-8 Face partner, set and turn single
- 9-16 Repeat 1-8
- 17-18 Men meet a double
- 19-20 Women meet a double
- 21-22 Take hands around, circle four slips to the left
- 23-24 Turn single, moving outward slightly to form a normal-size set
- 25-26 Women meet a double
- 27-28 Men meet a double
- 29-30 Take hands around, circle four slips to the left
- 31-32 Turn single, moving outward slightly to form a normal-size set

Part 3

- 1-2 Couples meet a double
- 3-4 Take contrary's hands and slip away from partner and then back toward partner
- 5-8 Chase scene: Men cast off over their left shoulder, through their partner's place, to their own place, as their partners follow, all ending in original places
- 9-10 Couples back a double
- 11-12 Partners do four slips to change places (the women going in front), while continuing to face the other couple
- 13-16 V-Crossing Figure: Without pause from the slips, the men will immediately go toward each other, pass left shoulders, cross back-to-back and fall backward passing right shoulders into their original places. Two beats after the men have started their V, the women do a V, passing right shoulders first and starting to the inside of the men (the men do a broader V than do the women). They cross back-to-back, and pass left shoulders to fall backward into their original places
- 17-18 Men honour
- 19-20 Women honour
- 21-24 Right-hand star once around to place
- 25-26 Women honour
- 27-28 Men honour
- 29-32 Left-hand star *half way* around, breaking the start to take hands four in a line facing the Presence, and honour

**Scotch Cap
Playford (1651)**

Arrangement: Three couple set

Part 1

- 1-8 Double forward and back
- 9-16 Repeat
- 1-4 Women 1 & 2 and Men 2 & 3 fall back a double
- 5-8 Woman 1 and Man 2 exchange places and Woman 2 and Man 3 exchange places with a skipping double
- 9-16 Woman 3 and Man 1 exchange places with two doubles
- 17-32 Repeat above to return to place
- Part 2
- 1-8 Side Right
- 9-16 Side Left
- 1-4 Men join hands, Women join hands, all fall back a double
- 5-8 All forward a double
- 9-16 Man 1 & Man 3, Woman 1 & Woman 3, and Couple 2 Arm Right, ending in place
- 17-20 Men join hands, Women join hands, all fall back a double
- 21-24 All forward a double
- 25-32 Couples join both hands and turn each other to end back in place

Part 3

- 1-8 Arm Right
- 9-16 Arm Left
- 1-4 Men slip up the line and Women slip down the line
- 5-16 Man 3 and Woman 1 take right hands and begin a hey back to place, others following
- 17-20 Men slip up the line and Women slip down the line
- 21-32 Man 3 and Woman 1 take right hands and begin a hey back to place, others following

**Sellenger's Round
Playford (1657)**

Arrangement: A circle of couples

Part 1

- 1-4 Take hands and circle 8 slip steps left
- 5-8 Circle 8 slip steps back to the right
- 9-10 Two singles into the center, clapping on the last beat
- 11-12 Double backward to place
- 13-16 Face partner, set and turn single
- 17-24 Repeat 9-16

Sciolta

- This section is in triple time (3/4 played quickly).
- 1 - 4 Exchange places with 2 spezzati, holding left hands.
- 5 - 16 6 spezzati, dropping hands and travelling back up the room to meet, taking both hands.
- 17 - 24 8 reprise, going around in a circle to the left.
- 25 - 32 8 reprise, going back around to the right.
- 33 - 36 Four trabuchetti, alternating left and right.
- 37 - 40 Release inside hands (man's right, woman's left) and both riverenza minima to end the dance.

**Gathering Peascods
Playford (1651)**

Arrangement: A circle of couples

Part 1

- 1-4 Eight slip steps to the left
- 5-6 Turn single
- 7-10 Eight slip steps to the right
- 11-12 Turn single

Chorus

- 13-18 Men go in, take hands, slip left 8 and go back out
- 19-24 Women go in, take hands, slip left 8 and go back out, returning to their partner
- 25-26 Men double forward and clap
- 27-28 Women double forward and clap while men go back to place
- 29-30 Men double forward but don't clap while women return to place
- 31-32 Men return to place, turning single as they do so
- 33-40 Repeat 25-32 with women going in first

Part 2

- 41-46 Side to right shoulders and turn single
- 47-52 Side to left shoulders and turn single
- 53-80 Repeat chorus (13-40) with women going in first, then men

Part 3

- 81-86 Arm right and turn single
- 87-92 Arm left and turn single
- 93-120 Repeat chorus (13-40)

**Gelosia
Domenico (1450)**

Arrangement: a three couple set

Part A

- 1-8 Eight saltarelli, starting left.

Part B

- 9-10 Man 1 does 3 contrapassii (all left) around woman 1 to reverence left to woman 2
- 11 Man 2 saltarello right to man 1's place
- 12-13 Man 1 does 3 contrapassii (all left) around woman 2 to reverence left to woman 3
- 14 Man 3 saltarello right to man 2's place

Part C

- 15 Man 1 saltarello right behind woman 3 to man 3's place

Part D

- 16-19 Take hands and 8 pive (starting left)

Part E

- 20 Drop hands. Couple 1 piva left to mezavolta left (essentially cast off in place to end facing partner)
- 21 Couple 2 the same
- 22 Couple 3 the same

Part F

- 23-25 Partners take right hands, 3 sempii (starting left) to trade places
- 26-28 Partners take left hands, 3 sempii (starting right) to return to place, end with all holding inside hands and facing forward

Repeat dance twice more, until each man returns to his starting place.

**Gioioso in Tre
Ebreo (1463)**

Arrangement: one woman and two men:M1-W-2

Part 1

- 1-2 All ripresa left, ripresa right, (drop hands),
- 3-5 Woman takes 2 sempii (starting left) to meet M1, and arms left with him with 2 doppi (L & R)
- 6-7 All ripresa left, ripresa right
- 8-10 Woman takes 2 sempii (starting right) to meet M2, and arms right with him with 2 doppi
- 11-12 All ripresa left, ripresa right

- 13-15 Men cross in front of woman with 2 sempii and 2 doppi, passing left shoulders
 16-20 Repeat 11-15

Part 2

- 11-12 Ripresa left, ripresa right, (drop hands)
 13-14 All do 2 sempii (starting on left) and 1 doppio forward (drop hands)
 15-16 Woman ripresa right, ripresa left, as men volta tonda
 17-18 Volta del Gioioso (2 sempii to turn 360 degrees to left, ripresa right)
 11-18 Repeat

Part 3

- 19-26 (twice) 16 Saltarelli (starting left), (drop hands)

Part 4

- 27 Woman movimento
 28 Men movimento
 29-30 Woman doppio left to leave
 31 Men movimento
 32 Woman movimento
 33-34 Men doppio left to join woman
 27-34 Repeat on other foot, woman still going first, but all turn around after their doppio

Repeat dance.

**Gracca Amorosa
 Caroso (1581)**

Arrangement: 1 couple facing without holding hands.

Part 1A

- 1-2 Riverenza minima (facing)
 3-4 Spezzato left & right (in a wheel clockwise half way)
 5-6 Spezzato left & right (circling over left shoulder)
 7-8 4 Trabuchetti (lrlr - facing)

Part 1B

- 1 Spezzato left to the left flank
 2 1/2 Riverenza right
 3 Spezzato right to the right flank
 4 1/2 Riverenza left

Chorus

- 1-2 Spezzato left & right (flankingly backwards)
 3-4 3 Riprese & 1 Trabuchetto left (turning the left flank in & traveling inward)

- 5-6 Spezzato right & left (flankingly backwards)
 7-8 3 Riprese & 1 Trabuchetto right (turning the right flank in & traveling inward)

Part 2A

- 1-4 4 Spezzati (lrlr - in a wheel clockwise full circle)
 5-6 4 Trabuchetti (lrlr - facing)
 7-8 Spezzato left & right (circling over left shoulder)

Part 2B

- 1-2 Scambiato left to the left flank
 3-4 Scambiato right to the right flank

Chorus

Part 3A (Man's Solo)

- 1-2 Spezzato left & right (man solo flankingly forward)
 3-4 4 Trabuchetti (lrlr - facing)
 5-6 Spezzato left & right (circling back over left shoulder)
 7-8 4 Trabuchetti (lrlr - facing)

Part 3B (Man's Solo)

- 1 Passo left to the left flank
 2 1/2 Riverenza right
 3 Passo right to the right flank
 4 1/2 Riverenza left

Chorus (both man & lady)

Part 4A & 4B

Lady does same solo as the man in Part 3

Chorus (both man & lady)

Part 5A

- 1-2 Seguito ordinario left to the left flank
 3 2 Riprese right facing
 4 Trabuchetto right & left
 5-6 Seguito ordinario right to the right flank
 7 2 Riprese left facing
 8 Trabuchetto left & right

Part 5B

- 1 Passo left (flankingly forward)
 2 1/2 Riverenza right (touching right hands)
 3 Passo right (flankingly forward)
 4 1/2 Riverenza left (touching left hands)

Chorus

Part 3

- 1-4 Arm right
 5-8 Arm left
 9-32 Men's sheepskin hey - begin with man 1 leading the men forward and around outside the women, then between women 1 and 2 and weaving between all of them. Man 3 reverses direction as he passes woman 2, who can assist him by turning him around. He now leads until man 2 reaches woman 2 and reverses direction to lead, until man 1 reaches woman 2 and reverses to again take the lead, lead the men out between women 2 and 3, around the end of the set and up their own side to places
 33-56 Women's sheepskin hey - as with the men

**Rostiboli Gioioso
 Domenico (1475)**

Arrangement: one couple.

Part 1

- 1-2 Ripresa left, ripresa right, (drop hands),
 3-5 Man leaves with 2 sempii (starting left), 2 doppi, ending with mezzavolta right to face woman
 6-7 Both ripresa left, ripresa right
 8-10 Man returns with the same steps, (take hands)
 1-10 Repeat, with woman leaving

Part 2

- 11-12 Ripresa left, ripresa right, (drop hands)
 13-16 Both do 2 sempii (starting on left), 3 doppi, (drop hands)
 17-18 Volta del Gioioso (2 sempii to turn 360 degrees to left, ripresa right)
 11-18 Repeat

Part 3

- 19-26 (twice) 16 Saltarelli (starting left), (drop hands)

Part 4

- 27 Man movimento
 28 Woman movimento
 29-30 Man doppio left to leave
 31 Woman movimento
 32 Man movimento
 33-34 Woman doppio left to join man
 27-34 Repeat on other foot, man still going first

Repeat dance, with the woman doing everything first.

**Ruffy Tufty
 Playford (1651)**

Arrangement: Two couples facing.

Part 1

- 1-4 Double forward and back (toward your contrary)
 5-8 Repeat.
 9-12 Set and turn single
 13-16 Set and turn single
 17-20 Take partner's hand, double out away from the other couple, turn around, switch hands, double back
 21-22 Turn single
 23-36 Repeat 9-22 with contrary

Part 2

- 1-4 Side to right shoulders
 5-8 Side to left shoulders
 9-36 Repeat Part 1 (9-36)

Part 3

- 1-4 Arm right
 5-8 Arm left
 9-36 Repeat Part 1 (9-36)

**St. Martin's
 Playford (1651)**

Arrangement: Two couples facing

Part 1

- 1-2 Couples meet a double
 3-4 Couples slip to the left and back to the right
 5-6 Turn single away from your partner
 7-8 Turn single toward your partner, moving back to original places
 9-10 Couples meet a double
 11-12 Change places with contrary (taking both hands and turning clockwise)
 13-14 Change places with partner (taking both hands and turning clockwise)
 15-16 Turn single
 17-18 Men back away from each other a double
 19-20 Women turn single
 21-22 Men come toward each other a double, crossing by left hands and pivoting on the joined hands to give contrary right hands
 23-24 Turn contrary by the right once around, men ending in their original position (women are still on the opposite side)
 25-26 Women back away from each other a double
 27-28 Men turn single

- 19-20 Women cross right shoulders while men make a small loop from their places to pass through their partner's place and follow two beats behind her, all meeting contrary by left shoulders
- 21-22 Pass contrary by left shoulders, women passing through partner's original position and making a small loop to move into their own original position, while men pass right shoulders and end in their own original place
- 23-24 Turn partner once around by the left hand

**Pease Bransle
Arbeau (1589)**

Arrangement: A circle of couples.

Part A

Double left, double right.
Repeat.

Part B

Men hop.
Women hop.
Men make 3 quick hops to the left.
Women hop left away from man.
Men hop left following.
Women cross in front of man to the left, changing partners.

**Petit Riens
Ebreo (1475)**

Arrangement: 3 people in a line (M1-W-M2)

Part 1

1-16 16 Pive, starting on left.

Part 2

17-20 Man 1 take 4 pive (starting left) to leave the group
21-24 Woman take 4 pive to catch up with man 1
25-28 Man 2 take 4 pive to catch up

Part 3

29-30 Man 1 doppio (starting left) to leave the group
31-32 Woman doppio to catch up with man 1
33-34 Man 2 doppio to catch up

Part 4

35-36 Man 1 and woman take hands and reverenza
37-38 Woman and man 2 take hands and reverenza
39-40 All 3 reverenza

Part 5

41-42 All doppio left backward
43-44 All doppio right forward
45-46 Ripresa left and right
47-48 Voltatonda (on left, turning left).

Repeat dance.

**Picking Of Sticks
Playford (1651)**

Arrangement: A longways set of three couples.

Part 1

1-4 Double forward and back
5-8 Repeat
9-10 First man changes with second woman
11-12 First man changes with third man
13-16 Take hands with person across from you, all forward and back a double
17-18 First woman changes with second man
19-20 First woman changes with third woman
21-24 Take hands with person across from you, all forward and back a double
25-56 Repeat changes and double forward/back, each time beginning with the person in the first man's position, until all return to place; note that throughout this sequence, half of the time you will be dancing with someone of the same gender

Part 2

1-4 Side to right shoulders
5-8 Side to left shoulders
9-10 Couple 1 take both hands and slip down into couple 2's position, while couple 2 moves up into couple 1's position. At the same time, couple 3 cross and begin to skip around the entire set
11-12 Couple 2 take both hands and slip down to their own place, while couple 1 moves up into their original position
13-16 Repeat 9-12, with couple 3 returning to position at the end
17-18 Couple 3 take both hands and slip up between couple 2, who move down into couple 3's place, while couple 1 begins to skip around the entire set
19-20 Couple 2 take both hands and slip back up to place, while couple 3 move down to place
21-24 Repeat 17-18, with couple 1 returning to place at the end

**Hearts Ease
Playford (1651)**

Arrangement: A set of 2 couples (facing each other). Rotate sets 90 degrees from other sets

Part 1

1-4 Double toward the other couple and double back
5-8 Repeat 1-4.
9-10 Face your partner and double backward away from them
11-12 Double toward partner
13-16 Turn your contrary by the right hand one time around
17-18 Face your contrary and double backward away from them
19-20 Double toward contrary
21-24 Turn your partner by the left hand one time around

Part 2

25-28 Side to right shoulders with your partner
29-32 Side to left shoulders with your *contrary*
33-48 Repeat 9-24

Part 3

49-52 Arm right with your partner
53-56 Arm left with your *contrary*
57-72 Repeat 9-24

**Hyde Park
Playford (1651)**

Arrangement: Square of 4 couples.

Part 1

1-4 First and third couples forward and back a double
5-8 Second and fourth couples forward and back a double
9-10 First and third men take partners with both hands, slip into center to meet
11-16 First man and third woman join both hands, slip out between the fourth couple, and cast to place. Third man and first woman do likewise at the same time
17-24 Second and fourth couples repeat 9-16

Part 2

25-32 Repeat 1-8 above
33-34 Second and fourth couples take both hands with their partner, turn halfway, and make an arch
35-40 First and third couples face their partner, pass by the right shoulder to go outside the

set, around the arches, meet their contraries, go under the arches together, and return to place, ending improper

41-42 First and third couples take both hands with their partner, turn halfway, and make an arch (these couples are now proper again)

43-48 Second and fourth couples do figure in bars 11-16, ending proper

Part 3
49-56 Repeat 1-8 above
57-64 Men pass in front of their partners, behind the next woman, and so on, weaving counterclockwise around the circle back to place
65-72 Women weave the circle clockwise, passing in front of their partner to start.

**Jenny Pluck Pears
Playford (1651)**

Arrangement: A circle of 3 couples.

Part 1

1-4 Eight slip steps to left
5-8 Face partner, set and turn single
9-12 Eight slip steps to right
13-16 Face partner, set and turn single
17-18 First man places first woman into the center of the circle, facing him
19-20 Second man does the same
21-22 Third man does the same
23-24 Reverence
25-32 Men skip clockwise around circle, outside women
33-40 Men skip counter-clockwise back to place
41-46 Men hand out women in same order
47-48 Reverence

Part 2

1-8 Side to right shoulders, set and turn single
9-16 Side to left shoulders, set and turn single
17-48 Repeat Part 1: 17-48, but the women placing the men in the center and skipping about the set

Part 3

1-8 Arm right, set and turn single
9-16 Arm left, set and turn single
17-48 Repeat Part 1: 17-48

**Leoncello
Domenico (1450)**

Arrangement: Couples

Part 1

1-6 Six saltarelli

Part 2

7 Man movimento, then woman movimento
8 Man moves to right of woman with a right saltarello and turn
9 Woman movimento, then man movimento
10 Woman moves to right of man with a right saltarello and turn

Part 3

11-13 Man does 4 sempii and 1 doppio away from woman, starting left
14-16 Woman does same to join

Part 4

17-18 Man does 3 contrapassii away
19-20 Woman does same to join

Part 5

21-23 Man does 2 sempii and 2 doppi away
24-26 Woman does same to join

Part 6

27-28 Ripresa left and right
29-31 Two sempii, 2 doppi
32-33 Ripresa left and right
34 Man movimento
35 Woman movimento

**Lorayne Alman
Inns of Court (1570)**

Arrangement: a processional line of couples.

Part A

Four doubles forward, hopping at the end of each.

Part B

Double forward, double backwards, double forward, double to turn in place away from partner.

Part C

Repeat Part B.

Repeat dance as necessary

**Ly Bens Distonys
(Gresley Manuscript - c1500)**

Arrangement: Individual couples

Part A

1-4 Two singles and double forward

Part B

1-2 Men 3 steps fwd RLR and turn to face while Ladies double R back
3-4 Both go to each other's former places by moving diagonally: Men with 3 steps LRL and a turn to face original direction. Ladies with a Double L
5-6 Ladies 3 steps fwd RLR and turn to face while Men double R back
7-8 Both go to original places by moving diagonally: Ladies with 3 steps LRL and a turn to face original direction Men with a Double L
9-10 Take hands. Single forward and back
11-12 Turn single away from partner, then take hands

Repeat ABABAB...

**Montarde Bransle
Arbeau (1589)**

Arrangement: A line of 4 dancers

1-8 Take 4 left doubles, following the leader around the room
9-10 First person turns in place with 4 kicks
11-16 Second turns likewise, then third, then fourth
1-8 Take 4 left doubles, while the first dancer weaves (in front of the second dancer, behind the third, etc) to the end of the line
Repeat kick (9-16) and weave (1-8) until each dancer has gotten to weave.

**Newcastle
Playford (1651)**

Arrangement: A round set or square of 4 couples.

Part 1

1-4 All take hands, double into center, fall back
5-6 Partners set
7-8 "Nexts" set (to find your next, face your partner, turn slightly in toward the set, and find the next person of the opposite gender)
9-16 Repeat 1-8
17-20 Partners arm right, ending with men forming a left-hand star

21-24 Men go once around while women skip quickly around them clockwise to original places (note that this all happens very quickly)
25-28 Partners switch by arming right 1/2, placing women into a left-hand star
29-32 Women go once around while men skip quickly around them, clockwise to places, ending in original places facing partner

Part 2

1-4 Partners side to right shoulders; fall back
5-8 Partners side to left shoulders, then balance back and pass on, ending facing their nexts
9-12 Nexts side to right shoulders and fall back
13-16 Nexts side to left shoulders, then balance back and pass on, ending facing their original contraries, having rotated 1/4 around the set
17-18 Original head couples (now at sides, partners switched) lead forward a double into the center
19-20 Head couples turn and lead out a double and make arches while original side couples cast away from current "partner" around the outside
21-24 Side couples meet original partners, pass through the arches, meet contraries again, and fall back to place
25-32 Repeat 17-24 with side couples making the arches and head couples casting

Part 3

1-4 Arm right with current partner
5-8 Arm left one and a half times to pass on, ending facing next person
9-12 Arm right with new partner
13-15 Arm left one and a half times to pass on, ending facing original partners
16 Fall into lines up and down the room, original heads at ends of lines (that is, having just reformed the square, the side couples grab the closest member of each head couple and form two lines facing)
17-18 Lines double backward
19-20 All turn single
21-23 Lines go forward, meet and cross over
24 Fall into lines across the room, original side couples at ends of lines (head couples should be in the middle of the lines, with each head person's original corner on their end of the line)
25-26 Lines double backward
27-28 All turn single
29-31 Lines go forward, meet and cross over
32 All return to original positions

**Parsons Farewell
Playford (1651)**

Arrangement: Two couples facing.

Part 1

1-2 Couples meet a double
3-4 Each couple 4 slips to the left
4-6 Couples back a double
7-8 Each couple 4 slips to the right
9 Men rise and nod to each other
10 Women rise and nod to each other
11-12 All rise 4 times, nodding in turn to contrary, corner (of same gender), partner, and the set in general
13-16 Turn contrary once around by two hands
17-24 Repeat 9-16, women rising first

Part 2

1-2 Couples meet a double
3-4 Lead contrary out a double
5-6 Lead contrary back in a double
7-8 Fall back with partner to places
9-10 Men cross by touching right hands and then pulling past by left hands
11-12 Turn contrary once around by the right hand
13-14 Men cross back by left hands
15-16 Turn partner once around by the right hand
17-18 Women cross by touching left hands and pulling past by right hands
19-20 Turn contrary once around by the left hand
21-22 Women cross back by right hands
23-24 Turn partner once around by the left hand

Part 3

1-2 Partners take both hands and meet other couple with 4 slips
3-4 Take contrary by both hands and slip out 4 slips
5-6 Slip back in 4 slips
7-8 Fall back with partner to place
9-10 Partners turn once around by right hands
11-12 Men cross left shoulders while women make a small loop from their places to pass through their partner's place and follow two beats behind him, all meeting contrary by right shoulders
13-14 Pass contrary by right shoulders, men passing through contrary's original position and making a small loop to move into the other man's original place, while women pass left shoulders and end in each other's original place
15-16 Turn partner once around by the right hand
17-18 Partners turn around once by the left hand