

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.

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.

12th Night 2019

15th C. Italian

| | |
|-------------------------|----|
| Amoroso..... | 2 |
| Anello | 2 |
| Belfiore..... | 2 |
| Gelosia | 6 |
| Petit Riens | 13 |
| Rostiboli Gioioso | 14 |

16th C. Italian

| | |
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| Bizzarria d'Amore..... | 3 |
| Contentezza d'Amore..... | 4 |
| Contrapasso en Due | 5 |
| Gracca Amorosa | 6 |
| Lo Spagnoletto | 9 |

Bransles

| | |
|--------------------------------|----|
| Maltese (Turkish) Bransle..... | 10 |
| Official Bransle | 11 |

Inns of Court/Gresley

| | |
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| Black Alman..... | 3 |
| Grene Gynger | 7 |
| Lorayne Alman | 9 |
| Ly Bens Distonys..... | 10 |
| New Yer..... | 11 |
| Oringe | 12 |
| Roye | 14 |

English Country

| | |
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| Black Nag..... | 4 |
| Come Get Your Mountain | 4 |
| Gathering Peascods..... | 6 |
| Grimstock..... | 7 |
| Hearts Ease | 8 |
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| If All the World Were Paper | 8 |
| Jenny Pluck Pears | 9 |
| Newcastle..... | 11 |
| Old Mole | 11 |
| Parsons Farewell | 12 |
| Picking Of Sticks | 13 |
| Rufty Tufty | 14 |
| Scotch Cap..... | 14 |
| Sellenger's Round..... | 15 |
| Upon a Summer's Day | 15 |
| Whirligig..... | 15 |

Set 1

| |
|--------------------|
| Sellenger's Round |
| Lorayne Alman |
| Rufty Tufty |
| Contrapasso in Due |
| Jenny Pluck Pears |
| Grene Gynger |
| Ly Bens Distonys |
| Petite Riens |

Set 2

| |
|-------------------------------|
| Maltese (SCA Turkish) Bransle |
| Black Nag |
| Rostiboli Gioioso |
| Official Bransle |
| Gelosia |
| Whirligig |
| New Yer |
| Pinwheel – Dance Game |

Set 3

| |
|-----------------------------|
| Gathering Peascods |
| Black Alman |
| If All the World Were Paper |
| Picking of Sticks |
| Gracca Amorosa |
| Hyde Park |
| Anello |
| Come Get Your Mountain |

Set 4

| |
|---------------------|
| Hearts Ease |
| Oringe |
| Contentezza d'Amore |
| Newcastle |
| Roye |
| Bizzaria d'Amore |
| Scotch Cap |
| Parsons Farewell |

Reserve Set

| |
|---------------------|
| Old Mole |
| Belfiore |
| Amoroso |
| Lo Spagnoletto |
| Upon A Summer's Day |
| Grimstock |

Dance is Fun!

Join the community at:

<http://dance.atlantia.sca.org/>

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These notes are pulled from the Isenfir dance booklet created by Lord Bryan Morgan (mka David Oxford), updated by Lady Nicolosa d'Isenfir (mka Kendra Schmid) from numerous sources. 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 11/18/2018

**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

The entire dance then repeats, with the woman doing everything 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 (starting left) 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.

**Belfiore
Domenico (1581)**
Arrangement: Three 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.

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

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)

**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).

**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)

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.

**Roye
Gresley (1500ish)**

Arrangement: 3 people in a line

Part A

- All forward 3 doubles
- All back a double

Part B

- Man 1 doubles forward
- Man 2 doubles forward
- Man 3 doubles forward

Part C

- All gallop forward (left and right)
- All gallop back (left and right)
- All gallop forward (left and right)
- All turn with a double

Part D

- Man 1 movimenti, then men 2 and 3 movimenti together
- Then man 1 turns with a double
- Man 2 movimenti, then men 1 and 3 movimenti together
- Then man 2 turns with a double
- Man 3 movimenti, then men 2 and 3 movimenti together
- Then man 3 turns with a double

**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)

**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

**Bizzarria d'Amore
Negri (1602)**

Arrangement: 2 couples in a square

Part 1

- Part A
- 1-4 Men riverenza
- 5-6 Men two sottopiede to the left
- 7-8 Men two sottopiede to the right
- 9-16 Ladies repeat same 1-8 pattern

Part B

- 1-2 Two jumps
- 3-4 Ripresa minuta to the left
- 5-8 Repeat 1-4 with ripresa minuta to the right

Part C

- 1-2 Two spezzati moving diagonally backwards to the right, first left foot, then right
- 3-4 Seguito forward on left
- 5-8 Repeat 1-4 but starting on right

Part 2

Part A

- 1-4 Men two spezzati and seguito to change places
- 5-8 Starting on right, two spezzati and seguito doing full turn over left should (stay in opposite's place)
- 9-16 Ladies repeat same 1-8 pattern

Parts B&C

Part 3

Part A

- 1-4 Face partner, take right arms, do two seguiti all the way around
- 5-8 Two seguiti to do full turn over left shoulder
- 9-12 Face corner, take left arms, do two seguiti all the way around
- 13-16 Two seguiti to do full turn over Right shoulder

Parts B&C

Part 4

Part A

- 1-4 Men, take right arms, two spezzati and seguito to change places
- 5-8 Starting on right, two spezzati and seguito doing full turn over left should (stay in opposite's place)
- 9-16 Ladies repeat same 1-8 pattern

Parts B&C

Part 5

Part A

- 1-2 Face partner, take right hand, seguito to change places
- 3-4 Take left hand of partner, seguito to change back
- 5-8 Two seguiti to do full turn over Left shoulder
- 9-10 Face corner, take left hand, seguito to change places
- 11-12 Take right hand of corner, seguito to change back
- 13-16 Two seguiti to do full turn over Right shoulder

Parts B&C

Part 6

Part A

- 1-4 Face partner, take right hand, two seguiti around back to place.
- 5-16 Hey around the circle. Start with left hand of partner and change place with seguito. Continue alternating right/left hands around circle with one seguito per exchange. Takes 1.5 times around circle.

Parts B&C

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

Arrangement: A processional line of couples.

- 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 set& turn first

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
- 65-72 Women hey

Come Get Your Mountain

Atlantia University (2018), in the style of Playford (1651)

Formation: Pair of couples facing

Part 1

- 1-4 Double forward and back (toward your contrary)
- 5-8 Turn single left, turn single right.
- 9-16 Repeat 1-8.
- 17-20 Right hand star half way around
- 21-24 Set and turn facing your contrary
- 25-28 Left hand star half way around
- 29-32 Set and turn facing your contrary

Part 2

- 1-4 Side Right
- 5-8 Turn single left, turn single right.
- 9-12 Side Left
- 13-16 Turn single left, turn single right.
- 17-20 V-Crossing Figure: The men will immediately go toward each other, pass right shoulders, cross back-to-back and fall backward passing left shoulders into their partner's places.

Two beats after the men have started their V, the women do a V, passing left 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 right shoulders to fall backward into their partner's places. (Like St. Martin's)

21-24 Set and turn facing your contrary

25-28 V-crossing figure, women going first.

Ending in original places

29-32 Set and turn facing your contrary

Part 3

- 1-4 Arm right.
- 5-8 Turn single left, turn single right.
- 9-12 Arm left.
- 13-16 Turn single left, turn single right.
- 17-20 Change places with contrary passing right shoulders. Change places with partner passing left shoulders.
- 21-24 Set and turn facing your contrary
- 25-28 Change places with contrary passing right shoulders. Change places with partner passing left shoulders.
- 29-32 Set and turn facing your contrary

Contentezza d'Amore

Caroso (1581)

Arrangement: single couple

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 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.

- 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

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 riverenza
- 37-38 Woman and man 2 take hands and riverenza
- 39-40 All 3 riverenza

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.

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

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

All turn R (M facing down, W facing up) D fwd, D back (face partner) Set & Turn

Chorus 1: "Bait and Switch"

M1 and W3 D fwd toward each other, D back, 2xD fwd to switch places
M3 and W1 do likewise
M2 and W2 do likewise

Verse 2: "Red Rover"

(M2M3 hands, W1W2 hands) All D fwd, D back, D+½ fwd (W3 passing under M2M3's arms, M1 passing under W1W2's arms), all rotate 90 degrees to face opposite line. (repeat total of 4x)

Chorus 2: "Bait and Switch" Revisited

Repeat Chorus 1

Verse 3:

All D fwd. Ends D back, while M2W2 remain.
Couples (M1M3, M2W2, W1W3) turn each other.
Couples Side R, turn each other and break back to M's and W's lines. Men Hey. Women Hey.

Chorus 3:

All Circular Hey. M1/W1 cast off, M/W following.
Reverse, M3/W3 cast off, M/W following.
Reverence.

Oringe Gresley

Arrangement: Three in a line, one behind the other

A: All double forward for 6 doubles
Double back
Reverance

B: Person 1 doubles away
Person 2 follows
Person 3 follows
Person 1 weaves between 2 & 3 to end at back
Repeat section B with each new person

C: Person 1 doubles back
Person 2 follows
Person 3 follows

D: All double forward
All double back
All turn

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

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.

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.

Contrapasso en Due Caroso (1581)

Arrangement: Individual couples

First Section

A1 (First Repeat):
Riverenza L
2 Continenze L, R

A1 (Second Repeat):

2 Singles L,R, 1 Double L
2 Singles R, L backwards
2 Reprise R,R

A1 (Third Repeat):

2 Singles L,R; 1 Double L
2 Singles R, L backwards
2 Reprise R, R

B1:

Holding R Hands, Circling L
2 Singles L, R; 1 Double (L)
Holding L Hands, Circling R
2 Singles (R, L); 1 Double (R)

B2:

Facing Partner Figure 8 Circles
2 Doubles L, R circling L away from partner and ending where you started 2 Doubles (R, L) circling R away from partner and ending where you started

B1:

Holding R Arms, Circling L
2 Singles L, R; 1 Double (L)
Holding L Arms, Circling R
2 Singles (R, L); 1 Double (R)

B2:

Facing Partner - Figure 8 Circles

B1:

Holding Both Hands, Circling L
2 Singles L R; 1 Double (L)
Holding Both Hands, Circling R
2 Singles (R, L); 1 Double (R)

B2:

Facing Partner
Women Figure 8 Circles as before
Men 2 Doubles L R flanking BCK
Men 2 Doubles R L flanking FWD

Second Section

A1 (All Repeats):
8 Doubles (some music has 12)

B1:
Riverenza L
2 Continenze L R

B2:
Facing Partner
Figure 8 Circles

B1:
Men Advancing/Women Retreating
Men 2 Singles L R; 1 Double L
Women 2 Singles R L; 1 Double R
Women Advancing/Men Retreating
Women 2 Singles L R; 1 Double L
Men 2 Singles R L; 1 Double R

B2:
Facing Partner
Figure 8 Circles

B1:
Men alone Riverenza L
Women alone Riverenza L

B2:
Facing Partner
Women Figure 8 Circles as before
Men 2 Doubles L R flanking BCK
Men 2 Doubles R L flanking FWD

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 mezzavolta 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.

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)

New Yer
(Gresley Manuscript - c1500)

Arrangement: 3 individuals in a line

1-8 4 doubles forward
9-15 Person 1 double away, 2 follow, 3 follow
16-22 All half turn in a double, 3 times
23-28 Person 3 double away, 2 follow, 1 follow
29-30 All half turn in a double

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 and 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

Official Bransle
Arbeau (1589)
Arrangement: A circle of couples.

Part A
Double left, double right. Repeat.

Part B
Six singles left.
Woman steps in front of her partner.
Woman jumps, and the man guides her to the left, everyone gaining a new partner.

Repeat Part B.

Old Mole
Playford (1651)
Arrangement: Three couples longways set.

Verse 1:
(face up the hall) D fwd, D back (face partner) Set & Turn, repeat
All turn L (M facing up, W facing down) D fwd, D back (face partner) Set & Turn

Part 2

Section A -- Ladies only

- 1-2 2 passi forwards into the center of the circle, so as to move closer together.
- 3-4 Seguito on the left foot, moving past each other right shoulder to right shoulder, and around into each other's places.
- 5-6 Two spezzati, moving back around the circle to the right.
- 7-8 Seguito back into place with the right foot.

Section B: Ladies only repeat section B above.

Section C: All repeat section C above.

Part 3

Repeat part 2, this time the men doing what the ladies did.

Part 4

Section A

All dance around the circle to the left.

- 1-4 Facing to the left, moving around the circle 2 spezzati, 1 sequito.
- 5-8 Continuing to move around the circle to the left. 2 spezzati, 1 sequito.

Section B: All repeat section B above.

Section C: All repeat section C above.

Part 5

Section A

Ladies only, dancing around the inside of the circle to the left, turning their right sides forwards as they move to the left.

- 1 Two passi, left then right. These are one beat each, done towards the opposite lady.
- 2 Trabuchetto left then right.
- 3-4 Seguito left, moving shoulder to shoulder around the opposite lady.
- 5 Two steps, left then right, moving back towards your original place.
- 6 Trabuchetto right then left, back to back with the opposite lady.
- 7-8 Seguito left back into place.

Section B: Ladies only repeat section B above.

Section C: All repeat section C above.

Part 6

Repeat part 5, this time the men doing what the ladies did.

Part 7

Section A

Men take their partners by the right arm, and dance around them, then take the left arm of the contrary, and dance around them.

- 1-4 Two spezzati and a seguito around your partner.
- 5-8 Two spezzati and a seguito around your contrary.

Section B: All repeat section B above.

Section C: All repeat section C above.

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...

Maltese (Turkish) Bransle SCA Choreography

Arrangement: A circle of dancers.

Part A

Double left, double right. Repeat.

Part B

Raise hands, three singles into center, clap 3 times.

Three singles out to place, clap or kick 3 times.

- 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

Grene Gynger Gresley (1500ish)

Arrangement: Couples in a line

- 1-4 Trett, retrett (step forward, back). Double forward
- 5-8 Heart: 2 singles away from partner, 1 double turning over outside shoulder & circling to face partner
- 9-10 2 slip steps down the hall holding leading hands
Flip to back to back (holding same hands)
- 11-12 2 slip steps up the hall
Turn to face
- 13-14 Turn left, double away from partner. Turn, return to partner
- 15-18 Double back from partner, double forward to meet
- 19-23 Heart: Facing down the hall. 2 singles away from partner, 1 double turning over outside shoulder & circling to face up the hall again.

Grimstock Playford (1651)

Arrangement: A longways set of 3 couples

Part 1

- 1-4 Double forward and back
- 5-8 Set and turn single.
- 9-16 Repeat 1-8
- 17-24 Mirror hey: men do right shoulder hey while women do a left shoulder hey. First couple starts by moving towards each other, while second couple starts by moving apart, until all come to place

Part 2

- 25-28 Side right
- 29-32 Set and turn single
- 33-40 Side left, set and turn single
- 41-48 Over-and-under figure, a la Trenchmore, sometimes called an arched hey. First

couple starts by going under an arch made by second couple, and then forms an arch over the third couple, while the second couple turns around, until all come to place

Part 3

- 49-52 Arm right
- 53-56 Set and turn single
- 57-64 Arm left, set and turn single
- 65-68 Half mirror hey, with the first couple beginning by crossing right shoulders and going on the inside
- 69-72 Half mirror hey, with the first couple (who are in third position) beginning by crossing

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

Part 2

- 17-24 Second and fourth couples repeat 9-16
- 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

If All the World Were Paper

Playford (1651)

Arrangement: Square of 4 couples

Part 1

- 1-4 All take hands, double into the center, and fall back a double
- 5-8 Face partner, set and turn single
- 9-16 Repeat 1-8
- 17-18 Men 1 and 3 change places across the set, passing right shoulders
- 19-20 Ladies 1 and 3 the same.
- 21-24 Couples 1 and 3 two changes of a hey to place
- 25-40 Couples 2 and 4 do as 1 and 3 did in measures 17-24

Part 2

- 1-4 Side to right shoulders with partner
- 5-8 Set and turn single
- 9-12 Side to left shoulders with partner
- 13-16 Set and turn single

- 17-20 Couples 1 and 3 meet a double, take contrary by the hand and lead out between couples 2 and 4, drop hands and cast off to places
- 21-24 Couples 1 and 3 turn partner once around by both hands
- 25-40 Couples 2 and 4 do as 1 and 3 did in measures 17-24

Part 3

- 1-4 Arm right with partner
- 5-8 Set and turn single
- 9-12 Arm left with partner
- 13-16 Set and turn single
- 17-20 Man 1 and woman 3 change places, passing left shoulders, while man 3 and woman 1 do the same
- 21-24 Couples 1 and 3 change places with partners, passing right shoulders. Man 1 and woman 3 change places by left hands while man 3 and woman 1 do the same. Couples 1 and 3 change places with partners by right hands. (In essence a hey, using hands only on the last two changes)
- 25-40 Couples 2 and 4 do as 1 and 3 did in measures 17-24

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

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

Lo Spagnoletto

Negri (1602)

Setting: Two couples in a circle facing inwards. The dance has seven parts, each part has three sections (A, B, and C). Sections B and C of each part are identical, and section A changes.

Sequitto is two steps, then spetzato

Part 1

Section A

- 1-2 "Riverenza breve" -- done in two bars in the same way as a riverenza minima, concluding with a small jump.
- 3-4 Seguito, stepping to the left around the circle.
- 5-6 Two fioretti spetz, left then right.
- 7-8 Seguito, stepping to the left again.

Section B

- 9-10 Three sottopiede, followed by a cadenza.
- 11 Trabuchetto, to the right.
- 12 Seguito left, turning on the spot.
- 13-14 Three sottopiede, followed by a cadenza, this time traveling to the right.
- 15 Trabuchetto to the left.
- 16 Seguito right, turning on the spot.

Section C

- 17-18 Two passi backwards, right then left.
- 19-20 Seguito left, moving forwards into place.
- 21-22 Two passi backwards, again beginning on the right.
- 23-24 Seguito right, moving forwards into place.