

Grimstock .....	21	Old Mole.....	30
Hearts Ease .....	21	Parsons Farewell .....	31
Hit and Misse .....	21	Picking Of Sticks .....	33
Hyde Park .....	22	Ruffy Tufty .....	35
If All the World Were Paper.....	23	St. Martin's .....	35
Jenny Pluck Pears .....	23	Scotch Cap .....	36
Mary-Grace's Rose .....	27	Sellenger's Round .....	37
Mayden Lane .....	27	Trenchmore .....	39
New Boe Peep .....	28	Upon a Summer's Day .....	40
Newcastle .....	28	Whirligig .....	42
Night Peece .....	29		

## Iseñfir Dance Booklet 5.2.2



These notes were compiled by Lord Bryan Morgan (nka David Oxford), updated by Maestra Nicolosa de Misura (nka Kendra Schmid) and Lady Brigida d'Iseñfir di Ponza (Gina La Manna) 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 Iseñfir and to fit the style of the other notes in this booklet.

Please note that this Fifth Edition is a major digital format upgrade. 5.2.0 increases font and moves TOC inside. Dances added Chirritana, Hit & Misse, Villanella, Voltate in ca Rosina. 5.2.1 adds Confesse, Faine I would. 5.2.2 adds Contentezza d' Amore (1600).

v 5.2.2

January 4, 2026

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**All in a Garden Green  
Playford (1651)**

Arrangement: 3 couple set

Part 1

1-8 Double forward and back (up and down the hall), set and turn single.

9-16 Repeat 1-8.

17-18 1st man shakes right hands with

1st woman,

19-20 same with 2nd woman,

21-22 goes to 3rd woman and shakes

right hand, then left hand,

23-24 kisses her twice,

25-26 turns her.

27-36 1st man shakes hands with 3rd

and 2nd women, then shakes

hands with and kisses 1st woman,

and turns her.

Part 2

1-8 Siding, set and turn single.

9-16 Repeat 1-8.

17-36 1st woman does as above,

shaking hands with and kissing

the men.

Part 3

1-8 Arming, set and turn single.

9-16 Repeat 1-8

17-36 1st man shakes hands and kisses

again.

**Amoroso**

**Ebreo (1475)**

Arrangement: Single 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

mezavolta to face woman

33 Both riverenza 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: 2 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

15th C. Italian

Amoroso ..... 2

Anello ..... 2

Belfiore ..... 5

Chirintana ..... 9

Colonese ..... 10

Gelosia ..... 18

Gioioso in Tre ..... 18

Giove (aka Jupiter) ..... 19

Leoncello (1450) ..... 24

Leoncello (1517) ..... 24

Petit Riens ..... 32

Petit Rose ..... 33

Rostiboli Gioioso ..... 34

Spero ..... 37

Strozzino ..... 38

Tesara ..... 38

Vollate in ca Rosina ..... 41

16th C. Italian

Ballo del Fiore ..... 4

Bizzarria d'Amore ..... 6

Contentezza d'Amore (1581) 11

Contentezza d'Amore (1581) 13

Contrapasso en Due ..... 14

Gracca Amorosa ..... 19

L'Angelosa ..... 24

Lo Spagnoletto ..... 25

Villanella ..... 40

Bransles

Bransle Suite ..... 8

Bransle Cassandra ..... 8

Bransle Pinagay ..... 8

Bransle Charlotte ..... 8

Candlestick Bransle ..... 8

Clog Bransle ..... 10

Horse's Bransle ..... 22

Maltese (Turkish) Bransle ..... 27

Montarde Bransle ..... 28

Official Bransle ..... 30

Pease Bransle ..... 32

Tangle Bransle ..... 38

War Bransle ..... 41

Washerwoman's Bransle... 41

Gresley

Amyrn ..... 4

Grene Gynger ..... 20

Ly Bens Distons ..... 26

New Yer ..... 28

Oringe ..... 31

Rawty ..... 34

Roye ..... 35

Inns of Court/Other

Black Alman ..... 7

Carolingian Pavan ..... 8

Earl of Essex Measure ..... 16

Earl of Salisbury Pavan ..... 16

Honeysuckle Alman ..... 22

Lorayne Alman ..... 26

Madam Sosilia Alman ..... 27

Old Alman ..... 30

Queen's Alman ..... 34

English Country

All in a Garden Green ..... 2

Argeers ..... 3

Beggar Boy ..... 5

Black Nag ..... 7

Boatman ..... 7

Chestnut ..... 9

Come Get Your Mountain ..... 10

Confesse ..... 11

Cuckolds All a Row ..... 15

Dargason ..... 15

Dull Sir John ..... 15

Faine I would ..... 17

Fine Companion ..... 17

Gathering Peascods ..... 18

## **Whirligig**

### **Playford (1651)**

Arrangement: Set of three couples.

**Part 1**  
Double forward and back  
Repeat

#### Chorus

The middle couple goes up between the 1st, casts off and returns to place, then crosses over between the 1st couple with a half-figure-eight, ending improper.

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

1st couple casts into 3rd couple's place, followed by the rest who come through an arch made by the 1st couple, so that 2nd couple is now in the 1st place and the 3rd in the 2nd 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 2nd 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.

#### Part C

15 Men movimento, women movimento  
16 Men volta tonda (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 Riverenza left

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

## **Argeers**

### **Playford (1651)**

Arrangement: 2 couples facing  
Couple 1 with back to the presence

#### Part 1 Verse

1-2 Contrary take both hands – slip out & back  
3-4 Turn contrary half  
5-8 Turn partner one and a half  
9-10 Double forward  
11-12 Turn contrary half  
13-16 Turn partner one and a half

#### Part 1 Chorus

1-2 Men switch double  
3-4 Women switch double  
5-8 Set and turn

9-10 Women switch  
11-12 Men switch  
13-16 Set and turn

#### Part 2 Verse

1-4 Double out and back with contrary  
5-8 Turn partner  
9-12 Double back and forward  
13-16 Set and turn

#### Part 2 Chorus

1-2 Men slip R, women slip L (men on inside)  
3-4 Slip back (women on inside)  
5-8 Turn contrary  
9-12 Women forward and back double  
13-16 Men do a single hey to place

#### Part 3 Verse

1 Men push contrary back  
2-3 Slip to man's R  
4 Fall back  
5-8 Set and turn  
9-10 Men slip L, women slip R (men inside)  
11-12 Men push women back and fall back  
13-16 Set and turn

#### Part 3 Chorus

1-4 Man 1 and woman 2 cast off and lead into partner's place  
5-8 Cast again back to place  
9-10 Men start a hey for 4 (left shoulders)  
11-12 Women join hey for 4  
13-14 Turn partner  
15-16 Fall back into line of 4 and honor presence

### **Armynn**

#### **Gresley (1500ish)**

Arrangement: 3 people in a line

Part A  
8 piva forward in file

Part B  
Man C doubles back; man B doubles back; A doubles back

Part C  
Man A movement and B turns halfway round with a double;  
Man B movement and C turns halfway round with a double  
Man C movement and A turns halfway round with a double

Part D  
Man C 2 doubles forward, then B 2 doubles forward.

Part E  
Man A singles forward, back, and turns with a double

Part F  
All brawl left & right (like a set)  
All do half hey  
Double 1: B+C pass right should, A comes to and meets C on the left  
Double 2: A+B pass right shoulders while C turns around

Part G  
2 doubles each  
A+B take rights hands making an arch so C could go through  
A+B Continue to turn until A is at top, B middle  
C passes through arch with a double, does half turn with double to end in original position

### **Ballo del Fiore**

#### **Caroso (1581)**

Arrangement: Couples

Part 1  
Man finds and approaches woman with 4 doubles.

*Chorus*  
Man takes woman's left hand in his right.

Continenza Left  
Continenza Right (both very slow)  
Rivrenza (also very slow)

Part 2  
Man and woman dance together 4 doubles (2 plain doubles, then 2 scurrying doubles (seguiti scorsi) if desired, although regular doubles are often used)

#### *Chorus*

Part 3  
Man and Woman use 2 doubles to turn over left shoulders, then 2 more doubles to pass onto opposite sides, separating and ending facing one another. (referred to as "The J-Figure")

#### *Chorus*

Part 4  
4 doubles, zigzagging, to come together.

#### *Chorus*

Ladies take flower from men, and go in search of a new partner using 4 doubles.  
Dance repeats until the musicians start threatening dancers' lives if they do not stop the maddening music.

### **Voltate in ca Rosina**

#### **Ambrosio**

Arrangement: 3 in a line

Part 1 "Entrance"  
2 doubles forward  
2 doubles over left shoulder  
Middle leaves with 2 singles, 1 double  
Outsides follow with 2 singles, 1 double  
Middle turns half way as outsides approach

Part 2 "Apart"  
2 saltarelli away from each other, turn to face  
2 riprese (LR), turn single  
4 continenze

Part 3 "Return"  
Return together with 2 singles, 1 double  
Back 1 double  
Turn single over left shoulder  
4 singles  
Ripresa right, reverence left  
4 continenze

Part 4 "Circles"  
P2 & P1 right hand circle with 4 pive  
P2 & P3 left hand circle with 4 pive  
Hey for 3 with pive

### **War Bransle**

#### **Arbeau (1589)**

Arrangement: A circle of dancers.

Part A (Peace)  
1-8 Double left, double right, double left, double right  
9-16 Repeat 1-8

Part B (War- music is the same speed, dancers move twice as fast)  
17-18 Double left, double right  
19 Single left, single right  
20 Double left  
21 Single right, single left  
22 Double right  
23 Single left, kick left, kick right  
24 Kick left, bring feet together, jump

#### **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.

## Upon a Summer's Day

### Playford (1651)

Arrangement: A longways set of 3 couples.

#### Part 2

1-8 Two passi forward, seguito.

Repeat

9-10 Continenza left

11-12 Two riprese right

13-16 Riverenza

#### Part 3

1-8 Man -Two passi forward, seguito.

Repeat. Going around lady in

front

9-10 Together Continenza left

11-12 Two riprese right

13-16 Riverenza

#### Part 4

1-8 Woman -Two passi forward,

seguito. Repeat. Going around

man in front

9-10 Together - Continenza left

11-12 Two riprese right

13-16 Riverenza

#### 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 Amn right

5-8 Set and turn single

9-12 Amn left

13-16 Set and turn single

17-40 Repeat Part 1 (17-40)

## Villanella

### Caroso (1581)

Arrangement: Individual couple

#### Part 1

1-4 Reverenza

5-8 Continenza L,R

9-12 Two Seguiti

13-14 Continenza L

15-16 Two riprese R

## Beggar Boy

### Playford (1651)

Arrangement: Long 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 couple

13-16 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

## 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 volta tonda (4 steps, ccw)

20 Woman volta tonda

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.

## **Bizzarria d'Amore**

### **Negri (1602)**

Arrangement: 2 couples in a square

#### Part 1

##### Part A

- 1-4 Men riverenza
- 5-6 Men 2 sottopiede to the left
- 7-8 Men 2 sottopiede to the right
- 9-16 Ladies repeat same 1-8 pattern

##### Part B

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

##### Part C

- 1-2 2 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 2 spezzati and seguito to change places
- 5-8 Starting on right, 2 spezzati and seguito doing full turn over left shoulder (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 2 seguiti all the way around
- 5-8 2 seguiti to do full turn over left shoulder
- 9-12 Face corner, take left arms, do two seguiti all the way around
- 13-16 2 seguiti to do full turn over right shoulder

##### *Parts B&C*

#### Part 4

##### Part A

- 1-4 Men, take right arms, 2 spezzati and a seguito to change places
- 5-8 Starting on right, 2 spezzati and a seguito doing full turn over left shoulder (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*

- Part 4
- B take C2 to front (holding ribbons) w/ Saltarelli LRL
- A&B R hands & switch in Saltarello R; A to bottom in Saltarelli LR, mezaavola R

A lead C1 to front (as B led C2); A&B switch & B return to bottom as before

#### Part 5

C1&C4 switch w/ ptr in Doppio & form ribbon arch; A&B Doppio under arch  
C2&C3 switch w/ ptr in Doppio & form ribbon arch; A&B under arch & meet  
Repeat w/ C2&C3; Repeat w/ C1&C4

#### Part 6

A&B switch under arches in 4 piva, passing R shoulders, mezaavola R  
Couples drop ptr's ribbon; Men mezaavola to face down as Women face up

#### Part 7

Hey A, B, Man 1 & woman 4 weave CCW around 3 stationary people to new position  
A&B always start to L of 1st stationary person (inside), Man & Woman to R  
Repeat w/ A, B, Man 2 & Woman 3  
Repeat w/ A, B, Man 3, woman 2  
Repeat w/ A, B, Man 4, woman 1

#### Part 8

Movimenti (Man 1,2, 3, 4, Woman 4, 3, 2, 1)  
Men mezaavola CCW in doppio L; women same at same time

## **Trenchmore**

### **Playford (1652)**

Arrangement: A longways set of couples.

#### Part A

Up a double and back, twice. The 1st couple casts off and leads down the outside, followed by everyone else, and back up the center to place.

#### Part B

Arched hey: All take hands. The 1st couple faces down, and goes under an arch made by the 2nd couple, then arch over the 3rd couple, and so forth over and under all the way down the set and back, followed by all the other couples. When each couple reaches the end they turn around.

When the 1st couple returns to the top, they stop; when everyone else returns to their original position, they stop as well, drop hands, and take a step apart.

#### Part C

1st couple arms right in the center, then arms left with the 2's, then right in the center with each other again, then left with the 3's, and so on down the entire line. When they reach the end, they fall into place again, and the new first couple begins the dance again.

## **Strozzino**

**SCA Choreography by Bryan Morgan, Niccolosa d'Isenfir, and Andrew Morgan. Original music by Daniel of the Red Mountain.**

**In the style of 15C Italian.**  
Arrangement: M1-W2-M3.

Part 1  
16 pive

Part 2  
M1, W2 – Sempii, Sempii, doppio,  
mezavolta to face M3

M1 – Movimento to M3  
M3 – Movimento to M1  
W2 – Honor M1

M3 Sempii, Sempii, doppio, mezavolta  
to join M1, W2

M3 – Movimento to M1  
M1 – Movimento to M3  
W2 – Honor M3

Repeat all of part 2

Part 3

M1 – Sempii, Sempii, doppio,  
mezavolta to face W2, M3

M1 – Movimento to W2  
W2 – Movimento to M1  
W2 – Honor M1

M3 Sempii, Sempii, doppio, mezavolta  
to move into M1 spot

M3 – Movimento to W2  
W2 – Movimento to M3  
W2 – Honor M3

W2 – Sempii, Sempii, doppio,  
mezavolta to end proper with M1

W2 – Movimento to M1  
W2 – Movimento to M3  
W2 – Honor M1

M3 Sempii, Sempii, doppio, mezavolta  
to end proper with W2  
M3 – Movimento to M1

M1 – Movimento to M3  
W2 – Honor M3

Part 4  
4 Pive all together

Half a hey  
M1, W2 change with 2 pive by right  
shoulders

M1, M3 change with 2 pive by right  
shoulders  
M3, W2 change with 2 pive by right  
shoulders.

W2 mezavolta to turn make line  
reversed

**Tangle Bransle**  
Arrangement: Line of dancers.

Double left, single right. Repeat, dancer  
on the left "tangling" the line.

## **Tesara**

**Domenico (1450)**  
Arrangement: 4 couples in a line plus 1  
shuttle at each end

Part 1  
8 Saltarelli, starting L

Part 2  
Couples separate in Mezza Rip, shuttle  
A mezavolta to face B

A& B 4 Piva to switch (pass R),  
mezavolta

C's switch 4 Mezza Riprese (Men in  
front)  
Movimenti (Man 1, then 2, 3, 4, then  
Woman 4, 3, 2, 1); Repeat P2

Part 3  
B take C4's ribbons & lead to front in  
4 doppii w/ close & side cut

A&B take R hands & switch in 2 piva;  
A to bottom in 3 piva, end in mezavolta  
R

A lead C3 to front (as B led C4); A&B  
switch & B return to bottom as before

## **Black Alman**

### **Inns of Court (1570)**

Arrangement: A processional line of  
couples.

All steps are alman steps

1-8 4 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 4 slip steps up hall  
29-30 Turn halfway back to your own  
side

31-32 4 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. 1st  
couple 4 slips up hall

11-12 2nd couple 4 slips up the hall  
13-14 3rd 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 1st man and 3rd woman change  
places (passing face to face)

35-36 1st woman and 3rd man do the  
same

37-38 2nd 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)

## **Boatman**

### **Playford (1657)**

Arrangement: Set of 3 couples.

Part 1  
1-4 Double forward and back  
5-8 Set and turn single

9-16 Repeat 1-8  
17-21 1st couple and 2nd man hey,  
while third couple and second  
woman hey, all returning to place

22-24 Take both hands with partner and  
turn once around clockwise

25-32 Repeat 17-24, the 2nd man  
going the hey with the 3rd  
couple, and the 2nd woman with  
the first couple

Part 2  
33-40 Side to right shoulders, set and  
turn single

41-48 Side to left shoulders, set and  
turn single

49-50 The 2nd man and the 1st couple take hands in a circle and go halfway around to the right (counterclockwise), while the 1st man and the 3rd couple do the same

51-52 Open the circles into two lines facing, with the 2nd man and 2nd woman in the middle of each line, and fall back a small double

53-56 Meet your partner by both hands and turn to the right to original places

57-64 Repeat 49-56, the 2nd man circling with the 3rd couple and the 2nd woman with the 1st couple, and circling to the left (clockwise)

Part 3

65-72 Arm right, set and turn single

73-80 Arm left, set and turn single.

81-84 1st and 3rd man and 2nd woman take hands and circle once around the 2nd man

85-88 The 2nd couple turns once around by both hands to place

89-92 1st and 3rd women and 2nd man take hands and circle once around the 2nd woman

93-96 The 2nd couple turns once around by both hands to place

**Bransle Suite**

**Arbeau (1589)**

Arrangement: A circle of dancers.

**Bransle Cassandra**

Double left, double right. Repeat.  
Double left, double right, single left, double right.  
Repeat.

**Bransle Pinagay**

Double left, kick left.  
Double left, kick left, kick right, kick left.

Double left, double right. Repeat.

**Bransle Charlotte**

Double left, kick left, kick right, double right.  
Repeat.  
Double left  
Kick left  
Kick right  
Single right  
Kick left  
Kick right  
Kick left  
Single left  
Kick right  
Kick left  
Kick right  
Double right

**Candlestick Bransle**

Arrangement: A collection of men and women spread around the floor.

8 alman-style doubles.  
4 alman-style singles.

**Carolingian Pavan**

**SCA Choreography**

Arrangement: A processional line of couples.  
One "pavan set" of steps is a single, single, double.

Part A

1-8 1 pavan set forward, starting left  
9-16 1 pavan set forward  
17-24 1 pavan set backward  
25-32 1 pavan set forward

Part B

1-16 Men kneel. Women go around men clockwise in 2 pavan sets  
17-32 Men rise. Men go around women in 2 pavan sets

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 2 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)

**Spero**

**Ebreo**

Arrangement: Line of 3 people. WMW

Part 1 (Quademaria tempo)

4 Saltarelli  
Man (middle) forward 2 singles, 1 double  
Women (outsides) forward 2 singles, 1 double.  
Man turns halfway over R shoulder when women reach

Part 2

2 saltarelli away from each other (tempo change)  
4 saltarelli to approach and pass, turn to face  
Riprese L, R

Part 3 (Bassadanza tempo)

Single back left  
3 riprese forward R, L, R (slow boat) with man  
Ripresa left  
Volla tonda bassadanza  
Reverence left

Part 4 (Piva tempo)

M & W1 circle right with 3 pive  
M & W2 circle left with 3 pive

Part 5

Man rise, women rise  
Man turn single, women turn single

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 4 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 4 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

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

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

17-32 Repeat above to return to place

17-32 Repeat above to return to place

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

### 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 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

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

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

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

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, 1st couple ending in third place and 3rd couple ending in first place

41-48 Repeat 33-40, all ending in their original place

#### Part 3

49-56 Sliding

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 1st couple leads down the center to the bottom of the set, 2nd and 3rd couples walking up their own side to follow 1st couple. 2nd couple ends in second place, 3rd couple ends in first place

65-72 Repeat 57-64, but with 1st couple casting off up the set to end in first place

### Chirimana Siena Manuscript

Arrangement: line of couple – the more the merrier.

Couple 1 notes when to move on to the next part based on everyone getting through repeats.

Part 1 "Processing"

Sequence of 2 continenze, 1 double, 1 continenza.

Couple 1 leads around the room.

Part 2 "Weaving Hey"

Pive – couple 1 leads to the left, pass between couples 2 & 3. Then leads around couple 3 to the right. Continues to weave in this fashion.

After couple 1 has completely passed couple 2, couple 2 turns to follow and weaves behind.

Repeat until line has reset to original

Part 3 "In & out Hey"

Pive – couple 1 pivots as a couple to face down. Couple 1 goes between couple 2. Then couple 3 goes between couple 1, continue pattern.

After couple 1 has passed couple 2, couple 2 pivots and does same in & out pattern.

Repeat until line resets to original.

Part 4 "Circle with partners"

All couples take right hands with partner, circle back with left hands and 4 saltarelli.

Part 5 "Piva line tangle"

Take hands alternating genders (M1, W1, M2, W2...) with man 1 leading pive about the room in any fashion

## **Clog Bransle** **Arbeau (1589)**

Arrangement: A circle of dancers.

facing forward.  
Repeat dance, reversing roles.

- Part A  
1-8 Double left, double right  
9-16 Double left, double right

**Come Get Your Mountain**  
**Atlantia University (2018), in the**  
**style of Playford (1651)**  
Formation: Pair of couples facing

- Part B  
17-20 Single left, single right  
21-23 Tap right foot 3 times  
24-27 Single left, single right  
28-30 Tap right foot 3 times

## **Colonne** **Ebreo (1463)**

Arrangement: Line of 3 couples.

- Part 1 (in 6)  
1-16 16 Saltarelli

- Part 2 (in 6)  
17-26 Couple 1 stands still

Couple 2 takes right hands and circles single left, single right, double left, then back again with left hands single right, single left, double right, then riverenza.  
Couple 3 weaves to the top with 2 singles and 4 doubles, man ending improper.  
27-36 Repeat 17-26 with new couples  
37-46 Repeat with new couples

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

- Part 3 (in 2)  
47-49 Men circle partner CW with 3 piva  
50-52 Women circle partner CW with 3 piva

- Part 4 (in 4)  
53 Men movimento  
54 Women movimento  
55-56 Double back  
57-58 Double forward, turning over "lower" shoulder (shoulder toward foot of the hall), ending

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

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

**Rufy Tuffy**  
**Playford (1651)**  
Arrangement: 2 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

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

**Queen's Alman  
 Inns of Court (c1580-90)**  
 Arrangement: Processional line of couples

Part A  
 4 doubles forward, starting left

Part B  
 Double left forward  
 Double right back (end facing partner)  
 Set and turn left  
 Double right forward  
 Double left back (end facing partner)  
 Set and turn right

**Rawty  
 Gresley (1500ish)**  
 Arrangement: Couples in a line

Part 1  
 1-2 Single forward, single back  
 3-4 Double forward with stomp  
 5-6 Double back without stomp  
 7-12 Repeat 1-6

Part 2  
 1-2 Man single forward, single back

3-4 Double forward & turn  
 5-6 Both 3 kicks  
 7-8 Double to meet

Part 3  
 1-2 Gallop left with a double  
 3-4 3 kicks  
 5-6 Double forward to meet

**Rostiboli Gioioso  
 Domenico (1475)**  
 Arrangement: Single couple

Part 1  
 1-2 Ripresa left, ripresa right, (drop hands)  
 3-5 Man leaves with 2 sempii (starting left), 2 doppii, ending with mezarvola right to face woman  
 6-7 Both ripresa left, ripresa right  
 8-10 Man returns with the same steps, (take hands)  
 11-20 Repeat 1-10, with woman leaving

Part 2  
 21-22 Ripresa left, ripresa right, (drop hands)  
 23-26 Both do 2 sempii (starting on left), 3 doppii, (drop hands)  
 27-28 Volta del Gioioso (2 sempii to turn 360 degrees to left, ripresa right)  
 29-46 Repeat

Part 3  
 47-62 16 Saltarelli (starting left), (drop hands)

Part 4  
 63 Man movimento  
 64 Woman movimento  
 65-66 Man doppio left to leave  
 67 Woman movimento  
 68 Man movimento  
 69-70 Woman doppio left to join man  
 71-78 Repeat on other foot, man still going first

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

**Confesse  
 Playford (1651)**  
 Arrangement: Man, Woman, Man in two lines facing

Part 1  
 1-4 Double toward the other line and double back. Repeat  
 5-6 Men go btwn ladies to left, lead out a double and back (ruffy tuffy like)  
 7-8 Turn person you are facing  
 9-10 Original lines out a double & back  
 11-12 Turn person you are facing

Part 2  
 1-4 Cross room to left hand. Back again. Repeat  
 5 Man 1 choose lady, brings to center  
 6-7 Rest circle around couple  
 8 Man 1 & lady return to place  
 9-12 Repeat 5-8 with other man

Part 3  
 1-4 Cross room to right hand. Back again. Repeat  
 5-6 Women lead to each wall, while men go up and other down

7-8 Women hands circle round while men turn single  
 9-10 Women lead to each wall, while men go up and other down  
 11-12 Men hands circle round while women turn single

Part 4  
 1-4 Double toward the other line and double back. Repeat  
 5-6 Men lead women on end to wall and back. Other women go outside come under arms of couple  
 7-8 Turn person you are with  
 9-12 Repeat but swich women

**Contentezza d'Amore (1581)  
 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 2 continenze (left then right)  
 9 - 12 4 reprise, traveling around in a circle to the left  
 13-16 4 reprise, traveling back around the circle to the right  
 17-20 2 continenze, as above.  
 21-24 Riverenza, releasing outside hands

Figure 2  
 The lady begins by traveling away from the man, then at the end she turns around to face him.  
 1-4 2 slow puntate forward, beginning with the left foot  
 5 - 6 2 passi gravi forward  
 7 - 8 Double step (seguito ordinario) forward.  
 9-12 2 slow puntate forward

- 13-14 2 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
- 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 traveling 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: 2 passi gravi steps and a seguito  
 5-8 Lady: Repeat, starting on the right foot  
 9-12 Man: 2 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 traveling 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
- Sciolla  
 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 traveling 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

- Part 5  
 41-42 All doppio left backward  
 43-44 All doppio right forward  
 45-46 Ripresa left and right  
 47-48 Volta tonda (on left, turning left).

Repeat dance.

**Petit Rose**

**Domenico (1450)**

Arrangement: Individual couples

- Part 1  
 1-32 16 Pive, starting on left.

- Part 2  
 1 Man movimento  
 2 Woman movimento  
 3-4 Man volta tonda with a doppio  
 5 Woman movimento  
 6 Man movimento  
 7-8 Woman volta tonda with a doppio

- Part 3  
 1-2 Doppio forward left  
 3-4 Sempii back right, left  
 5-12 Repeat twice more, always starting with left foot for doppio

- Part 4  
 1-2 Saltarello right away from partner  
 3-4 Saltarello left back to partner, touch hands  
 Repeat with women going first

- Picking Of Sticks  
 Playford (1651)**  
 Arrangement: A longways set of 3 couples.

- Part 1  
 1-4 Double forward and back  
 5-8 Repeat  
 9-10 1st man changes with 2nd woman

- 11-12 1st man changes with 3rd man  
 13-16 Take hands with person across from you, all forward and back a double  
 17-18 1st woman changes with 2nd man  
 19-20 1st woman changes with 3rd 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

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

32

- Contentezza d' Amore (1600) Caroso (1600)**
- Arrangement: Single couple
- First Playing**
- Do this entire part while facing each other, holding both hands, except in the final riverenza.
- 1-4 Riverenza to each other.
- 5-8 2 continenze (left then right)
- 9-10 2 reprise, traveling around in a circle to the left
- 11-12 2 trabuchetti, left then right
- 13-14 Seguito ordinario left
- 15-16 2 reprise, traveling back around the circle to the right
- 17-18 2 trabuchetti, right then left
- 19-20 Seguito ordinario right
- 21-24 Riverenza, releasing outside hands
- Second Playing**
- The couple progresses together unlike as in the 1581 version which was quite wrong.
- 1-4 2 slow puntate forward, beginning with the left foot
- 5-6 2 passi gravi forward
- 7-8 Seguito ordinario forward
- 9-12 2 slow puntate forward
- 13-14 2 passi gravi forward
- 15-16 Seguito ordinario forward, finishing by turning to face
- 17-18 2 slow trabuchetti left, right.
- 19-20 3 quick trabuchetti left, right, left
- 21-24 Continenza left then right
- Third Playing**
- 1-24 Repeat 1-24 from the third playing, starting on the right foot
- Fourth Playing**
- In this playing the lord and lady exchange places, then go up or down the hall, and then return.
- 1-4 Holding right hands, 2 seguiti left, right.
- Drop hands
- 5-8 2 seguiti to go to the opposite ends of the hall.
- 9-12 2 puntate left then right forward.
- 13-16 2 seguiti flanking left, right
- Done opposite each other.
- 17-18 2 trabuchetti left, right
- 19-20 Destice left
- 21-24 Two puntate coming forward to meet
- Fifth Playing**
- 1-24 Repeat 1-24 from the fourth playing, starting on the right foot, taking left hands
- Sciotta**
- This section is in triple time (3/4 played quickly).
- 1-4 Taking both hands do 2 spezzati to the left
- 5-6 2 passi over left shoulder
- 7-8 1 spezzato to change places
- 9-12 2 spezzati to the right
- 13-14 2 passi over right shoulder
- 15-16 1 spezzato to change places
- 17-18 2 reprise to the left
- 19-20 2 trabuchetti left, right
- 21-22 2 passi mnimi
- 23-24 1 saffice to the left
- 25-26 2 reprise to the right
- 27-28 2 trabuchetti right, left
- 29-30 2 passi mnimi.
- 31-32 1 saffice to the right
- Drop outside hands.
- 33-36 2 puntate minime forward.
- 37-40 Riverenza to end the dance
- You must join your feet at the end or the entire dance will be quite wrong.

13

## **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):

Repeat A1 second repeat

##### 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

## **Oringe**

### **Gresley (Gaita Reconstruction)**

Arrangement: 3 in a line, one behind the other

#### A: 12 piva

B1: In slow bassedance:

Person 1 double forward

Person 2 follows

Person 3 follows

(Tempi changes)

Person 1 4 piva turns out to the left,

goes between the 2nd and 3rd, then past

the right side of the 3rd and ends up

behind them at the back of the line.

B2: (The 2nd person is now first, 3rd is

second and 1st is third). Repeat B1.

B3: Repeat again to end up in original

places.

#### C: In quadreria

Person 1 double backwards moving

diagonally right to end up on the right

side of the third person.

Person 2 double back diagonally left to

end on the left side of person 3.

Taking hands, all do a double forward

and a double back and a reverence.

The dance can start again by all turning

to their left so the second person now

leads the line. Repeat another time so

that everyone has acted as leader.

## **Oringe**

### **Gresley (Schweitzer/Scroggie**

### **Reconstruction) (Evelyn's notes)**

Arrangement: Three in a line

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

13-20 Repeat 9-12 with each couple in middle

### **Old Mole Playford (1651)**

Arrangement: 3 couples longways

#### Part 3

1-8 Arm right, arm left  
9-12 Man 1 and lady 2 switch  
Lady 1 and man 2 switch  
3rd couple switch  
13-16 Man 1 and lady 3 switch  
Lady 1 and Man 3 switch  
2nd couple switch  
17-20 Set and turn

### **Official Bransle**

#### **Arbeau (1589)**

Arrangement: A circle of couples.

#### Part A

Double left, double right. Repeat.

#### Part B

6 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 Alman**

#### **Inns of Court (1570)**

Arrangement: Line of couples

#### Part A

4 doubles forward

#### Part B

Taking both hands with partner, circle 2 singles and a double (clockwise)  
Circle back with two singles and a double

Dance repeats.

### **Cuckolds All a Row Playford (1651)**

Arrangement: 2 couples facing

#### Part 1

1-8 Double up & back, repeat  
9-12 Back to back with corner  
12-16 Face to face around with corner  
17-20 Back to back with partner  
21-24 Face to face around with partner

#### Part 2

1-8 Side right with partner  
Side left with corner  
9-12 Men switch places, ladies switch places  
12-16 Hands all, circle left  
17-20 Ladies switch places, men switch places  
21-24 Hands all, circle left

#### Part 3

1-8 Arm right with partner  
Arm left with corner  
9-12 Men push corner back a double, slip to men's R, fall back to partner's place (poussette)  
12-16 Men cast R to old place and back to new place, partners follow  
17-20 Men push corner back a double, slip to men's L, fall back to orig. place (poussette)  
21-24 Men cast L back to place, partners following. Back to orig. place

### **Dargason Playford (1651)**

Arrangement: Single line men facing the women MMMM WWWW

First man and woman side right, set and turn single.  
Pass on to the next person, side, set and turn single.  
So on until the first man and woman reach the ends of the set, when

everyone turns around and repeats the process, siding left as they progress to original places

Arm right as you sided before, set and turn single, and pass on to the next, reversing as above and arming left to return.  
The single hey all handing as you pass till you come to original places.

### **Dull Sir John Playford (1651)**

Arrangement: Square of 4 couples

#### Part 1

1-4 1st couple lead in and cast off to your places, the man going between the 2nd couple and the woman going between the 4th  
5-8 The 3rd couple does the same  
9-12 The 2nd couple does the same  
13-16 The 4th couple does the same  
17-18 1st and 3rd men change places, passing right shoulders  
19-20 1st and 3rd women change places, passing right shoulders  
21-24 1st and 3rd couples either take hands in a circle or give right hands across and go half way around to original places  
25-32 The 2nd and 4th couples repeat 17-24, ending with the second and fourth men standing behind their partners

#### Part 2

33-36 The 1st couple pass into the third place, the man going between the 2nd couple and the woman going between the 4th couple while the 3rd couple leads straight across into the 1st couple's place  
37-40 Repeat 33-36, the 3rd couple coming back to place through the 2nd and 4th couples, and the 1st couple leading straight across to place, ending with the 1st and

3rd men standing behind their partners  
 41-48 The 2nd and 4th couples repeat 33-40, with the 2nd couple separating first and the 4th couple leading straight across, then vice-versa  
 49-56 The 1st and 3rd couples hey (beginning with women passing left shoulders) until all four return to their own places, standing side-by-side  
 57-64 2nd and 4th couples repeat 49-56

Part 3  
 65-68 Men cast off and go on the outside behind their partners into the next man's place  
 69-72 Women cast off and go on the outside behind their partners into the next woman's place  
 73-80 Repeat 65-72, all couples ending opposite their original places  
 81-84 1st and 3rd couples meet and go back-to back with their opposites (dos-i-dos)  
 85-88 1st and 3rd couples pull by their opposites by the right hand, and pull by their partners with their left, ending in original positions  
 89-96 2nd and 4th couples repeat 81-88

**Earl of Essex Measure**  
**Inns of Court (1570)**  
 Arrangement: A processional line of couples

Part A  
 1-2 Double left forward  
 3 Single right back  
 4-12 Repeat 1-3 three more times

Part B  
 13-15 Single to the left, single to the right (note timing),  
 16-17 Double left forward  
 18 Single right backward

**Earl of Salisbury Pavan**  
 Arrangement: A processional line of couples  
 A "pavan set" = 2 singles and a double.

Part 1  
 1-4 Pavan set forward starting on the left  
 5-6 Partners step away from each other (still holding hands) and back together  
 7-8 Double right backward

Part 2  
 9-12 Pavan set forward starting on the left  
 13-14 Face partner, take both hands and take 1 slip step up the hall, and 1 back down  
 15-16 Double right backward (away from partner)

Part 3  
 17-20 Pavan set forward starting on the left (passing partner on the left)  
 21-22 2 quarter turns to the right to end facing partner  
 23-24 Double right backward away from partner

Part 4  
 25-28 Pavan set forward, taking both hands with partner as you approach, and turn halfway (clockwise) to end in your original position, facing partner and still holding both hands  
 29-30 Take 1 slip step up the hall, and 1 back down  
 31-32 Face forward, and double right backward

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 nexis  
 9-12 Nexis side to right shoulders and fall back  
 13-16 Nexis 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

**Night Pece**  
**Playford (1651)**  
 Arrangement: 3 couples in a line  
 NOTE – Recorded music has wrong repeat structure. Should be AABBB

Part 1  
 1-4 Double forward & back  
 5-8 Repeat  
 9-12 2nd couple fall back double & slip up to 1st spot  
 1st and 3rd couples switch  
 13-20 Repeat 9-12 with each couple in middle

Part 2  
 1-8 Side Right, side left  
 9-10 1st couple cross and cast to second place  
 2nd couple slides up  
 11-12 1st couple continues on with cross and cast to third place  
 3rd couple slides up

**Part 3**

- 1-8 Arming
- 9-10 1st man change with the 2nd woman
- 11-12 1st woman change with the 2nd man, while the 3rd couple changes places
- 13-14 1st man change with the 3rd woman

- 15-16 1st woman change with the 3rd man, while the 2nd couple changes places

- 17-20 Set and turn
- 21-24 Set and turn

**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 1st dancer weaves (in front of the 2nd dancer, behind the 3rd, etc) to the end of the line

Repeat kick (9-16) and weave (1-8) until each dancer has gotten to weave.

**New Boe Peep Playford (1651)**

Arrangement: Long as many as will

**Part 1**

- 1-4 Double forward & back
- 5-8 Repeat

*Chorus*

- 9-10 Women turn half around, forward a double

- 11-12 Men double to follow
- 13-16 Man peeps 4 times around partners alternating sides
- 17-18 All double back to places
- 19-20 All turn single

- 21-22 Men turn half around, forward a double

- 23-24 Women double to follow
- 25-28 Women peeps 4 times around partners alternating sides

- 29-30 All double back to places
- 31-32 All turn single

**Part 2**

- 1-8 Side right, side left
- 9-32 Repeat chorus with men leaving first

**Part 3**

- 1-8 Arm right, arm left
- 9-32 Chorus with women leaving first

**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 "Nexis" 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

**Faine I would Playford (1651)**

Arrangement: 4 couples in square

**Part 1**

- 1-2 Double out from set, turn double back
- 3-4 Two hand switch with corners.

- 5-8 Repeat 1-4 with opposite (End in original square)

- 9-10 Heads double in, 'pick up sides' & double back 4 across

- 11-12 All turn opposite, fall into corners original position

- 13-16 repeat 9-12 with sides leading (End in original square)

**Part 2**

- 1-2 Siding

- 3-4 Two hand switch with corners. Two hand switch across set. (heads with partners)

- 5-8 Repeat 1-4 with opposite (End in original square)

- 9-10 Heads cast off, circle through corner's position back to place. Corners following nearest leader.
- 11-12 Head couple and their corners, 4 hands around back to places

- 13-16 Repeat 9-12 with sides

**Part 3**

- 1-2 Arming
- 3-4 Two hand switch with corners. Two hand switch across set. (heads with partners)

- 5-8 Repeat 1-4 with opposite (End in original square)

- 9-10 Head couples double in, turn back to back
- 11-12 Other 4 circle Right around them
- 13-16 Repeat with sides

**Fine Companion Playford (1651)**

Arrangement: A square set of 4 couples.

**Part 1**

- 1-4 Take hands all, double forward into the center of the square and back

- 5-8 Set and turn single
- 9-16 Repeat 1-8
- 17-18 Men double into the square
- 19-20 Women double forward while men double back to place

- 21-24 Men double forward while women fall back, then men take hands and circle around to place
- 25-32 Repeat 17-24, starting with the women first.

**Part 2**

- 1-8 Side right, Set and turn single
- 9-16 Side left, set and turn single
- 17-18 1st and 3rd couples double forward into the square

- 19-20 2nd and 4th couples double forward while 1<sup>st</sup> and 3rd double back to place,

- 21-24 1st and 3rd couples double forward while 2<sup>nd</sup> & 4th fall back, then 1st & 3rd couples take hands and circle around to place.
- 25-32 Repeat 17-24, with the 2nd and 4th couples going in first.

**Part 3**

- 1-8 Arm right, Set and turn single.
- 9-16 Arm left, set and turn single.
- 17-24 Men double into the center, face out, and wait while the women go around once on the outside. Men double back to place on bars 23-24.

- 25-36 Repeat 17-24, with the women going into the center while the men circle.

## Gathering Peascods

### Playford (1651)

Arrangement: A circle of couples

- Part 1  
1-4 8 slip steps to the left  
5-6 Turn single  
7-10 8 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 first

### Part 2

- 41-46 Side right and turn single  
47-52 Side left 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 8 saltarelli, starting left

### Part B

- 9-10 Man 1 does 3 contrapassi (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 contrapassi (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 mezaavolta 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-M2

### 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 doppii (L & R)  
6-7 All ripresa left, ripresa right

## Madam Sosilia Alman

### Inns of Court (1570)

Arrangement: A processional line of couples.

### Part A

- 1-2 Single left, single right forward  
3-4 Double left forward  
5 Single right back  
6-10 Repeat 1-5

### Part B

- 1-2 Face partner, drop hands, set left and right  
3-4 Slow reverence  
5-8 Two singles and a double forward, passing right shoulders to end up in partner's place facing partner,  
9-13 Fast reverence, approach partner, embrace  
14-26 Repeat 1-13, ending up in own place

## 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.

## Mary-Grace's Rose

### David Oxford (2001), in the style of Playford (1651)

Arrangement: Round for 8

### Part 1

- 1-4 Hands all, a double forward and back  
5-8 Partners set and turn single.  
9-16 Repeat 1-8  
17-20 Heads cast off, meet contrary outside sides, come between

them, meet partners in the middle

- 21-24 All two singles back, a double forward, heads meeting in the center. All clap

- 25-32 Women in the center turn by the right and by the left while men in the center go between the couple to their left to do a hey with them, all falling to place at the end

### Part 2

- 1-4 Side to right shoulders  
5-8 Set and turn.  
9-12 Side to left shoulders  
13-16 Set and turn  
17-32 As in Part 1, except the sides going first

### Part 3

- 1-4 Arm right  
5-8 Set and turn  
9-12 Arm left  
13-16 Set and turn  
17-32 As in Part 1

## Mayden Lane

### Playford (1651)

Arrangement: longways set of 3 couples

### Part 1

- 1-4 Double forward and back  
5-8 Repeat  
9-12 All face left and double forward and back  
13-16 Men and women go a single hey on each side

- 17-20 Set and turn  
21-24 Set and turn

### Part 2

- 1-8 Sidling  
9-10 All a double back  
11-12 All a skipping double to change places with partner  
13-16 Repeat 9-12  
17-20 Set and turn  
21-24 Set and turn

5-8 Continuing to move around the circle to the left. 2 spezzati, 1 seguito.

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 2 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  
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 2 spezzati and a seguito around your partner.

5-8 2 spezzati and a seguito around your contrary.

Section B: All repeat section B above.  
Section C: All repeat section C above.

### Lorayne Alman Inns of Court (1570)

Arrangement: a processional line of couples.

Part A

4 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 2 singles and a 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...

8-10 Woman takes 2 sempii (starting right) to meet M2, and arms right

with him with 2 doppii

11-12 All ripresa left, ripresa right

13-15 Men cross in front of woman with 2 sempii and 2 doppii, 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)

19-36 Repeat 11-18

Part 3

19-26 (twice) 16 Sattarelli (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.

### Giove (aka Jupiter)

#### Domenico

Arrangement: 3 in a column

Part 1

Three quadernaria doubles and a

bassadanza volta tonda (2 singles & a ripresa right)  
Repeat

Part 2

Half hey with hands quadernaria doubles, starting with man at top with R hand (woman ends up only dancing near top)

All do 2 bassadanza singles and double forward

Half hey with hands, starting with new man at top with R hand (woman ends up only dancing near top)

All do 2 bassadanza singles and double forward

Part 3

Pive hey with 9 pive

Part 4

All two sattarelli forwards

1<sup>st</sup> & 3<sup>rd</sup> change places with 2 sattarelli clockwise

Middle alone does bassadanza volta tonda

Repeat part 4

Part 5

1 & 2 reverence

2 & 3 reverence

### 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 (ltr - 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

Part 4A & 4B  
Lady does same solo as the man in Part 3  
*Chorus (both man & lady)*

- 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 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 2A
- 1-4 4 Spezzati (lhr - in a wheel clockwise full circle)
  - 5-6 4 Trabuchetti (lhr - facing)
  - 7-8 Spezzato left & right (circling over left shoulder)

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)

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

*Chorus*

*Chorus*

**Grene Gynger  
Gresley (1500ish)**

Arrangement: Couples in a line

- Part 3A (Man's Solo)
- 1-2 Spezzato left & right (man solo flankingly forward)
  - 3-4 4 Trabuchetti (lhr - facing)
  - 5-6 Spezzato left & right (circling back over left shoulder)
  - 7-8 4 Trabuchetti (lhr - 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)*

1-4 Tret, retreat (step forward, back). Double forward. Repeat  
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

20

- 10 Woman turns over L should with double

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 All riprese (left, right)  
19 Man does 1 set of contrapassi away  
20 Woman does same to join

Part 5  
21-23 Take R hands, circle clockwise with 2 sempii and 2 doppii  
24-26 Take L hands, circle clockwise with 2 sempii and 2 doppii

Part 6  
27-28 Ripresa left and right  
29-31 Two sempii, 2 doppi  
32-33 Ripresa left and right  
34-36 Man movimento, Woman movimento

**Lo Spagnoletto  
Negri (1602)**

Setting: 2 couples in a circle facing inwards.  
Seguito is two steps, then spezzato

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 2 foretti spetz., left then right  
7-8 Seguito, stepping to the left again

Section B  
9-10 3 sottopiede, followed by a

cadenza  
11 Trabuchetto, to the right  
12 Seguito left, turning on the spot  
13-14 3 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 2 passi backwards, right then left  
19-20 Seguito left, moving forwards into place.  
21-22 2 passi backwards, again beginning on the right.  
23-24 Seguito right, moving forwards into place.

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 2 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  
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 seguito.

25

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

**L'Angelosa**

**Cochlaus Letter (1517)**  
Adapted from Helena Hroffsdottir  
Arrangement: Couples

Part 1

Four doubles forward, quick bow/  
reverence  
One double backwards  
Turn to face partner, full bow/reverence  
Repeat part 1

Part 2

Take right hands, change places with 1  
double  
Three doubles away from partner, look back at them with emotion  
Moving in a zigzag pattern return to your partner with a set of contrapassi (3 “fast doubles” or a piva and a close)  
Take right hands and bow on the right  
Repeat part 2 – taking left hands and bowing left

Part 3

Take right hands and circle with 4 fast  
doubles  
Take left hands and circle with 4 fast  
doubles

**Leoncello (1450)**  
**Domenico (1450)**

Arrangement: Couples

Part 1

1-6 6 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 contrapassi away  
19-20 Woman does same to join

Part 5

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

Part 6

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

**Leoncello (1517)**

**Cochlaus Letter (1517)**

Arrangement: Couples

Part 1

1-6 3 sets of contrapassi (3 fast  
doubles & riprese to close)

Part 2

7 Man rise, then woman rise  
8 Man turns over L shoulder with  
double  
9 Woman rise, then man rise

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.

Part 2

25-32 Side right, Set and turn single  
33-40 Side left, set and turn single  
41-48 Over-and-under figure, a la  
Trenchmore, aka 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 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 1st  
couple beginning by crossing  
right shoulders and going on the  
inside  
69-72 Half mirror hey, with the 1st  
couple (who are in third position)  
beginning by crossing

**Hearts Ease**  
**Playford (1651)**

Arrangement: A set of 2 couples facing  
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 right with your partner  
29-32 Side left 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

**Hit and Misse**

**Playford (1651)**

Arrangement: 2 couples facing

Part 1

1-4 Double toward the other couple  
and double back

Chorus

1-8 Double in with partner, take  
contrary's hand, double out away  
from the other couple, turn  
around, switch hands, double  
back, fall back with partner  
9-16 Single hey for 4

Part 2

1-4 Side Right, Left  
*Chorus*

Part 3  
1-4 Arm Right, Left  
*Chorus*

Part B  
Men stomp twice, step to right, turn over left shoulder, back to place.  
Women paw ground twice, step to right, turn over left shoulder, back to place.

### **Honeysuckle Alman** **SCA Choreography by Master**

#### **Robyan**

Arrangement: A processional line of couples.

One "pavan set" of steps is a single, single, double.

Dance repeats.

Variation – top man runs to bottom to partner switch after turn.

#### **Hyde Park** **Playford (1651)**

Arrangement: Square of 4 couples.

#### Part A

1-8 2 pavan sets forward starting on the left

9-12 Face partner, set and turn single, starting left

13-24 Repeat 1-12, starting and setting right first

#### Part I

1-4 1st and 3rd couples forward and back a double

5-8 2nd and 4th couples forward and back a double

9-10 1st and 3rd men take partners with both hands, slip into center to meet

Part B  
25-28 Face partner, hold both hands, turn in a circle clockwise with a pavan set starting on the left

11-16 1st man and 3rd woman join both hands, slip out between the 4th couple, and cast to place. 3rd man and 1st woman do likewise at the same time

33-34 Drop hands, single left back, single right back

17-24 2nd and 4th couples repeat 9-16

35-36 Double left forward to face partner

Part 2  
25-32 Repeat 1-8 above

37-38 Double right forward to change places with partner, passing right shoulders

33-34 2nd and 4th couples take both hands with their partner, turn halfway, and make an arch

39-52 Repeat 25-38

35-40 1st and 3rd couples face their partner, pass by the right shoulder to go outside the set, around the arches, meet their

### **Horse's Bransle** **Arbeau (1598)** Arrangement: Couples

#### Part A

Face partner, double up the hall and back, 4 times

41-42 1st and 3rd couples take both hands with their partner, turn halfway, and make an arch (these couples are now proper again)

43-48 2nd and 4th 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.

### **IF All the World Were Paper** **Playford (1651)**

Arrangement: Square of 4 couples

#### Part I

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 right with partner

5-8 Set and turn single

9-12 Side left 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 I

1-4 8 slip steps to left

5-8 Face partner, set and turn single

9-12 8 slip steps to right

13-16 Face partner, set and turn single

17-18 1st man places 1st woman into the center of the circle, facing him

19-20 2nd man does the same

21-22 3rd 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