

Isefir Dance Booklet 5.0.2

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These notes were compiled by Lord Bryan Morgan (mka David Oxford), updated by Lady Nicolosa d'Isefir (mka Kendra Schmid) from numerous sources, including *SCA Dance Cheat Sheets* by Greg Lindahl, *Joy and Jealousy* by Vivian Stephens and Monica Cellio, *Court & Country - Dances of the Renaissance in England and France* by Alex Clark, and *The Rose & Nefr Dance Manual* by Susan Henry. Many notes are my 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 Isefir and to fit the style of the other notes in this booklet.

Please note that this Fifth Edition is a major digital format upgrade. Dances added Contentezza d'Amore, Oringe, Grene Gynger. 5.0.1 adds another Oringe interpretation, clarifies Lo Spagnoletto, and adds Contrapasso en Due. 5.0.2 adds New Bo Peep, Petit Rose, New Yer, Rawty, and updates Grene Gynger.

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

Arrangement: Three couple set

Part 1

1- 4 Double forward and back (up and down the hall),
5- 8 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 goes to 3rd woman and shakes right hand,
22 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- 4 Siding,
5- 8 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- 4 Arming,
5- 8 set and turn single.
9-16 Repeat 1-8
17-36 1st man shakes hands and kisses again.

**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.

**Ballo del Fiore
Caroso (1581)**

Arrangement: Couples

Part 1

Man finds and approaches woman with four doubles.

Chorus

Man takes woman's left hand in his right.

Continenza Left

Continenza Right (both very slow)

Riverenza (also very slow)

Part 2

Man and woman dance together four doubles (two plain doubles, then two scurrying doubles (seguiti scorsii) if desired, although regular doubles are often used)

Chorus

Part 3

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

Chorus

Part 4

Four doubles, zigzagging, to come together.

Chorus

Ladies take flower from men, and go in search of a new partner using four doubles.

Dance repeats until the musicians start threatening dancers' lives if they do not stop the maddening music.

**Beggar Boy
Playford (1651)**

Arrangement: A longways set of 3 couples.

Part 1

1-4 Double forward and back

5-8 Repeat

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

11-12 All double back to place

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

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

Part 2

1-8 Siding

9-12 The second couple faces each other and takes a double away from and then toward each other, while the 1st and 3rd couples change places, the 1st couple going inside the 3rd 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 dancers in a line holding hands, Man 1 on left, Woman in middle, Man 2 on right

Part A

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

Part B

13 Man 1 doppio left

14 Woman doppio left, to catch up

15 Man 2 doppio left, to catch up

Part C

16 Man 1 movimento

17 Woman movimento

18 Man 2 movimento

Part D

19 Man 1 voltatonda (4 steps, ccw)

20 Woman voltatonda

21 Man 2 voltatonda

Part E

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

Part F

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

Do dance twice more, rotating roles.

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

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

1-8 Four doubles forward, face partner and drop hands
9-10 Double backward away from partner
11-12 Double forward toward partner
13-14 Quarter-turn left (men face up the hall, women face down the hall), double forward up or down the hall
15-16 Turn around over your right shoulder, double forward to place
17-20 Face partner, men set and turn in place
21-24 Women do the same.
25-26 Take both hands, turn halfway (clockwise) using one double into partner's place
27-28 Four slip steps up hall
29-30 Turn halfway back to your own side
31-32 Four slip steps down hall.
33-34 Drop hands, double backward away from partner
35-36 Double forward toward partner.

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

**Black Nag
Playford (1657)**

Arrangement: A longways set of 3 couples.

Part 1

1-4 Double forward and back
5-8 Repeat

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

Part 2

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

Part 3

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

**Boatman
Playford (1657)**

Arrangement: Set of three couples.

Part 1

1-4 Double forward and back
5-8 Set and turn single
9-16 Repeat 1-8
17-21 First couple and second 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 second man going the hey with the third couple, and the second 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 second man and the first couple take hands in a circle and go halfway around to the right (counterclockwise), while the first man and the third couple do the same
51-52 Open the circles into two lines facing, with the second man and second 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

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.

**Whirligig
Playford (1651)**

Arrangement: Set of three couples.

Part 1

Double forward and back
Repeat

Chorus

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

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

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

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

Part 2

Side to right shoulders
Side to left shoulders

Chorus

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

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

Grand cast.

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.

- 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)

Tangle Bransle

Arrangement: Line of dancers.

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

**Trenchmore
 Playford (1652)**

Arrangement: A longways set of couples.

Part A

Up a double and back, twice. The first 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 first couple faces down, and goes under an arch made by the second

couple, then arch over the third 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 first 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

First 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.

**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)

**War Bransle
 Arbeau (1589)**

Arrangement: A circle of dancers.

57-64 Repeat 49-56, the second man circling with the third couple and the second woman with the first 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 First and last man and second woman take hands and circle once around the second man
 85-88 The second couple turns once around by both hands to place
 89-92 First and last women and second man take hands and circle once around the second woman
 93-96 The second 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.

Eight alman-style doubles.
 Four 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 One pavan set forward, starting left
 9-16 One pavan set forward
 17-24 One pavan set backward
 25-32 One 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

**Chestnut
 Playford (1651)**

Arrangement: A longways set of 3 couples

Part 1

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

Part 2

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

Part 3

- 49-56 Siding
 57-58 Face your partner. All back away from their partners for a (small) double
 59-60 Double forward to change places with partner

- 61-64 First couple leads down the center to the bottom of the set, second and third couples walking up their own side to follow first couple. second couple ends in second place, third couple ends in first place
- 65-72 Repeat 57-64, but with first couple casting off up the set to end in first place

**Clog Bransle
Arbeau (1589)**

Arrangement: A circle of dancers.

Part A

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

Part B

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

**Colonesse
Ebreo (1463)**

Arrangement: Line of 3 couples.

Part 1 (in 6)

- 1-16 16 Saltarelli

Part 2 (in 6)

- 17-26 C1 stands still
C2 takes right hands and circles SL,SR, DL, then back again with left hands SR, SL, DR, then riverenza.
C3 weaves to the top with 2 singles and 4 doubles, man ending improper.
17-26 Repeat with new couples
17-26 Repeat with new couples

Part 3 (in 2)

- 27-29 Men circle partner CW with 3 piva
30-32 Women circle partner CW with 3 piva

Part 4 (in 4)

- 33 Men movimento
34 Women movimento
35-36 Double back
37-38 Double forward, turning over "lower" shoulder (shoulder toward foot of the hall), ending facing forward.

Repeat dance, reversing roles.

**Contentezza d'Amore
Caroso (1581)**

Figure 1

- Do this entire part while facing each other, holding both hands except in the final riverenza.
1 - 4 Riverenza to each other.
5 - 8 Two continenze (left then right).
9 - 12 Four reprise, travelling around in a circle to the left.
13 - 16 Four reprise, travelling back around the circle to the right.
17 - 20 Two continenze, as above.
21 - 24 Riverenza, releasing outside hands.

Figure 2

- In this part the lady begins by travelling away from the man, then at the end she turns around to face him.
1 - 4 Two slow puntate forward, beginning with the left foot.
5 - 6 Two passi gravi forward.
7 - 8 Double step (seguito ordinario) forward.
9 - 12 Two slow puntate forward.
13 - 14 Two passi gravi forward.
15 - 16 Double step (seguito ordinario) forward, finishing by turning around to face the man.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

Figure 3

- In this part the man travels forward to stand next to the lady, repeating the steps she performed in part 2. Both end this section facing forward.
1 - 16 As 1 - 16 above, with the man travelling forward. At the end, the lady makes a half turn to face forward next to the man.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

Figure 4

- In this part the lady walks across the front of the man to his left, and then the man repeats. Both end up facing forward again, then do the puntate gravi and the riverenza, and finish facing each other holding right hands.
1 - 4 Lady: Two passi gravi steps and a seguito
5 - 8 Lady: Repeat, starting on the right foot.
9 - 12 Man: Two passi gravi steps and a seguito
13 - 16 Man: Repeat, starting on the right foot.
17 - 20 Both puntata grave forward on the left, backward on the right.
21 - 24 Both riverenza.

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

Part 2

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

Part 3

- 1-2 Couples meet a double
3-4 Take contrary's hands and slip away from partner and then back toward partner
5-8 Chase scene: Men cast off over their left shoulder, through their partner's place, to their own place, as their partners follow, all ending in original places
9-10 Couples back a double
11-12 Partners do four slips to change places (the women going in front), while continuing to face the other couple

- 13-16 V-Crossing Figure: Without pause from the slips, the men will immediately go toward each other, pass left shoulders, cross backto-back and fall backward passing right shoulders into their original places. Two beats after the men have started their V, the women do a V, passing right shoulders first and starting to the inside of the men (the men do a broader V than do the women). They cross back-to-back, and pass left shoulders to fall backward into their original places
17-18 Men honour
19-20 Women honour
21-24 Right-hand star once around to place
25-26 Women honour
27-28 Men honour
29-32 Left-hand star *half way* around, breaking the start to take hands four in a line facing the Presence, and honour

**Scotch Cap
Playford (1651)**

Arrangement: Three couple set

Part 1

- 1-8 Double forward and back
9-16 Repeat
1-4 Women 1 & 2 and Men 2 & 3 fall back a double
5-8 Woman 1 and Man 2 exchange places and Woman 2 and Man 3 exchange places with a skipping double
9-16 Woman 3 and Man 1 exchange places with two doubles
17-32 Repeat above to return to place

Part 2

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

Part 3

- 1-8 Arm Right
9-16 Arm Left
1-4 Men slip up the line and Women slip down the line

**Queen's Alman
Inns of Court (c1580-90)**

Arrangement: Processional line of couples

Part A

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

Part B

Four doubles forward, starting left

**Rawty
Gresley (1500ish)**

Arrangement: Couples in a line

Part 1

1-2 Single fwd, 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: one couple.

Part 1

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

Part 2

11-12 Ripresa left, ripresa right, (drop hands)
13-16 Both do 2 sempii (starting on left), 3 doppi,
(drop hands)

17-18 Volta del Gioioso (2 sempii to turn 360
degrees to left, ripresa right)
11-18 Repeat

Part 3

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

Part 4

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

Repeat dance, with the woman doing everything
first.

**Rufty Tufty
Playford (1651)**

Arrangement: Two couples facing.

Part 1

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

Part 2

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

Part 3

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

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

Arrangement: Two couples facing

Part 1

1-2 Couples meet a double
3-4 Couples slip to the left and back to the
right
5-6 Turn single away from your partner

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):
Doubles (L, R, L, etc.)
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

**Dargason
Playford (1651)**

Arrangement: A single line thusly:
MMMM
WWWW
men facing the women and conversely

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 First couple lead in and cast off to your places, the man going between the second couple and the woman going between the fourth

5-8 The third couple do the same

9-12 The second couple do the same

13-16 The fourth couple do the same

17-18 First and third men change places, passing right shoulders

19-20 First and third women change places, passing right shoulders

21-24 First and third couples either take hands in a circle or give right hands across and go half way around to original places

25-32 The second and fourth couple repeat 17-24, ending with the second and fourth men standing behind their partners

Part 2

33-36 The first couple pass into the third place, the man going between the second couple and the woman going between the fourth

couple while the third couple leads straight across into the first couple's place
37-40 Repeat 33-36, the third couple coming back to place through the second and fourth couples, and the first couple leading straight across to place, ending with the first and third men standing behind their partners

41-48 The second and fourth couples repeat 33-40, with the second couple separating first and the fourth couple leading straight across, then vice-versa

49-56 The first and third couples hey (beginning with women passing left shoulders) until all four return to their own places, standing side-by-side

57-64 Second and fourth 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 First and third couples meet and go back-to-back with their opposites (dos-i-dos)

85-88 First and third couples pull by their opposites by the right hand, and pull by their partners with their left, ending in original positions

89-96 Second and fourth 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

Part 3

29-30 Man 1 doppio (starting left) to leave the group

31-32 Woman doppio to catch up with man 1

33-34 Man 2 doppio to catch up

Part 4

35-36 Man 1 and woman take hands and reverenza

37-38 Woman and man 2 take hands and reverenza

39-40 All 3 reverenza

Part 5

41-42 All doppio left backward

43-44 All doppio right forward

45-46 Ripresa left and right

47-48 Voltatonda (on left, turning left).

Repeat dance.

**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 voltatonda with a doppio

5 Woman movimento

6 Man movimento

7-8 Woman voltatonda with a doppio

Part 3

1-2 Doppio forward left

3-4 Sempì back right, left

5-6 Doppio forward right

7-8 Sempì back left, right

9-10 Doppio forward left

11-12 Sempì back right, left

Part 4

1-2 Saltarello right away from partner

3-4 Salterello left back to partner, touch hands

Repeat with women going first

**Picking Of Sticks
Playford (1651)**

Arrangement: A longways set of three couples.

Part 1

1-4 Double forward and back

5-8 Repeat

9-10 First man changes with second woman

11-12 First man changes with third man

13-16 Take hands with person across from you, all forward and back a double

17-18 First woman changes with second man

19-20 First woman changes with third woman

21-24 Take hands with person across from you, all forward and back a double

25-56 Repeat changes and double forward/back, each time beginning with the person in the first man's position, until all return to place; note that throughout this sequence, half of the time you will be dancing with someone of the same gender

Part 2

1-4 Side to right shoulders

5-8 Side to left shoulders

9-10 Couple 1 take both hands and slip down into couple 2's position, while couple 2 moves up into couple 1's position. At the same time, couple 3 cross and begin to skip around the entire set

11-12 Couple 2 take both hands and slip down to their own place, while couple 1 moves up into their original position

13-16 Repeat 9-12, with couple 3 returning to position at the end

17-18 Couple 3 take both hands and slip up between couple 2, who move down into couple 3's place, while couple 1 begins to skip around the entire set

19-20 Couple 2 take both hands and slip back up to place, while couple 3 move down to place

21-24 Repeat 17-18, with couple 1 returning to place at the end

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

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
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

Earl of Salisbury Pavan

Arrangement: A processional line of couples
A "pavan set" consists of 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 one slip step up the hall, and one 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 Two 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 one slip step up the hall, and one back down
31-32 Face forward, and double right backward

Female Sailor Late Period Playford (Out of Period)

Arrangement: Longways for as many as will, couples numbered alternately 1 and 2

Couple 1 lead through couple above and cast down to place (at top, lead through imaginary couple).
Couple 1 lead through couple 2 below and cast up to place.

Couple 1 half-figure-8 through couple 2 below (woman 1 around man 2, and man 1 around woman 2), ending improper.
Couple 1 turn clockwise once around, ending improper, facing down.

All go back to back (dos-i-dos) with contrary.
All turn by two-hands clockwise once around with contrary, ending facing partner.

All go back to back with partner
Couple 1 turn two-hands halfway and cast down while couple 2 turn two-hands moving up center one place.

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 forward 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

1-4 Side right
5-8 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 1st and 3rd double back to place,
21-24 1st and 3rd couples double forward while 2nd and 4th fall back, then 1st and 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

1-4 Arm right,
5-8 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 Eight slip steps to the left
5-6 Turn single
7-10 Eight slip steps to the right
11-12 Turn single

Chorus

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

Part 2

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

Part 3

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

Gelosia

Domenico (1450)

Arrangement: a three couple set

Part A

1-8 Eight saltarelli, starting left.

Part B

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

Part C

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

Part D

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

Part E

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

Part F

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

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

**Gioioso in Tre
Ebreo (1463)**

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

Part 1

1-2 All ripresa left, ripresa right, (drop hands),
3-5 Woman takes 2 sempii (starting left) to meet M1, and arms left with him with 2 doppi (L & R)
6-7 All ripresa left, ripresa right
8-10 Woman takes 2 sempii (starting right) to meet M2, and arms right with him with 2 doppi
11-12 All ripresa left, ripresa right
13-15 Men cross in front of woman with 2 sempii and 2 doppi, passing left shoulders
16-20 Repeat 11-15

Part 2

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

Part 3

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

Part 4

27 Woman movimento
28 Men movimento

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

Four doubles forward

Part B

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

Dance repeats.

**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
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 (Gaita Reconstruction)**

Arrangement: Three in a line, one behind the other

A: Together do 12 piva, the first person leading wherever they like.

B1: In slow bassedance:
Person 1 double forward
Person 2 follows
Person 3 follows
(Tempi changes)
First couple 4 piva turns out to the left, goes between the second and third, then past the right side of the third and ends up behind them at the back of the line.
B2: (The second person is now first, third is second and first is third). Repeat B1.

B3: Repeat again to end up in original places.

C: In quadrenaria

First double backwards moving diagonally right to end up on the right side of the third person.
Second person double back diagonally left to end on the left side of the third person.
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)
(Evelynn's notes)**

Arrangement: Three in a line, one behind the other

A: All double forward for 6 doubles
Double back
Reverence

B: Person 1 doubles away
Person 2 follows
Person 3 follows

- 25-28 Women peeps 4 times around partners alternating sides
 29-30 All double back to places
 31-32 All turn single

Part 2

- 1-4 Side to right shoulders.
 5-8 Side to left shoulders
 9-32 Repeat chorus with men leaving first

Part 3

- 1-4 Arm right
 5-8 Arm left
 9-32 Repeat 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 "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.

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

Repeat dance.

**Gracca Amorosa
 Caroso (1581)**

Arrangement: 1 couple facing without holding hands.

Part 1A

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

Part 1B

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

Chorus

- 1-2 Spezzato left & right (flankingly backwards)
 3-4 3 Riprese & 1 Trabuchetto left (turning the left flank in & traveling inward)
 5-6 Spezzato right & left (flankingly backwards)
 7-8 3 Riprese & 1 Trabuchetto right (turning the right flank in & traveling inward)

Part 2A

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

Part 2B

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

Chorus

Part 3A (Man's Solo)

- 1-2 Spezzato left & right (man solo flankingly forward)
 3-4 4 Trabuchetti (lrlr - facing)

- 5-6 Spezzato left & right (circling back over left shoulder)
 7-8 4 Trabuchetti (lrlr - facing)

Part 3B (Man's Solo)

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

Chorus (both man & lady)

Part 4A & 4B

Lady does same solo as the man in Part 3

Chorus (both man & lady)

Part 5A

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

Part 5B

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

Chorus

**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

**Heralds in Love
SCA Choreography by Lord Iulstan
Sigewealding**

Arrangement: A line of four couples:
women- 2 4 6 8
men- 1 3 5 7

Teach as group 1 as 1, 4, 5, 8
Group 2 as 2, 3, 6, 7
Only dance with own group during chorus
C1/2: Outsides/insides
C3: Trades

First verse

- 1-8 Double forward and back
 - 9-16 Set and turn R
 - 17-32 Repeat, setting and turning L.
- First chorus
- 33-64 2, 3, 6, and 7 stand by, clapping to the beat, while 1, 4, 5, and 8 do a hey, as follows:

- 33-35 1 and 4 change places by their R hands 5 and 8 change places by their R hands
- 36 1 and 8 face each other and extend L hands
- 37-39 1 and 8 change places by their L hands 4 and 5 turn 180 degrees over their L shoulders (CCW)

- 40 1 and 5 face each other and extend R hands 4 and 8 face each other and extend R hands
- 41-43 1 and 5 change places by their R hands 4 and 8 change places by their R hands
- 44 4 and 5 face each other and extend L hands
- 45-47 4 and 5 change places by their L hands 1 and 8 turn 180 degrees over their L shoulders (CCW)
- 48 1 and 4 face each other and extend R hands 5 and 8 face each other and extend R hands

- 49-63 (like 33-47, except that the participants start from different positions in the line)
- 64 All even up the line and face partners

Second verse

- 65-72 All side R with partner
- 73-80 All set-and-turn R

**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: A 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 Siding
- 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

Part 3

- 1-8 Arming
- 9-10 First man change with the second woman
- 11-12 First woman change with the second man, while the third couple changes places
- 13-14 First man change with the third woman
- 15-16 First woman change with the third man, while the second 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 first dancer weaves (in front of the second dancer, behind the third, etc) to the end of the line
- Repeat kick (9-16) and weave (1-8) until each dancer has gotten to weave.

**New Boe Peep
Playford (1651)**

Arrangement: Longways 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

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.

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

Arrangement: a processional line of couples.

Part A

Four doubles forward, hopping at the end of each.

Part B

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

Part C

Repeat Part B.

Repeat dance as necessary

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

Arrangement: Individual couples

Part A

1-4 Two singles and double forward

Part B

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

**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

- 81-88 All side L with partner
- 89-95 All set-and-turn L
- 96 1, 4, 5, and 8 back apart one step 3 and 6 face each other and extend R hands

Second chorus

97-127 1, 4, 5, and 8 stand, clapping to the beat, while 2, 3, 6, and 7 do a hey, as follows:

- 97-99 3 and 6 change places by their R hands 2 and 7 turn over their R shoulders (CW)
- 100 3 and 7 face each other and extend L hands 2 and 6 face each other and extend L hands [and so forth ...]
- 128 All even up the line and face partners

Third verse

- 129-136 All arm R with partner
- 137-144 All set-and-turn R
- 145-152 All armL with partner
- 153-159 All set-and-turn L
- 160 1 and 4 face each other and extend R hands 3 and 6 face each other and extend R hands 5 and 8 face each other and extend R hands

Third chorus

161-191 1, 4, 5, and 8 do a hey while 2, 3, 6, and 7 do a hey, as follows:

- 161-163 1 and 4 change places by their R hands (9-16) and weave (1-8) until each dancer has gotten to weave.
- 3 and 6 change places by their R hands 5 and 8 change places by their R hands 2 and 7 turn over their R shoulders (CW)
- 164 1 and 8 face each other and extend L hands 3 and 7 face each other and extend L hands 2 and 6 face each other and extend L hands [and so forth ...]
- 192 All reverence to (honor) their partners

**Hole in the Wall
Late Edition Playford (Out of Period)**

Arrangement: Longways for as many as will, couples numbered alternately 1 and 2

- 1-4 First couple casts off around second couple, leads up the middle back to place
- 5-8 Second couple casts up around first couple, leads down the middle to place
- 9-10 First man and second woman change places
- 11-12 Second man and first woman change places
- 13-14 All four take hands and circle left halfway

15-16 Ones cast down while 2's lead up the center to progress

The couples dance in pairs, with the couple closer to the music being the first couple (1's), and the couple farther away being the second couple (2's). The dance repeats with the 2's moving up the line and the 1's moving down. When you reach the end, wait out one repetition of the dance and then come in as the other number couple (1's are now 2's, etc).

**Honeysuckle Alman
SCA Choreography by Master Robyyan**

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

Part A

- 1-8 Two 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 B

- 25-28 Face partner, hold both hands, turn in a circle clockwise with a pavan set starting on the left
- 29-32 Circle in the opposite direction with a pavan set starting on the right
- 33-34 Drop hands, single left back, single right back
- 35-36 Double left forward to face partner
- 37-38 Double right forward to change places with partner, passing right shoulder
- 39-52 Repeat 25-38

**Horse's Bransle
Arbeau (1598)**

Arrangement: Couples

Part A

Take partner by both hands, with the lady having one arm behind her back, both facing the same direction.
Dance 8 galloping doubles about the room.

Part B

Stop and face partner. 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.

Dance repeats.

**Hyde Park
Playford (1651)**

Arrangement: Square of 4 couples.

Part 1

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

Part 2

- 25-32 Repeat 1-8 above
- 33-34 Second and fourth couples take both hands with their partner, turn halfway, and make an arch
- 35-40 First and third couples face their partner, pass by the right shoulder to go outside the set, around the arches, meet their contraries, go under the arches together, and return to place, ending improper
- 41-42 First and third couples take both hands with their partner, turn halfway, and make an arch (these couples are now proper again)
- 43-48 Second and fourth couples do figure in bars 11-16, ending proper

Part 3

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

**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

**Leoncello
Domenico (1450)**

Arrangement: Couples

Part 1

- 1-6 Six saltarelli

Part 2

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

Part 3

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

Part 4

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

Part 5

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

Part 6

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

**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 only section A changes throughout the dance.

Sequito 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.

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.