

Eric's Dance Booklet

Version 1.5
February 18, 2002

This booklet is based upon the Cynnabar Terpsichore at the Tower 2, May 4, AS XXXII booklet. Many dances have been added and many wildly out of period ones removed. The out of period dances may become available in another booklet on my mundane web page.

This booklet is available on my web page, <http://sca.uwaterloo.ca/~praetzel/sca-music.html> in both Postscript and Word Perfect 7.0 format.

Check my web page for much more dance & music information. I have a variety of dance music CDs and booklets available at low cost and have friends in the USA and Australia handling distribution.

I can be contacted at praetzel@ece.uwaterloo.ca or 137 Oprington Ct. Kitchener, Ontario, Canada, N2N 3E2

Please contact me with any dance arrangements which are missing or which you dance differently.

Eric Praetzel, <http://sca.uwaterloo.ca>

Carolingian Pavanne (couples in a line)(Dr. Ingrid Brainard, 20th C)

Left pavanne set forward; Right pavanne set forward

Left pavanne set forward; Right pavanne set backward

Lady circles the man using a left pavanne set and a right pavanne set

Man circles the lady using a left pavanne set and a right pavanne set

Duchess Rondallynn's Pavanne (couples in a line)

(SCA Choreography)

Reverance (8 count)

Left pavanne set forward

Tap left wrists almost together twice with partner; tap right wrists twice

Left palms almost touching, switch places with partner in a double

Tap right wrists almost together twice with partner; tap left wrists twice

Right palms almost touching, switch places with partner in a double

Left pavanne set forward; Right pavanne set forward

Brawl apart & together, left single forward, right single forward (2x)

Reverance (8 count)

Galliard step (left single, right single, swing left slowly forward, kick right, left, right, left) (4x)

Left pavanne set; Right pavanne set

Ladies spin out & all quick reverance; Ladies spin back & all quick reverance

Men spin out & all quick reverance; Men spin back & all quick reverance

Tap left wrists almost together twice; tap right wrists twice

Turn right hand palm out & turn CW single

Tap right wrists almost together twice; tap left wrists twice

Turn left hand palm out & turn CCW single

Galliard step (2x)

All spin out & quick reverance; All spin back & move into final reverance (8 count)

Earl of Salisbury Pavanne (couples in a line)(Mabel Dolmetch 20th C)

Left pavanne set forward

Bransle (apart & together); Right double backward

Left pavanne set forward (end facing with hands joined)

Bransle (up the line & back); Right double backward (away from partner)

Left pavanne set forward (move toward partner, pass right shoulders, end back to back)

Right and left single (turning to face partner); Right double backward

Left pavanne set forward (join both hands and turn, switching places)

Bransle (up the line & back, then face front); Right double backward

Entree Courante (couples in a line)

(SCA Choreography)

Part A: Sl, Sr, Dl, Dr; Sl, Sr, Dl; Sr, Sl, Dr, Dl; Sr, Sl, Dr

Part B (2x): Sl, Sr, Dl; Sr, Sl, Dr; Sl, B, Sr, Sl, B, Sr, Sl, Dr

Part C: Sl, Sr, Dl; Sr, Sl, Dr; Sl, Sr, Dl; Sr, Sl, Dr

Part D: Sl, Sr, Dl; Sr, Sl, Dr, Dl; Sr, Sl, Dr; Sl, Sr, Dl, Dr

Part E: Sl, Sr, Dl, Dr; Sl, Sr, Dl; Sr, Sl, Dr; Sl, Sr, Dl; Sr, B, Sl, Sr, B, Sl, Sr, Dl

Mannschaft Pavanne (4 couples in an improper line)(Ellen the Fair 20th C)

Reverance (16 counts)

(towards head of the hall) Left pavanne set; Right pavanne set

(with partner) Palm left; Palm right; Palm left and switch places

Palm right; Palm left; Palm right and switch places

(towards back of the hall) Left pavanne set; Right pavanne set

(with 2 couples) Women palm left ; Men palm right;

Women palm left and switch places

Men palm right; Women palm left;

Men palm right and switch places

(towards head of the hall) Left pavanne set; Right pavanne set

(with 4 couples) Women palm left ; Men palm right;

Women palm left and move forward one place

Men palm right; Women palm left;

Men palm right and move forward one place

(towards back of the hall) Left pavanne set; Right pavanne set

(with 2 couples) Women palm left ; Men palm right;

Women palm left and switch places

Men palm right; Women palm left;

Men palm right and switch places

(towards head of the hall) Left pavanne set; Right pavanne set

(with partner) Palm left; Palm right; Palm left and switch places

Palm right; Palm left; Palm right and switch places

Reverance

Steps:

A pavanne single is a step & close. A pavanne double is 3 steps & close.

A pavanne set is two singles and a double, starting either left or right.

A bransle is usually a step apart & together, unless otherwise noted.

Almans (all for couples in a line) (Dancing in the Inns of Court 1570-1700)

Black Alman (1605)

4 alman doubles forward, beginning with left (turn to face partner)
 Left double backing away from partner; Right double toward partner
 (turn to own left) Left double away from partner; (turn around) Right double toward partner
 Men step L, step R, circle LRL; Ladies step L, step R, circle LRL (ie set and turn single)
 (take hands with partner) Left double switching places; 4 slip steps up the hall
 Left double switching places; 4 slip steps down the hall
 Left double backing away from partner; Right double toward partner

Earl of Essex Alman (1570 - 1630)

Double left forward; single right back (4x)
 Slow single left (3 count); Slow single right (3 count); Double left forward; single right back

Honeysuckle (Robyyan Torr d'Elandris, 20th C)

music by Anthony Holborne (1598)

A: SL, SR, DL
 SR, SL, DR facing partner
 SL sideways, SR sideways
 DL circling to face forwards
 repeat A starting with SR
 B: face partner and holding hands circle clockwise with SL, SR, DL
 turn the other way with SR, SL, DR and drop hands
 SL back, SR back, DL forward to face partner
 DR changing places with partner (passing right shoulders)
 repeat B:

Lorayne Alman (1570)

4 doubles forward; beginning with left
 Double left forward; Double right back; Double left forward; Double right circling away (2x)

Madam Sosilia's Alman (1570)

(2x) Left single; Right single, Left double, Right single back
 (2x) (face partner) Step left, step right, reverance left (4 count)
 (switching places) Single left, single right, double left turning to face
 Reverance right (2 count), single right, single left, embrace

New Alman (1570)

4 doubles forward; beginning with left (end facing partner)
 Step left, Step right, Circle LRL; Step right, Step left, Circle RLR and reverance
 Men step left; Ladies step left; All left double forward switching places
 Ladies step right; Men step right; All right double forward switching places

Quadran Pavanne (1570 - 1700)

Sideways 2 singles left; Double left forward
 Sideways 2 singles right; Double right backward
 Possible Variation: first repeat face forward, second repeat face partner

Queen's Alman (1650 - 1700)

Double left forward; Double right backward (end facing partner)
 Step left, Step right, Circle LRL (end facing forward)
 Double right forward; Double left backward (end facing partner)
 Step right, Step left, Circle RLR (end facing forward)
 4 doubles forward; beginning with left

Additions & Changes

Up Tails All - Eric Praetzel, Nov. 23, 1996 (Playford)
 Hit and Misse - Eric P., Nov 23, 1996 (Playford) - changed formation to couples facing each other (from in a line??)
 Saint Martins - Eric P. Nov 23/96 - really needs to be cleaned up <=====+
 New Boe Peep, Dargason - Eric P Nov 28
 Coin of the Realm, Tirnewydd Jigg, The Welcome Scotsman - Eric P, Nov 28
 Changed all song titles to use the same style for easy changes - also changed all non-tiles to a style type to allow easy changes.
 For printing on 4.25 * 7" pages use 0.5, 1.25, 0.5, 1.5" margins with 8 pt Arial Narrow
 To print on half of a 8.5 * 11 page us 9 pt Arial Narrow
 Amoroso, La Vita di Cholino, Petite Rinense - Eric P. Dec 12
 Add 15th C balli section from Rosina
 Rostiboli Gioioso, Rosina, Petit Vriens, Pizocara, Mercanti, Colonesse from Rosina
 added trenchmore from Greg Lindal and Dani - Dec 20/96
 added Heralds in Love (from Rosina) - March / 97
 added Bransle Aridan - Dec/97
 added Catena d'Amore (not very good instructions) Feb 98
 added Dance de Cleves from "A Dance Offering" Luanmaise nic Ailithir Feb 98
 added Spanish Jepsies (1651 original)
 April/98 corrections from Rosina
 May 5/98 - removed Trenchmore (1722), Country Waltz
 Added clog, candlestick, Double, Single, Gay, Burgundian, Hay, Hermit's Bransle
 added dates to Playford dances + others where possible
 added Fine Compaion, Hyde Park
 removed Chirintana, added shading to index for easier reading July 4, 1998
 removed Russian & Scottish dance sections
 removed Landler
 added very detailed Villanella, Gracca Amorosa, Contentezza d'Amore, Dolce Amoroso Fiamma, AMOR COSTANTE, Gloria D'amore, Cascarda GENTILEZZA D'AMORE, Balletto GRATIA D'AMORE from Urraca Yriarte de Gamboa
 removed Price William's Hey (1731)
 Fixed duplicated Gloria d'Amore, Nov 20, 1998
 Renamed to Ver 1.2 on Nov 20, 1998
 From Cecilia booklets added: Confess, Fain I Would, Fryar and Nun, The Health, Love and a Bottle, Maiden Lane, The Old Mole, Stingo, Jouissance, Milke Mayds, Parson's Farewell, Vicar's Alman
 Renamed to Ver 1.3 on March 31, 1999
 Added Twt Hill by Sion on August 10, 1999 - renamed to version 1.4
 John Tallow's Canon was removed at some point (not period, by Sion, let's bury it!) - Oct 5/99
 added The Bonny Bonny Broome, Cherily and Merrily, Dull Sir John, The Gun, Hit & Misse, updated Fine Companion & Hit & Misse
 fixed spelling mistakes, updated notes - Feb 2002

PRINT FOLDED ON SHORT EDGE, Booklet style
 reformated for folded 8.5 * 11 page (ie wider & longer pages)

Sources:

Thoinot Arbeau - **Orchesography** (1589 and 1596), French
 The **Inns of Court** manuscripts - 1570-
Il Ballarino by Fabritio Caroso (published in 1581)
 Cesare Negri - **Le Gratie D'amore** (1602 and 1604), Italian
 Playford - **The Dancing Master**, (1st edition 1651), English

Spanish dance was in the 14th and 15th centuries:

There are two primary sources, Cervera and Tarrago (one 15th C and the other 16th C). These describe basse dances (baixa danza) which are not that dissimilar to the Burgundian dances of the time.

Standard Publications

Arbeau, Thoinot. 1967. *Orchesography*. Dover Publications, Inc., New York.
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 Brainard, Ingrid. 1981. *The Art of Courtly Dancing in the Early Renaissance*. West Newton. Massachusetts.
 Chappell, William. 1961. *Old English Popular Music*. Jack Brussel, New York.
 Dolmetsch, Mabel. 1954. *Dances of Spain and Italy from 1400 to 1600*. Routledge and Kegan Paul, Ltd. London.
 Duggan, Anne, & Schlottmann, Jeanette, & Rutledge, Abbie. 1948. *Folk Dances of the British Isles*. A.S. Barnes and Company. New York.
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 Millar, John Fitzhugh. 1985. *Elizabethan Country Dances*. Thirteen Colonies Press. Williamsburg, Virginia.
 Playford, John. 1984. *The English Dancing Master*. Dance Books, Ltd. Great Britain.
 Thomas, Bernard, & Gingell, Jane. 1987. *The Renaissance Dance Book*. London Pro Musica. London.
 Wood, Melusine. 1982. *Historical Dances, 12th to 19th Century*. Dance Books, Ltd. London.

SCA Publications

Ferris, Elaine. 1980. *Dance!*
 Pugliese, Patri, & Casazza, Joseph. 1980 *Practise for Dancing*. Cambridge, Mass.
 Symborski, Lynn. 1979. *The Eastern Kingdom Dancebook*.

Vicar's Alman**(modern)**

Invented in the Barony of the Bridge by Thelin, Lucasta, Sarant, Alatiel and Asenath. Original music composed by Lucasta della Canzona Transalpina for Feiriz Ashmund. Sometimes called the Vicar Kicker.

Verse 1: (Up the hall) Double left, double right. (Partners join both hands with right arm extended) Double right (changing places) (Drop hands) Turn single 1 1/4 times (men over left shoulder, ladies over right) to face down the hall. As much again down the hall.

Chorus 1 (Face partner. Join both hands) Three slips up the hall, cross kick (men's right foot, ladies left). (Down the hall) Double right, double left. Quick set and reverence.

Verse 2 (Face own left. Men up the hall. Ladies down the hall) Double left (end with turn over left shoulder to face opposite direction). Double right. Palm left hands around with partner (changing places). Turn single (over right shoulder). (Set should be inverted). As much again back to places.

Chorus 2 Same as chorus 1.

Steps:

An alman single is a step & pause, with the foot raised.

An alman double is 3 steps & pause.

Step left or right is a sideways step.

Aridan

Double left, Kick left, right, left (2x)

Double left, single right, single left, single right, Double left, Kick left, Kick right, Double right

Double left R foot crossed at end [double speed], Single right L foot crossed at end

repeat last 2 lines

Burgundian

Double left but finish with the right foot in the air

Double right and finish with the left foot in the air

Candlestick / Torch Bransle (Branle du Chandelier) (random men & women)

The men begin dancing around a woman and then with her. Then the men stop and the women move to find another partner. The active dancer holds a candle and then passes it to his partner for them to carry onto their next partner. One variation is for one person to start with a lit candle and then light the candle of their partner and they both continue to dance with 2 more and light their candles etc. There is no record of how much time is spent dancing around a partner, with a partner or moving to the next partner!

8 Alman doubles

4 Alman singles

A common way to do this dance is:

1-2 Alman double left forward [step L,R,L, lift right]

3-4 Alman double right forward

5-6 Alman double left forward

7-8 Alman double right forward

1-8 repeat (All the men do this, looking at the women and selecting one)

9 Alman single left forward (step L, lift right)

10 Alman single right forward

11-12 Alman single L, R (do these steps to approach your selected partner)

1-8 repeat the Alman doubles (1-8) together

9-12 Lord reverence to his partner

Repeat with the ladies choosing a partner.

Cassandra (circle)

Double left; Double right (2x)

Double left; Double right; Single Left; Double right (2x)

Charlotte (circle)

A part Double left; Kick LR; Double right (2x)

B part Double left; Kick LR; Single right; Kick LRL; Single Left; Kick RLR; Double right (2x)

Clog (Branle des Sabots)

Double left, double right (2x)

Single left, single right

tap right foot three times

Single left, single right

Tap right foot three times

Double (Common)

Double left, Double right (don't move all of the way back to the start)

Gay

single left, kick right (leave space between your feet)

bring right foot left and kick left

repeat both of the above lines and pause for 2 beats

Arrangers

Mistress Urracca - Urraca Yriarte de Gamboa, OL

Master Sion - Master Sion Andreas o wynedd

Her Ladyship Robynne the Grey (mka Robin B.C. Bancroft)

Rosina - Rosina del Bosco Chiaro

Notation shorthand

[] after the title of a dance indicates who reconstructed the dance

Cts - counts of the music (bars)

(A) Active Couple - the first in a set of 2 couples in progressive dances

(I) Inactive Couple - the second couple in 2 couple progressive dances

CCW - counter clockwise

CW - clockwise

Progressive - A dance where the even (active) couples move one way down a line while the odd (inactive) couples move the other way down the line.

LOD - Letter of Dance

Chor - choreography

Dance Books and CDs

Check my web page at <http://sca.uwaterloo.ca> for dance & music information. I have a variety of dance music CDs and booklets available at low cost with friends in the USA and Australia handling distribution. I can be contacted at praetzel@ece.uwaterloo.ca or 137 Oprington Ct. Kitchener, Ontario, Canada, N2N 3E2

The following Cds, and more, are available:

Tape of Dance Volume 2, 3, 4, The Companions of St. Cecilia Volume 1 & 2, Inns of the Court, Incomplete Arbeau, Joy & Jealousy, The Marian Ensemble, Toons and Trips, Del's Dance Disc

Both of the books and CDs mentioned next are available from myself.

Joy and Jealousy: A Manual of 15th-Century Italian Balli Rosina & Mistress Ellisif

This new book (August, 1997) reconstructs the steps, choreographies, and music for two dozen renaissance dances (balli) and includes 3-part arrangements of the music. A tape / CD accompanies the book. The book is written to be both accessible to newcomers to this repertoire and informative to those already knowledgeable in this field. The authors strive to provide not only usable reconstructions but also an annotated trail of how decisions were made and what other options exist. <http://www.cs.cmu.edu/~mjc/jj.html>

Inns of the Court by Trahaearn and Janelyn / Peter and Janelle

Now available: a CD of music for Dances from the Inns of Court, and a companion booklet with historical data, reconstruction notes, and dance reconstructions.

These items can be ordered for \$12.00 (includes CD, booklet, and postage). The booklet itself is \$3. These prices were current as of July 1998. Our address is: Peter and Janelle Durham, 16217 NE 44th Ct., Redmond, WA 98052.

The Welcome Scotsman	48
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Bransles

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Bransle Charlotte	6
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Bransle Pinagay	7
Single Bransle	8
Candlestick / Torch Bransle	6
Bransle of War	8
Washer Woman's Bransle	8

Hay Bransle (Branle de la Haye) (line of 3+ dancers)

- A: SL, SR, DL
SR, SL, SR
SL, SR, DL
- B: SL, SR, DL
SR, SL, SR
SL, SR, DL
SR, SL, SR
- C: hay in double steps

Hermit's (circle) (miming religious hermits meeting each other)

- A: Double left, double right (2x)
- B: Kick right, left, right while turning left half way around (facing out)
- C: Touch your left foot with your right toe, then right foot with left toe and left with right toe. During the touching cross your arms & bow your head
- repeat B and end facing in
repeat C

Horses' (double circle with ladies on inside or a line) (mimed)

- Double left; Double right (4x)
- Men (right foot) paw, paw, step right, circle to the left (ccw)
- Ladies (right foot) paw, paw, step right, circle to the left (ccw)
- Some people use the ladies last movement to progress the ladies to the next man.

Maltese (circle)**(Period Choreography)**

- Double left; Single right (2x)
- (moving into the circle) slow step left; slow step right; step left; step right; step left; kick right
- (turning and moving out of the circle) step right; kick left; step left; kick right
- (turning to face into the circle) kick left; kick right; kick left; land with feet together

Note: While moving into the circle, you should use gestures. You can use the SCA choreography of swinging the hips and snapping, or others, like bowing to each other, or raising your arms as if praising the heavens.

Maltese (circle)**(SCA Choreography)**

- Double left; Double right (2x)
- Move sideways inward (4 counts), snapping fingers; Clap 3 times
- Move sideways outward (4 counts), snapping fingers; Clap 3 times

Montard (line of 4 people side by side)

- 8 singles left (front person weaves through after first time)
- 1st person turns in 4 kicks; then 2nd person; then 3rd person; then 4th person in 4 kicks;

Official (circle of couples)

- A part Double left; Double right (2x)
- B part 8 singles left, on 7 and 8, lady leaps to other side of man, man assists

Pease (circle of couples)

- Double left; Double right (2x)
- Men hop, Ladies hop; Men hop (3x), Ladies hop; Men hop, Ladies hop (3x)

Pinagay (circle)

- Double left; Kick left
- Double left; Kick LRL
- Double left; Double right

Scottish / Scot's (circle)

Double left; Double right; Single left; Single right (2x)

Double left; Single right; Single left

Double right; Double left; Single right

Kick left; Kick right; Capriole

Single (Simple)

Double left, single right

War (circle)

Double left; Double right (4x)

(fast) DI, Dr; SI, Sr, DI; Sr, SI, Dr; SI, Kick LRL, Capriole

Washer Woman's (circle of couples)

Double left; Double right (2x)

(face partner) Singles left and right (man scolding); Singles left and right (lady scolding)

Double left (clapping); Double right; Double left (clapping); Kick RLR (turning cw); Capriole

Steps:

An bransle single is a step sideways and close.

An bransle double is two singles.

A capriole is a small jump, kicking the feet back and forth

Ornamentation:

Change a single step right with 3 kicks ie Double or Single bransle

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[Rosina wrote] Ballo is a type of 15th C Italian dance, that can have from 1 to 4 of the 15th C Italian dance tempi (being Piva, Quadernaria, Saltarello and Bassadanza.).
 Bassadanza is a 15th C Italian dance. Bassedance is a 15th C Burgundian dance type, similar to the Bassadanza. The bassedance also appears in one 16th C French source, Arbeau.
 16th C Italian dance has lots of types - Canary, Cascarda, things that are referred to as Ballo or Balletto, etc, etc. Generally, late Italian is just lumped together as "Late Italian", but the 15th C Italian may be seperated into "Ballo" and "Bassadanza". Or they could just be put together under 15th C Italian ... since it's the same steps, anyhow.

Casuelle Nouvelle (couples in a line)**(Toulouse 1488)**

Introduction: Reverance & Bransle

Part A: Single left, Single right, 5 Doubles (starting left) (2x)
 3 Reprise (starting right): Bransle left
 Single left, Single right, Double left: Single left, Single right
 3 Reprise (starting right): Bransle left

Part B: Single left, Single right, 3 Doubles (starting left)
 3 Reprise (starting right): Bransle left

Jouissance vous donneray (line of couples)**[The Renaissance Dance Book]**

Section 1: Basse Danse

Part A (up the hall) Reverance. Branle. Single left, single right. Double left
 Reprise. Double left forward, Reprise. Branle

Part B Single left, single right. Double left. Double right. Double left.

Part C Reprise. Double left forward. Reprise. Branle. Single left, single right. Double left. Reprise. Branle.

Section 2: Retour

Part D Branle. Double left. Reprise. Branle

Part E Single left, single right. Double left. Double right. Double left.
 Reprise. Double left forward. Reprise. Branle. Reverance.

La Dance de Cleves (couple) [Dr. Ingrid Brainard]**(Toulouse 1488)**

R b, ss, ddd, ss, d backwards

flowers - men: ss forward, d backward, ss d turning over left shoulder

women: ss d in a small circle over right shoulder, ss forwrd, d backward

ss, d, backwards reprise, b

hearts - ss moving slightly away from each other (the side of the heart), d turning towards each other
 facing down back at the start of "hearts"

repeat ss d doing a heart in the other direction and finish at the start again

ss, ddd, ss, d back, b R

Steps:

(s) Single - step lightly and carry through (do not close)

(d) Double - three steps, the first down (knee bent), the second up (on toe), the third flat

(R) Reverance (ladies) - wait 2 counts, on 3 bend knees slightly, on 4 rise and back up

Reverance (men) - move left foot forward, sweep left foot back, shift weight onto back leg with knee bent,

straighten back leg back gracefully into standing position

(b) Bransle - shift weight slowly to side and back to center

Reprise - sweep foot behind, rock back, forward, & back

Lauro (couples in a line)

(Lorenzo d Medici 1475)

Single left, Single right; Double left, Double right; Reverance left
 Reprise left, Reprise right; Single left, Single right; Double left
 Reprise right; Continenza right, Continenza left
 (join right hands, circling cw) Single left, Single right, Double left
 (join left hands, circling ccw) Single right, Single left, Double right
 Reprise left, Reprise right; Single left, Single right, 3 Doubles (starting left)
 Volta Tunda; Reverance left

Steps:

Reverance - down onto left knee and back up
 Reprise - step sideways over onto the toe and lower to floor
 Continenza - same as a reprise, but twice as fast
 Volta tunda - two singles, starting with right, turing ccw, moving into a reprise right

Bare Necessities (circle of 4-6 couples)(Pat Shaw, 20th C)

(holding hands with partner) Step out, 2, 3, kick; Step in, 2, 3, kick (x2)
 Men right hand star; Ladies left hand star
 Turn partner with right hand
 Ladies cast off and go around man behind and back to partner
 Meet with right hands and pass; Meet next person with left hands and pass
 Meet next person with right hands and pass
 Meet next person with left hands; Man turns lady under arm

John Tallow's Canon (2 couples in square, partner opposite)(Pat Shaw, 20th C)

adapted by Master Sion
 First couple starts dance; second couple repeats all steps 4 counts later
 Forward and back a double
 Forward (2 counts) and curve around (6 counts), switching places (? pattern)
 Forward and back a double
 Forward (2 counts) and curve around (6 counts), back to original place (? pattern)
 Take right hands and circle cw (8 counts) back to place; Step L & R, and turn single
 Take left hands and circle ccw (8 counts) back to place; Step L & R, and turn single

Lazy Robin (circle)

6 steps left; Twist hips left; Twist hips right; Turn single
 Stamp in time to music (LRLR,LR,L)
 Kick L (toward right); Kick R (toward left) (x2)
 Stamp in time to music (RLRL,RL,R)

Saltarello la Regina (couples)(LOD 1, Geffrei Louarn de Kaermeriadec, 20th C)

Verse 1 Inside single
 Outside single
 Chorus Inside double; Outside single away from your partner
 Inside single toward your partner; Outside double backward
 Repeat Verse 1 and Chorus
 Verse 2 Man turns under lady's arm in 2 inside singles
 Lady turns under man's arm in 2 inside singles
 Chorus
 Repeat Verse 2, lady turning first, and Chorus
 Verse 3 Man circles around lady in 4 singles
 Repeat Verse 3, lady circling, and Chorus
 Verse 4 The couple joins both hands and turns in a CW circle in 6 singles
 Chorus
 Repeat Verse 4, circling in the opposite direction, and Chorus

Steps:

Single - Step on one foot, hop and land on that same foot.
 Double - Take 3 steps, hop and land on the third foot.
 Inside - Start the step with the foot nearest to your partner.
 Outside - Start the step with the foot furthest from your partner.

Well Hall (couples in a line)

(Playford 1679?)

- (A) Turn right hands 1 1/2 times around
 (A) Cast off to move into second place while (I) move up
 (A) Step forward and around to be back to back with partner
 (A) Fall back into partner's place
 (I) Turn right hands 1 1/2 times around
 (I) Cast off to move into second place while (A) move up
 (I) Step forward and pivot slightly to be back to back with partner
 (I) Fall back into partner's place
 (A man and I woman) Switch places
 (I man and A woman) Switch places
 Take hands four and circle halfway around
 All turn single toward hand that is holding partner
 (I man and A woman) Switch places
 (A man and I woman) Switch places
 Take hands four and circle halfway around
 (A) break off and cast down the set while (I) pass up the set between them

Note:

Active couples (A) progress down the set, Inactive couples (I), progress up the set. When reaching the end of the set, the couple sits ut one repeat of the dance, and then starts again as the other type of couple

Amoroso (couples)

(Anonymous 1470)

- 8 doubles
 Lord: single, single, ornamented double, 3 strutting singles; Lady: same to catch up
 Lord: 4 doubles; Lady: same to catch up
 Lord: single, single, ornamented double; Lady: same to catch up
 2 ct reverence
 4 doubles

Note: This dance is to show off your dancing technique. Where it says double do any kind of double you want. Also most people seem to like changing the last Lord, Lady exchange into a heart pattern creation with both doing the steps each time.

Amoroso (couples) [Rosina]

(Anonymous French ballo 1470)

- 12 Pive starting on left foot (12 bars)
 Man step left, right, piva left, Man step right, left right; woman the same to catch up
 Man piva left, right, left, step right; woman the same to catch up (3.5 bars each)
 man step left, right, piva left, step right, left, right, turn to face woman (weight on R foot)
 both reverenza left facing each other
 man returns to place with piva left, right left, step right turning on the step
 woman repeats the same going away and returning to her place
 On the second repeat the woman can lead the dance.

Note: There are many variations of the music, adapt the dance to them!

Anello (2 couples - one ahead by 4 steps) [Rosina]

(Domenico 1450)

- Intro. 8 salterelli, on last the first couple turns to form a square
 Part 1 Movimenti (men then ladies); men switch places in L & R salterelli
 Movimenti (ladies then men); ladies switch places in L & R salterelli
 Part 2 Movimenti (men then ladies); men VT (4 steps)
 Movimenti (ladies then men); ladies VT (4 steps)
 Part 3 Men cast out behind partner and switch places in 4 piva
 Ladies cast out behind partner and switch places in 4 piva
 Part 4 Movimenti (men then ladies); repeat
 men reprisa, all riverenza
 Repeat with ladies leading

Colonesse (line of 3 couples) [Rosina]

(Guglielmo 1460)

- 16 Saltarelli
 -- in 6/4 --
 Couple 1 stands still, as
 Couple 2 take R hands and circle with SL, SR, DL,
 take L hands and circle with SR, SL, DR, RevL facing forward, as
 Couple 3, holding hands, weaves to top with SL, SR, DL, DR, DL, DR.
 Man ends on woman's side and woman on man's side.
 Repeat twice more, in new positions, so end as started except switched sides.
 -- in 2/4 --
 Men circle partner CCW with Piva L, Piva R, Piva L.
 Women circle partner CW with Pive R, Piva L, Piva R.
 -- in 4/4 --
 Men Movi, Women Movi.
 DR, back, away from partner. DL, frwd and turning to face front.

Dance is repeated with roles reversed.

Gelosia (3 couples in a line, 3 steps between) [Rosina]

(Domenico 1450)

- Part 1: 8 saltarelli starting left
 Part 2: Man 1 piva L, R, L going in front of woman 1 to right of woman 2, reverenza left touching right hand of woman 2
 Man 2 double left to join woman 1
 Man 1 piva L, R, L going in front of woman 2 ending right of woman 3, then reverenza left touching right hand of woman 3
 Man 3 double left to join woman 2
 Man 1 saltarello right behind woman 3 end up on her left
 Part 3: 8 pive starting left holding hands with new partner
 Part 4: couple 1 mezaolta (piva left, CCW) and pause then couple 2 the same, then couple 3
 Part 5: men mezaolta left (pivot on left foot in no time, so facing up the hall)
 partners take R hands and exchange places with single L, R, L; switch hands
 Single R, L, R going back to place, men end last single with mezaolta R facing forwards
 Repeat dance twice more till everyone ends up back in place.

Graziosa (couples)

(Guglielmo 1450)

- in 4 ---
 Both TedL, TedR, TedL, Lord DR half way around Lady
 Both TedL, TedR, TedL, Lady DR back to place on right.
 Lord TedL, TedR, SL, SR, DL. Lady same.
 --- in 6 ---
 SL, SR, DL, DR. Lord frwd, Lady 1/2 frwd, then back to start
 MvR (no time), RipL, RipR, RevL
 SL, SR, DL, DR. Lady frwd, Lord meets her, then goes beside.
 Hands RipL, RipR, RevL
 --- in 4 ---
 Circling = take R hands, PivL, PivR, PivL,
 L hands, PivR, PivL, PivR.
 Men movi, then Woman movii
 Both DL Back, DR frwd turning to face same way as started.

Leoncello Vecchio (couples) [Rosina]

(Domenico 1450)

- Part 1 6 salterelli
 Part 2 Movimenti (Lord then Lady)
 Lord moves to right of lady with Saltarello R, turning to face front.
 Movimenti (Lady then Lord)
 Lady moves to right of lord with Saltarello R, turning to face front.
 Part 3 Lord 4 singles and 1 double away from lady; lady does same to join
 Lord does 3 quick doubles away; lady does same to join
 Part 4 Lord does 2 singles and 2 doubles away; Lady does same to join
 (together) Ripresa L and R; 2 Singles 2 Doubles; Ripresa L and R.
 Movimenti (Lord then lady)
 Repeat dance, roles reversed.

Leoncello Vecchio (couples)

(Domenico 1450)

- Part 1 6 salterelli
 Part 2 Movimenti (step back then forward, man then lady)
 Man moves to right of lady with a left saltarello and turn (slow tempo)
 Lady moves to right of man with a left saltarello and turn (slow tempo)
 Part 3 Man does 4 singles and 1 double away from lady; lady does same to join
 Man does 3 quick doubles away; lady does same to join
 Man does 2 singles and 2 doubles away; lady does same to join
 Part 4 (together) Bransle left and right; 2 Doubles; Bransle left and right
 Movimenti (cross left foot over right, man then lady)

(A with I) (A facing down the set, I facing up) Do-Si-Do; (taking both hands) Turn full circle
 All with partner Do-Si-Do
 (A) (taking both hands) turn half circle, cast off and move down the set
 At the same time (I) (taking both hands) turn full circle, moving up the set

Hole in the Wall (couples in a line)

(Playford 1696)

(A) Reverance; Cast off, around and through inactive couple, and back to place; Reverance
 (I) Reverance; Cast off, around and through active couple, and back to place; Reverance
 (A man, I lady) Reverance, switch place almost touching palms; Reverance
 (I man, A lady) Reverance, switch place almost touching palms; Reverance
 All take hands and circle halfway around
 (A) break off and move down the set while (I) pass up the set between them

Jack's Maggot (couples in a line)

(Playford 1702)

(A man) Single hey with both ladies
 (A lady) Single hey with both men
 All arm right and left with partner
 (A lady, I man) Switch place with right hands
 (I lady, A man) Switch place with right hands
 All take hands and circle halfway around
 (A) break off and move down the set while (I) pass up the set between them

Juice of Barley (couples in a line)

(Playford 1689)

The line of couples is divided into active and inactive couples. The instructions are for such a group of 2 couples. After crossing over the active couple will then repeat the dance with the couple below them.

All back to back with partner
 All turn partner with two hands
 Men cross over between women, around outside and into other man's place
 Circle hands four, once around
 Women cross over between men, around outside and into other woman's place
 Circle hands four, once around

Mad Robin (couples in a line)

(Playford 1695)

(A man, I woman) Arm right
 (A man, A woman) Arm left
 A man cast off and switch places with I man
 (A woman, A man) Arm left
 (A woman, I man) Arm right
 A woman cast off and switch places with I woman
 A man walk in a CW circle around I man, while A woman walks in a CW circle around I woman
 (A) Turn partner two hands around
 I man walk in a CW circle around A man, while I woman walks in a CW circle around A woman
 (I) Turn partner two hands around

Mr. Isaac's Maggot (couples in a line)

(Playford 1695?)

M1 and L2 circle 1 1/2 rt hands, M1 circle around M2 back to place
 L1 and M2 circle 1 1/2 rt hands, L1 circle around L2 back to place
 Grab hand with side (M1 w/ M2, L1 w/ L2)
 Back up 2 sets of 3
 Forward 1 set of 3
 Turn forward to place
 Circular Hey (Rt side then left starting with partner) (3x no hands)
 1st couple forward between 2nd couple (into a line of 4 people)
 Double forward, Double back
 Outside people (2nd couple) turn inside couple into place (M2 turn M1, L2 turn L1)
 Repeat all

The Welcome Scotsman (three couples in a line) (Dougal MacFinlay, 20th C)

- Verse 1 Double forward and back, face your partner set and turn single (2x)
 Chorus 1 Top couple cast out into second couples place (2nd couple slides up), Lord reverence, Lady reverence turn by the right hand half way into partners place cast off into 3rd couples place and repeat reverence and turn
 Verse 2 side right with partner, set and turn single, side left, set and turn single
 Chorus 2 Top two couples double in, take hands, circle clockwise ½ turn, face out, double out and exchange with partner
 Bottom two couples repeat the double in/circle/out/exchange
 Verse 3 Arm right with partner, set and turn single, arm left, set and turn single
 Chorus 3 Top couple double in, slide down to second couple's place, Gypsy turn and double back to place. Slip down to third couples place and repeat.

Whirlygig (3 couples in a line) (Playford 1651)

- Verse 1 Forward and back a double (2x)
 Chorus 1A Mushrooms - second couple pass up between first couple, and cast off back to their place; Cross over and go around first couple, passing back through
 Second couple pass down between third couple, and cast off back to their place
 Cross over and go around third couple, passing back through to place
 Chorus 1B First couple casts off to bottom of set, couples 2 & 3 move up into place
 (Order of set is now C2, C3, C1)
 Repeat chorus (parts A & B) until all are back to original place
 Verse 2 Side right with your partner; Side left with your partner
 Chorus 2A S-Heys - second man arms with first lady; Circular 3 person hey with first man
 At the same time, second lady arms with third man; Circular 3 person hey with third lady
 Chorus 2B Same as Chorus 1B
 Repeat chorus (parts A & B) until all are back to original place
 Verse 3 Arm right with your partner; Arm left with your partner
 Chorus 3A Cast to Stars - Couples 1 & 2 cast up and around to place into right hand star
 At the same time, couple 3 sets and turns single twice
 Repeat above, with couples 2 & 3 casting while couple 1 sets & turns twice
 Chorus 3B Same as Chorus 1B
 Repeat chorus (parts A & B) until all are back to original place

Steps:

- Gypsy turn - turn around, like arming, your partner without touching
 Doubles - start with left foot, step left, right, left
 Set & turn single - step to the left, step to the right, turn over your left shoulder with L, R, L

Dargason (line of women facing line of men) (Playford 1651)

- Formation: ... W3 W2 W1 M1 M2 M3 ...
 Verse 1 First man and woman side right (4 bars)
 Chorus set and turn single, pass each other by the left shoulder (4 bars)
 each set of couples repeats the dance (ie M1 with W2, W1 with M2)
 turn around when you are at the end of the line
 continue to the other end and back to your starting place
 Verse 2 First man and woman arm right
 Repeat Chorus
 Verse 3 Grand right and left hey with hands - first couple passes each other right then the next person with the left hand and continue alternating until turning at both ends and arriving back at your starting place

Female Sailor (couples in a line) (Recueil de Contradances 1706)

- (A) Up through line, around outside, and back to place
 (A) Down through line, around outside, and back to place
 (A) Cross over and down through line, around outside, and into partner's place
 (A) (taking both hands) Turn full circle

Marchesana (couples) [Rosina]

(Domenico 1450)

--- in 4 ---
 8 salterelli
 Lord stamp L R L, then DR. Lady same.
 --- in 6 ---
 Hands, RipL, RipR, drop hands
 R hands, circle with SL,SR,DL drop hands, RipR
 L hands, circle with SL,SR,DL drop hands, RipR
 DL, DR frwd, passing L shoulders.
 Mv (SL, SR), RipL, RipR.
 Continenze = L and R. Reverenza
 --- in 4 ---
 Movimenti (Lord then Lady), Both DL frwd
 Movimenti (Lady then Lord), Both DR frwd.
 DL with a leap (L,R,L, leap onto R) turning to end side by side.

Note: This reconstruction is made to fit the music on Mesure et Arte del Danzare. The dance may have to be changed slightly for live music or other recordings.

Mercantia (3 Men (A,B,C) 1 Woman) [Rosina]

(Domenico 1450)

(Woman with A, B behind A, C behind Woman)
 11 Saltarelli.
 -- in 4/4 --
 B and C separate with 6 MRip.
 -- in 6/4 --
 Woman DL, turning half way CCW, then A DL, DR, DL.
 B goes to Woman with SL, SR, DL, touching her right hand.
 B SR, SL, DR back to place and turns around, as Woman Volta del Gioioso
 C repeats what B did, Woman also repeating the Volta del Gioioso.
 A turns around.
 B & C switch places with SaltL, SaltR, and end side by side.
 -- in 4/4 --
 A SaltL, SaltR, ending behind and to left of Woman,
 Woman turns as A RipR. (They end face to face.)
 -- in 6/4 --
 A & Woman Rev L,
 All Continenza Right, Continenza Left.
 A & C switch places with SR, SL, DR, as B & Woman Volta del Gioioso.

A is now B, B is C and C is A. Repeat dance twice more.

Pizocara (line of 4 couples) [Rosina]

(Domenico 1450)

-- in 6/8 --
 12 Pive. Men circle partner with 4 Pive, then Women same.
 -- in 6/4 --
 Men RevR, All RipR, holding hands.
 Men SL, SR, 11 Doubles, weaving through Woman and end to R of partner.
 Hold hands. Women Rev L, All Rip L. Drop hands.
 -- in 6/8 --
 Women do 9 Salt, starting L, weaving through Men, end to R of partner.
 Couple 1 separate with 2 MRip, then other couples 4 Pive,
 Couple 2 separate with 2 MRip, then Couples 3 & 4 do 4 Pive,
 Couple 3 separate with 2 MRip, then Couple 4 does 4 Piva.

Repeat dance, with Couple 4 leading.

Wandering Eye (4 couples in a square)(Dafydd Arth, 20th C)

music: The Mare of Fanad by Maggie Sanstone
 Verse 1 Couples 1 & 3 - Forward and back a double
 Couples 2 & 4 - Forward and back a double
 M1/L2 & M3/L4 - Same
 M2/L3 & M4/L1 - Same
 Chorus 1 Men Clap, Clap, Step Rt, Turn half around
 Women same
 Rotate around circle - Rt and Lt (4 cnts/person)
 Verse 2 Side right with partner; Side left with partner
 Side right with corner; Side left with corner
 Chorus 2 Same as Chorus 1 except women start
 Verse 3 Arm right with partner; Arm left with partner
 Arm right with corner; Arm left with corner
 Repeat Chorus 1
 Verse 4 Women right hand star (16 cnts)
 Last 4 cnts grab partners right hand and switch places
 Men left hand star (16 cnts)
 Repeat Chorus 2

Women extend left hand to partner's left, men drop to one knee, women walk behind him (4 cnts)
Reverence

Twt Hill (square for 4) [use Newcastle] (M. Sion Andreas o Wynedd, 1991)

Part 1 - A1 Men double forward, meet and fall back. Men set to their own, and set to the other.

A2 Ladies as much

B1 Men arm right with their own and left with the other, falling back to place

B2 Ladies as much

Part 2 -A1 Sides all with your own and fall into their place.

A2 As much with the next

B1 Lead your own out a double and back in the same. Pass through the other couple and turn to face your corner and so honour.

B2 Lead your corner out a double and back in the same. Pass through the other couple and turn to face your partner and so honour.

Part 3 - A1 Arms all with your own and half more on the last and so fall into their place.

A2 As much with the next.

B1 Fall back a double with your own and lead forward the same. Turn your corner by both hands once and a half times round.

B2 Fall back a double with your corner and lead forward the same. Turn your partner by both hands once and a half times round and so end.

Upon a Summer's Day (3 couples in a line) (Playford 1651)

Verse 1 Forward and back a double; set & turn single (2x)

Chorus Sides go forward and back a double (men and ladies side holding hands)

Top couple goes down the middle, under arch made other couples to bottom while sides slide up
Repeat twice more until all are back to place

Verse 2 Side right; set & turn single; Side left; set & turn single

Repeat Chorus

Verse 3 Arm right; set & turn single; Arm left; set & turn single

Repeat Chorus

Up Tailles All (couples in a circle) (Playford 1651)

Part 1 take hands, forward and back a double, set & turn single (2*)

Part 2 First Cu lead thru the 2nd Cu. cast off and meet within, clap hands and arms. And so forward to the next, the rest following in order.

Part 3 First Cu lead thru the 2nd, cast off and meet within, clap hands all foure, hands a crosse all foure, and round to your places, and so forward, &c.

Part 4 First Cu. Lead thru the 2nd Cu cast off and meet withink clap hands all foure, and hand round all foure to your places, and so forward &c

Petit Vriens (Petit Rinense) (Three dancers, A,B,C) [Rosina]

(Anonymous 1470)

-- in 6/8 --

16 Pive. A 4 Pive, then B 4 Pive to catch up, then C 4 Pive.

-- danced to as if in 4/4, music is in 6 ---

A DL, B DL, C DL,

A Rev, B Rev, C Rev. (B & C start before last person finished ie a "wave"). All Rev.

DL backwards and seperating, DR frwd together.

RipL, RipR, DL in a circle (or can Set & Turn)

Rosina (3 people) [Rosina - adaption]

(Guglielmo 1470)

Center = one gender, Sides = other

4 verses in 4/4

1 DL, DR, turn and return to place with DL, DR, turn.

Center SL, SR, DL, then Sides SR, SL, DR, Center turns at end.

2 All do DL, DR, turn to face and RipL, RipR

CCW circle = DL halfway, then RipR other half. ConL, ConR, ConL, ConR.

3 SL, SR, DL frwd, DR backward, RevL

CCW circle = DL halfway, then RipR other half. ConL, ConR, ConL, ConR.

4 Center and Side to their R = take R hands and circle with 4 Pive,

Center and other Side take L hands and circle with 4 Pive,

Hey with 8 Pive, Center and Side to their R start by passing R shoulders

Rostiboli Gioioso (one couple) [Rosina]

(Domenico 1460)

-- in 6/4 --

RipL, RipR, Man SL, SR, DL, DR, and turns to face partner,

Both RipL, RipR, Man returns with same steps and turns

Repeat, the Woman leaving and returning

Both RipL, RipR, SL, SR, DL, DR, DL, Volta del Gioioso. Repeat.

-- in 6/8 ---

16 Saltarelli

-- danced to as if in 4/4 --

Man Movi, Woman Movi, Man DL. Woman Movi, Man Movi, Woman DL. Repeat.

La Vita di Cholino (one woman, two men) [Rosina]

(Giovannino @ 1500)

Simplified version. Woman in the middle, all holding hands

Verse 1: Con L, Con R

SL, SR, Women forward, Men backward. Woman turns at end.

(Now in a triangle) Rip L, Rip R.

Chorus: Woman and man on her right (Man 1 this time) reverenza left

Woman and Man 2 reverenza right

all voltatonda (DR, clockwise)

Verse 2: Woman and Man 1 take right hands and circle each other with DL, DR.

Woman and Man 2 do the same with left hands

Chorus as before

Verse 3: DL, DR, woman passing through the middle of the men.

All turn to face and ripresa left & right

Chorus Man 2 will reverenza first

Verse 4: DL, DR, DL zigzagging. Turn to face others, DR together.

Chorus (Touch hands while reverencing.)

Verse 5: 8 Pive doing a hey for three, Woman and Man 1 start by passing right

Chorus Reverence as before, but men do their DR forward, turning at the end, so the woman is in the center.

Trenchmore [Dani Zweig]

(Playford 1653)

Lead up all a D. forward and back 3. times, cast off, meet below and come up, do so 3. times: First Cu. go down under the 2. Cu. arms, the 3. come up under the first, do this forward and back twice or thrice.

First man set to the 2. Wo. then to his own, then to the 3. Wo. then to his own, then to the 4. Wo. then to his own, and so to all the We. and men, then your Wo. do the same: then arm them as you set to them arming your Wo. then your Wo. as much.

Lead up again, then turn your Wo. with your right hand, and the 2. with your left, your Wo. falling as you turn, till you come to your place, then your Wo. do the same, you following her, the rest doing these changes.

Tirnewydd Jigg (two couples facing)

(Dougal MacFinlay, 20th C)

Music - Lavena

Verse 1 Double toward each other and back (2x)

Chorus 1 Men cross by right shoulders, then ladies by right shoulders

Verse 2 Side right then left

Chorus 2 Men case out over the partner to the other Lords place while the lades arm right half way to each others place

Verse 3 Arm right then left

Chorus 3 Men do-si-do then ladies 4 counts behind the men, quick reverance

(this has been called the "Death Spiral" because everyone spirals in and out)

Verse 4 All take hands and double in then out (2x)

Chorus 4 Face your partner and do a hey for 4 back to place

Tracks of the Wolf (Longways and circle for 4 couples)

(Michaela, 20th C)

Music: Goddesses

Part 1: Start with line of couples facing partner (4 count intro)

4-count reverance

Double forward, passing partner by rt shoulders

Single forward

2-count turn to face partner

Double forward, passing partner by lt shoulders

4-count turn to face partner, take right hands

8-count reverance

(32 cts total)

Part 2: C1 (top of line): turn and face down line (4 cts)

C2: move to women's side and face line (4 cts)

C3: move to men's side and face line (4 cts)

C4: move forward, completing a square of couples (4 cts)

Part 3: Side Rt & Lt w/ partner (16 cts)

Set and turn, end facing corner (8 cts)

Side Rt & Lt w/ corner (16 cts)

Set and turn, end side-by-side w/ partner facing center (8 cts)

Part 4: C1 & C4: Move to center (4 cts)

Turn woman under and into man's place while turning to face out (4 cts)

Move back to place (4 cts)

Turn woman under & into orig. place while turning to face in (4 cts)

AT SAME TIME ----

C2 & C3: Turn woman under and into man's place (4 cts)

Move away from center (4 cts)

Turn woman under and into orig. place (4 cts)

Move back to orig. place (4 cts)

Part 5: Repeat Part 3 using arming (48 cts)

Part 6: Repeat Part 4 switching couple directions (16 cts)

Part 7: Women form right hand star

Move halfway around circle to opposite (4 cts total)

Women extend left hand to opposite's left, turn under man's arm while walking behind him (4 cts)

Women form right hand star

Move halfway around circle to partner (4 cts total)

Repeat Chorus

Skellemesago (4 couples longways set) [Robynne the Grey, 1993] (Playford 1651)

- Verse 1 Up and double and back, set and turn (2x)
 Chorus 1 while 2nd couple moves up into 1st place, 1st couple arms right once and half into 2nd couple's place
 1st and 2nd couples set to each other, 1st couple changes positions with one another
 repeat until everyone is back to place [ie 2nd with 3rd then 1st with 2nd while 3rd with 4th, etc]
 Verse 2 Sides all, set and turn single (2x)
 Chorus 2 2nd couple up into 1st place, 1st takes 2 hands and slips between 2nd couple then turns left half way
 1st man & 2nd woman a 2 hand left turn, whilst 1st woman and 2nd man the same
 1st couple two hand turn left half way
 repeat until all are back to place
 Verse 3 Arm right, set and turn, repeat arming left
 Chorus 3 1st and 2nd couple right hand across star once, 1st wo and 2nd man release hands while other
 couple pulls thru, 1st wo and 2nd man pull thru, both couples take partners left hand and pull thru
 repeat until all are back to place

The Spanish Jeespie (longways for 8) (Playford 1651)

- Part 1 Lead up forwards and back. That again.
 turn all back to back, faces again, go all about your We. not turning your faces.
 That againe the tother way
 First and last Cu. meet a D. back again, turn all back to back, faces again,
 go about each other not turning your faces, the other way as much
 The other four as much.
 Part 2 Sides all. That again.
 turn back to back, faces again, go about your own as before
 First and last Cu. meet and go back, turn back to back, faces again,
 Take hands and go round, back again.
 Then the other four as much.
 Part 3 Armes all. that again
 turn back to back, faces again, go about your own as before
 First and last Cu. meet, back again, turn back to back, faces again,
 right hands a crosse and goe round, then left round.
 Then the other four as much.

Stingo (line of 3 couples) (Playford 1651)

- Verse 1 Each side double back, meet a double. Lead a double up the hall and back.
 Chorus 1 Men right star around, set and turn. Ladies as much with a left hand star.
 Verse 2 Side right then left.
 Chorus 2 (turn to face left) Double forward and back, set and turn single. As much to the right.
 Verse 3 Arm right then left.
 Chorus 3 Couple 1 cross and set to couple 2, the set to couple 3. Go to places on the outside of couple 2.
 Couple 1 cst off (falling short) to places, turn partner, then cast off to third place.

Trenchmore (longways set of couples) [Greg Lindahl] (Playford 1653)

Up a double and back, two times. The first couple casts off and lead down the outside, followed by everyone else, back to place.

Arched hey: All take hands, the first couple faces down, and goes under an arch made by the second couple, then over the third couple, and so forth all the way down and back, followed by all the other couples. When each couple reaches the end they turn around.

First couple turns by the right in the center, then by the left with the twos, then by the right in the center, and so on down the entire line.

Steps for 15th C Italian Dance

- S = Sempio or Single = step forward on foot given. Half bar.
 D = Doppio or Double = 3 steps forward.
 in 4/4 = Step, step, step, pause
 in 6/4 = Step and step, step and pause
 Salt = Saltarello = 3 steps and hop. Put hop where pause is in doppio.
 Ted = Saltarello Tedesco = 3 steps and MezaRipresa (step to side, then put other foot under first foot.) As doppio in 4/4 doing MezaRipresa on 4th beat.
 Piva = 3 steps, the 2nd cutting under first (ie place it under heel)
 in 2/4 = step cut step pause,
 in 6/8 = step and cut, step and pause.
 Con = Continenza = Shift weight to side, with bit of rise. Half bar.
 Rip = Ripresa = Step to side, cut (put other foot under first), step to first side again.
 in 4/4 = step, cut, step, pause.
 in 6/4 = step and cut, step and pause.
 MRip = Meza Ripresa = Step to side, cut (put other foot under first)
 in 2/4 or 4/4 = step, pause, cut, pause
 in 6/8 or 6/4 = step and pause, cut and pause.
 Rev = Reverenza = Kneel on knee given.
 Movì = Movimento = Rise on both toes, directing attention at partner.
 MV = Meza volta = half turn. If not specified, it is a pivot in no time.
 VT = Volta tonda. The steps will usually be specified in brackets after, or presume it is a Volta del Gioioso.
 VdG = Volta del Gioioso = A small circle counterclockwise, done with 2 sempii and a MV with a ripresa. Takes 2 bars in 6/4, as follows:
 SR doing quarter turn CCW, SL doing quarter turn CCW,
 MV (half turn CCW in no time, pivot on L foot) and Ripresa R.

Amor Costante [Mistress Urracca]

(Caroso, p. 26)

The third verse in the original text is obviously incomplete. Angene Feves seems to have dealt with this problem by putting the partial third verse and the fourth verse into one verse. The music at that point gets odd. This is my best guess at what she may have intended.

A	1-4	Riverenza	
	5-8	Continenza left & right	facing, NOT holding hands
A	1-2	Step left & right	man steps forward/lady steps backward
	3-4	Seguito Ordinario left	
	5-6	Step right & left	lady steps forward/man steps backward
	7-8	Seguito Ordinario right	
C	1-2	Trabuchetto left & right	taking right hands
	3-4	2 Riprese left	
	5-6	Trabuchetto right & left	taking left hands
	7-8	2 Riprese right	
D	1-4	2 Seguiti Ordinarii	lady circles to her left/man flankingly forward
	5-8	Riverenza	taking ordinary hands

A	1-4	Puntata left & right	progressing (drop hands at end)
	5-8	Seguito Ordinario left & right	
A	1-4	Seguito Ordinario left & right	
	5-8	Seguito Ordinario left & right	turning over left shoulder
C	1-2	Trabuchetto left & right	
	3-4	Seguito Ordinario left	flankingly
	5-6	Trabuchetto right & left	
	7-8	Seguito Ordinario right	flankingly
D	1-4	Seguito Ordinario left & right	turning over left shoulder
	5-8	Riverenza	facing

A	1-2	Step left & right	taking right hands & circling
	3-4	Seguito Ordinario left	(drop hands at end)
	5-6	Step right & left	turning over left shoulder
	7-8	Seguito Ordinario right	

????

A	1-2	Step left & right	taking left hands & circling
	3-4	Seguito Ordinario left	(drop hands at end)
	5-6	Step right & left	turning over right shoulder
	7-8	Seguito Ordinario right	
C	1-2	Trabuchetto left & right	
	5-6	Trabuchetto right & left	
	7-8	Seguito Ordinario right	flankingly
D	1	Step left	
	2-4	Riverenza right	taking right hands
	5	Step right	
	6-8	Riverenza left	taking left hands

Sciolta in saltarello

	beats	steps	figure
A	1-2	Spezzato left & right	taking right arms & trading places
	3-4	Spezzato left & right	drop hands & turn over left shoulder, separating
	5-8	4 Spezzati	flankingly forward
B	1-2	Spezzato left & right	taking left arms & trading places
	3-4	Spezzato left & right	drop hands & turn over right shoulder, separating
	5-8	4 Spezzati	flankingly forward
C	1-2	Trabuchetto left & right	
	3-4	Seguito Ordinario left	flankingly
	5-6	Trabuchetto right & left	
	7-8	Seguito Ordinario right	flankingly
D	1-2	Spezzato left & right	the man goes backwards/the lady circles to her left

Saint Martins

(Playford 1651)

Double up (4 cts)
Two slip steps left, two slip steps right (4 cts)
Men turn single left, women turn single right (4 cts)
Double back (4cts)

Double up (4 cts), Exchange places with contrary (4 cts)
Set and turn single (8 cts)
Men double back, Women turn single
Men cross over taking left hands (4 cts), Turn the contrary with right hand (4 cts)

Women double back, Men turn single
Women cross over taking right hands, turn your own (4 cts)
double up, Change places, set and turn single
That againe (16 cts) from ???

Men double up to meet, Women double up to meet
Hands all, slips half way round clockwise and turn single (8 cts)
women meet, men meet
hands all, slips half way round clockwise and turn single

Double up, Take hands with contrary, two slips left, Two slips right
Men cast off and return to place, Women as much
Double back, Change places with your own
Men switch, Men back into place
Women switch, Women back into place

Men reverence and then women reverence (8 cts)
Right hand star (8 cts)
Women reverence and then Men reverence
½ left hand star (4 cts)
All reverence

Scotch Cap (3 couples in a line)

(Playford 1651)

Verse 1 Forward and back a double (2x)
Chorus 1 Ladies 1 & 2 back up; Men 2 & 3 back up; Those 4 switch; other 2 switch
Same men back up; Same ladies back up; Those 4 switch; other 2 switch
Verse 2 Side right with your partner; Side left with your partner
Chorus 2 Sides go back a double & forward; Arm right (ladies 1 & 3, couple 2, men 1 & 3)
Ends go back a double & forward; Arm left (with own partner)
Verse 3 Arm right with your partner; Arm left with your partner
Chorus 3 Men slip up 4 while lades slip down 4; Give right and left hands back to place
Ladies slip up 4 while men slip down 4; Give left and right hands back to place

Sellinger's Round (couples in a circle)

Playford (1670)

Verse 1 Slide left 8 counts; slide right 8 counts
Chorus Men back up a double while women go forward and clap
Return to place
(facing partner) Set & turn single
Women back up a double while men go forward and clap
Return to place
(facing partner) Set & turn single
Verse 2 Double in and out (2x)
Repeat Chorus
Verse 3 Side right with your partner; Side left with your partner
Repeat Chorus
Verse 4 Arm right with your partner; Arm left with your partner

Parson's Farewell (2 couples facing)

(Playford 1651)

- Verse 1 (Partners join hands) Meet a double. (Join both hands with contrary) Four slips apart. Double back, four slips together (to places).
- Chorus 1 Men rise once. Ladies rise once. All rise 4 times. Turn contrary (by both hands). Ladies rise, men rise. All rise 4 times. Turn contrary.
- Verse 2 (Partners join hands) Meet a double. Lead a double away with contrary. (Change hands) Meet a double. Double back with partner.
- Chorus 2 Men cross with right hands. Cross left hands with contrary. Men cross with right hands. Cross left hands with partner. Ladies as much, except starting with left hands.
- Verse 3 (Partners join both hands) Four slips into center. (Join both hands with contrary) Four slips away with contrary. Four slips into center (Partners join hands) Four slips to places.
- Chorus 3 Turn partner (by right hands). Men change places (passing left shoulders). Pass contrary (by right shoulders). Turn partner (both hands). Ladies as much except beginning with left hand.

Picking of Sticks (3 couples in a line)

(Playford 1651)

- Verse 1 Forward and back a double (2x)
- Chorus 1 Top L person switches back to back with second R person, then third L person
All forward and back a double
Top R person switches back to back with second L person, then third R person
All forward and back a double
Repeat above until back to place
- Verse 2 Side right with your partner; Side left with your partner
- Chorus 2 Couple 1 slips between couple 2 as they move up, then couple 2 slips between
Couple 1 (2x); meanwhile, couple 3 crosses and skips around couple 1 & 2
Repeat above with couples 2 & 3 slipping while couple 1 skips around
- Verse 3 Arm right with your partner; Arm left with your partner
- Chorus 3 Sheepskin Hey - Men weave through ladies; as last man passes second lady,
he cuts around to take the lead; Each man cuts once, and then pass behind the
ladies and back to place
Repeat above with ladies weaving between men

The Return of Spring (3 couples in a line)(Chor. Mistress Ellisif Flakkari, 20th C)

- Verse 1 Forward and back a double, set and turn (2x)
- Chorus 1 Hey for four (1s start) (2x)
- Verse 2 Side Rt, set and turn, Side Lt
- Chorus 2 Same as Chorus 1
- Verse 3 Arm Rt, set and turn, Arm Lt
- Chorus 3 Same as Chorus 1

Ruffy Tufty (2 couples facing)

(Playford 1651)

- Verse 1 Forward and back a double (2x)
- Chorus (facing partner) Set & turn single (2x)
Lead partner out a Double and back; Turn single
Lead corner out a Double and back; Turn single
- Verse 2 Side right with your partner; Side left with your corner
- Repeat Chorus
- Verse 3 Arm right with your partner; Arm left with your corner
- Repeat Chorus

- | | | |
|-----|-----------------------|---|
| 3-4 | Spezzato left & right | the man goes forwards/the lady circles to her right |
| 5-8 | Riverenza | taking ordinary hands |

Bizzaria d'Amore (2 Couples facing)

(Negri 1602)

- Verse 1 Lords: 4 ct Reverence, Contenenza L & R; Ladies: Same
- Chorus Hop, Hop, "Charleston" Left
Hop, Hop, "Charleston" Right
2 Spezati (L & R) backward at 45 deg. to right
Ordinario forward to place
2 Spezati (R & L) backward at 45 deg. to left
Ordinario forward to place
- Verse 2 Lords: Exchange places (passing Rt shoulders) in
2 Spezati and an ordinario
Counter circle in 2 Spezati and an ordinari
Ladies: Same passing Lt shoulders

Repeat Chorus

- Verse 3 Circle w/ partner (rt hands) in 2 ordinari
Counter circle in 2 ordinario
Circle w/ corner (lt hands) in 2 ordinari
Counter circle in 2 ordinario

Repeat Chorus

- Verse 4 Lords: Exchange places (Holding Rt hands) in
2 Spezati and an ordinato
Counter circle in 2 Spezati and an ordinario
Ladies: Same holding left hands

Repeat Chorus

- Verse 5 Exchange place w/ partner (Rt hands) in 1 ordinario
Exchange place w/ partner (Lt hands) in 1 ordinario
Counter circle in 2 ordinario
Exchange place w/ corner (Lt hands) in 1 ordinario
Exchange place w/ corner (Rt hands) in 1 ordinario
Counter circle in 2 ordinario

Repeat Chorus

- Verse 6 Circle w/ partner (rt hands) in 2 ordinari
Grand right and left (starting w/ left to corner) in 4 ordinari
Circle w/ corner (lt hands) in 2 ordinari

Repeat Chorus

Catena d'Amore [Sion Andreas o Wynedd, 1997]

Cesare Negri

- Opening honours
Lead up the set
lead down the set
Haye all the way through the set (long)
Chicken in the middle, round man and then woman, dancers progressing down the set (so as to invert)
Three person circle, round woman and then man, the figure passing up the set
Lead off to circle then snail shell
Weave the chain
Unweave the chain (end in a set again)
Men and women to offsidés.
Couples circle and lead through.
Honour.

Contentezza d'Amore(couples) [Sion Andreas]		(Caroso)
beats	steps	figure
1-4	Riverenza	holding both hands
5-8	Continenza left & right	"
9-12	4 Riprese left	circling to the left
13-16	4 Riprese right	circling to the right
17-20	Continenza left & right	"
21-24	Riverenza	holding ordinary hands facing forward
----- Verse 2		
1-4	Puntato left & right	lady solo
5-6	Passo left & right	"
7-8	Seguito Ordinario left	"
9-12	Puntato left & right	"
13-14	Passo left & right	"
15-16	Seguito Ordinario left	" turning to face the man
17-20	Puntato left foreward & right back	both partners facing
21-24	Riverenza	"
----- Verse 3		
1-4	Puntato left & right	man solo
5-6	Passo left & right	"
7-8	Seguito Ordinario left	"
9-12	Puntato left & right	"
13-14	Passo left & right	"
15-16	Seguito Ordinario left	" WHILE lady turns to face forward
17-20	Puntato left foreward & right back	both partners holding ordinary hands
21-24	Riverenza	"
----- Verse 4		
1-2	Passo left & right	still holding ordinary hands, the man circles in front
3-4	Seguito Ordinario left	of the lady to her right side
5-6	Passo right & left	"
7-8	Seguito Ordinario right	" WHILE lady pivots to face
9-10	Passo left & right	still holding ordinary hands, the lady circles in front
11-12	Seguito Ordinario left	of the man to his right side
13-14	Passo right & left	"
15-16	Seguito Ordinario right	"
17-20	Puntato left foreward & right back	both partners holding ordinary hands
21-24	Riverenza	"
----- Verse 5		
1-4	Puntato left & right	taking right hands & trading places
5-16	6 Seguiti Ordinarii	releasing hands & going toward the foot of the hall
17-20	Puntato left foreward & right back	holding both hands
21-24	Riverenza	"
----- Verse 6		
Sciolta in Saltarello (Bar = 6/8) - faster tempo		
1-2	Spezzato left & right	taking left hands & trading places
3-8	6 Spezzati	releasing hands & going toward the head of the hall
9-12	4 Riprese left	holding both hands, circling to the left
13-16	4 Riprese right	holding both hands, circling to the right
17-20	4 Trabuchetti	holding both hands
21-24	Riverenza	holding ordinary hands in prospettiva

On the Banks of the Helicon(3 couples in a line)		(Dafydd Arth, 20th C)
Verse 1	Double forward (toward head of hall). Turn simple (away from partner - mirroring effect.) Fall back a double. That much again.	
Chrous	Reel, or half-s-hey: lord 2 walks between lord 1 & lady 1, around lady 1, to partner's place. lady 1 waits until lord 2 has passed between she and lord 1, then walks between the two lords and curves her path into her partner's place. Lord 1 waits until both the others have passed through, then passes between and curves his path into his partner's place. (it may feel to him as if he is merely walking a curve rather than passing between, but it works.) Meanwhile, lady 2 does the same with lord 3 & lady 3. after the first half-s-hey, each person should be in their partner's original position. (all that is in 8 cts). Do another half-s-hey, this time lady 2 w/couple 1 and lord 2 w/couple 3. Each dancer should wind up in his or her own original position in the set (taking another 8 counts.) Now couple 1 begin a progression to the bottom of the set by: Giving R hands to each other and half-turn (4 cts) Give L hands to next couple & half-turn (4 cts) Give R hands to third couple & half-turn (4 cts) Give L hands to each other and switch back proper. (Note that it's not a grand R&L.... when couple 2 reaches the top of the set, they simply stop, rather than giving hands to one another and crossing over to continue the figure.) The former couple 1 is now couple 3, with Couples 2&3 becoming 1&2.	
Verse 2	Double forward (toward partner) to meet right shoulders, as in siding. (all dancers should be in a straight line across the set at this point.) Turn simple (away from partner), then fall back a double to place. Do all that again, this time meeting left shoulders instead of right.	
Repeat Chorus		
Verse 3	Give R arm to partner & turn half-way round (4 cts.) turn simple to L. Take R arms w/partner again & turn half-way round to place (4 cts.) (the turn simple also takes 4 cts... 12 cts. total) Give L arm to partner & turn half-way (4 cts) turn simple to R (4 cts) Take L arms w/partner again & turn half-way to place (4 cts.)	
Repeat Chorus		
Oranges and Lemons (4 couples in a square)		(Playford 1686)
Verse 1:	Forward and Back a double	
Chorus 1:	Men Quick reverance to partner; Quick reverance to corner Join hands and circle halfway around Ladies: Quick reverance to partner; Quick reverance to corner Join hands and circle halfway around	
Verse 2:	Partners side right and left	
Chorus 2:	Partners join right hands and each step to own right Partners join left hands and each step to own left Grand right and left, starting with right to partner Every second person repeat until back to original place	
Verse 3:	Partners arm right and left	
(Couple 1 moves quickly to face Couple 2; Couple 3 moves quickly to face Couple 4)		
Chorus 3:	Quick reverance to other couple; Quick reverance to partner Each pair of couples circle halfway to the left Couple 2 quickly backs into the 3rd place, couple 1 following. At the same time, Couple 4 quickly backs into the 1st place, couple 3 following Repeat this pattern until everyone returns to their places	

Verse 3 Arm right; Arm left; 3 slips to own left & back; 3 slips to own right & back
 Chorus 3 Break the line with a double back to own side (one at a time as before)
 End Grand right & left, starting with top couple

Newcastle (4 couples in a circle)

(Playford 1651)

Verse 1 In and out a double; Set to partner; Set to next (past partner) (2x)
 Chorus 1 Arm right with partner; Men into center star as ladies circle (12 count)
 Arm right with partner; Ladies into center star as men circle (12 count)
 Verse 2 Side right and left with partner; Pass by on right
 Side right and left with next; Pass by on left
 Chorus 2 Heads couples (with each other's partner) forward & back a double
 Heads make an arch; Sides cast behind, through arch, and back to place
 Sides couples (with each other's partner) forward & back a double
 Sides make an arch; Heads cast behind, through arch, and back to place
 Verse 3 Arm right and left with current partner; Pass by on right
 Arm right and left with next; Pass by on left (back to original place)
 Chorus 3 Back a double into a line of 4 along sides of set (heads split and join sides)
 Forward a double; Half turn with opposite
 Back a double into a line of 4 along ends of set (sides split and join heads)
 Forward a double; Half turn with opposite (back to original place)

The Old Mole (line of 3 couples)

(Playford 1651)

Verse 1 Up a double and back. Set and turn single. (2x)
 (Turn to face left) Double forward and back. Set and turn single.
 (Turn to face right) Double forward and back. Set and turn single.
 Chorus 1 Man 1 & lady 3 meet a double, double back. Meet a double and change places.
 Lady 1 & man 3 do as much. Couple 2 as much.
 Verse 2 Ladies 1 & 2 join hands, double forward to man 1, double back, man 1 go under arch into 3rd
 place. Meanwhile men 2 & 3 as much with lady 3.
 Man 1 & lady 2 as much with man 3; while man 2 & lady 3 as much with lady 1.
 Lady 1 & man 2 as much with man 1; while lady 2 & man 3 as much with lady 3.
 Men 1 & 2 as much with man 3; while ladies 2 & 3 as much with lady 1.
 Chorus 2 Same as chorus 1.
 Verse 3 Each side join hands, meet a double. Couples 1 & 3 double back. Men 1 & 3 turn each other;
 while ladies 1 & 3 as much, and couple 2 as much.
 Men 1 & 3 side left; while ladies 1 & 3 as much, and couple 2 as much. Turn partner.
 Men hay. Women hay
 Chorus 3 All a double hay. Cast off to places, following couple 1. Cast off again, following couple 3.

Dolce Amoroso Fiamma (longways set for 3 couples)

(Caroso, p. 174.)

adaption of Dolce Amoroso Fuoco (16th C) by Mistress Urracca

Simplified The main difference is in the solos. Instead of a fancy men's solo, both sexes do the women's solo, with the addition of two continenze and a riverenza to enhance the symmetry with the other verses.

beats	steps	figure
1-4	Riverenza	holding ordinary hands
5-8	Continenza left & right	"
9-12	Seguito Ordinario left & right	progressing, end in 1/2riverenza
13-16	2 Seguiti Scorsi	touching right hands, trading places & curling to the left
17-20	Seguito Ordinario left & right	progressing, end in 1/2riverenza
21-24	2 Seguiti Scorsi	touching left hands, trading places & curling to the right
25-28	Continenza left & right	facing (not holding hands)
29-32	Riverenza	

1-2	Seguito Spezzato left & right	men solo, flankingly forward, facing partner
3-4	Trabuchetto (LRL)	"
5-6	Seguito Spezzato right & left	" flankingly backward, facing partner
7-8	Trabuchetto (RLR)	
9-12	Continenza left & right	" facing (not holding hands)
13-16	Riverenza	
17-18	Seguito Spezzato left & right	women solo, flankingly forward, facing partner
19-20	Trabuchetto (LRL)	
21-22	Seguito Spezzato right & left	" flankingly backward, facing partner
23-24	Trabuchetto (RLR)	
25-28	Continenza left & right	" facing (not holding hands)
29-32	Riverenza	

1-16	8 Seguiti Ordinari	circular hey, starts with top couple taking right hands
17-20	Riverenza men solo	
21-24	Riverenza women solo	
25-28	Seguito Ordinario left & right	everyone, turning in place over left shoulder
29-32	Riverenza	everyone, taking ordinary hands, facing the Presence

Dolchezza d'Amore (couples in a line)

(SCA Choreography)

Verse 1 Reverance; Continenza L & R
 Slow single L; Slow single R; 2 doubles (starting with L)
 Continenza L & R; Double L (turning ccw)
 Continenza R & L; Double R (turning ccw)
 Chorus Singles L & R, moving in a chevron pattern, switching places with partner
 All turn ccw in 1 Double
 Reprise L (left shoulder out); Reprise R (right shoulder out)
 Men stamp left foot (brush forward, back, and stamp); Ladies stamp left foot
 2 Spezati forward (beginning with L)
 Ladies stamp right foot (as above); Men stamp right foot
 Repeat entire chorus
 Verse 2 Men's Solo - 4 Spezati around lady
 Corinto L & R
 Repeat Chorus
 Verse 3 Ladies's Solo - Same as Men's Solo
 Repeat Chorus
 Verse 4 (taking right hands) 4 Spezati (starting with L), circling cw
 (taking left hands) 4 Spezati (starting with R), circling ccw
 (taking both hands) Corinto L (circling cw); Corinto R (circling ccw)
 (dropping hands) Corinto L & R
 Repeat Chorus, but with the final foot stamp replaced with a reverance

Cascarda Gentilezza d'Amore [Mistress Urracca]

(Caroso, p.116)

beats	steps	figure
A	1-2	Riverenza Minima
	3	Seguito Spezzato left
	4	Cadenza
	5-6	Seguito Spezzato left & right
	7-8	4 Trabuchetti
B	1-2	Passo Trangato left & right
	3	Seguito Spezzato left
	4	Cadenza
	3-4	Passo Trangato right & left
	7	Seguito Spezzato right
	8	Cadenza

A	1	Paso Presto left & right	in a wheel
	2	Trabuchetto left & right	"
	3-4	Seguito Spezzato left & right	
	5	Paso Presto left & right	in a wheel [same direction?]
	6	Trabuchetto left & right	"
	7-8	Seguito Spezzato left & right	
B	1-4	Scambiato left & right	
	5	2 Riprese left	
	6	Trabuchetto left & right	
	7	Seguito Spezzato left	turning over left shoulder
	8	Cadenza	with the right foot behind

A	1	Paso Presto left & right	Man solo (facing)
	2	Seguito Spezzato left	
	3-4	4 Trabuchetti	beginning with the right
	5	Paso Presto right & left	Man solo (facing)
	6	Seguito Spezzato right	
	7-8	4 Trabuchetti	beginning with the left
B	1-2	Passo Trangato left & right	both people, flankingly backward
	3	Paso Presto left & right	forward
	4	Cadenza	
	5-6	Passo Trangato right & left	both people, flankingly backward
	7	Paso Presto right & left	forward
	8	Cadenza	

LADY DOES ABOVE SOLO

A	1-4	Seguito Semidoppio L&R	in a wheel?
	5-6	4 Trabuchetti	beginning with the left
	7	Seguito Spezzato left	turning over left shoulder
	8	Cadenza	with the right foot behind
B	1-2	Passo Trangato left & right	both people, flankingly backward
	3	Paso Presto left & right	forward
	4	Cadenza	
	5-6	Passo Trangato right & left	both people, flankingly backward
	7	Paso Presto right & left	forward
	8	Cadenza	
		Riverenza	facing

Maid Peeped Out the Window (4 couples in a line)

(Playford 1651)

Verse 1	Forward and back a double (2x)
Chorus 1	Couple 1 casts off and lead to bottom (reversing line); Set & turn single Couple 1 casts off and lead back to top (original line); Set & turn single
Verse 2	Side right with your partner; Side left with your partner
Chorus 2	All slide across at a left diagonal; Double into partners place; Set & turn single All slide back at a left diagonal; Double into own place; Set & turn single
Verse 3	Arm right with your partner; Arm left with your partner
Chorus 3	Men 1 & 3 push ladies 2 & 4 out, around, and across into men's place Men 2 & 4 push ladies 1 & 3 into men's place; Set & turn single Repeat above, pushing ladies back into own place; Set & turn single

Mayden Lane (3 couples in a line)

(Playford 1651)

Verse 1	Lead a double up the hall, double back. (2x)
Chorus 1	Four slips left, then right. Each side half a standard hay forming an inverted set. Set and turn single. (2x)
Verse 2	Side right, side left.
Chorus 2	Double back (small steps), double forward changing places (pass right shoulders). Again to places. Set and turn single. Again leaving the set inverted.
Verse 3	Arm right and left.
Chorus 3	Man 1 change places with lady 2. Man 2 change with lady 1; while man 3 changes with lady 3. Man 1 change with lady 3. Man 3 changes with lady 1 as man 2 changes with lady 2; (couple 3 immediately moves down on the outside into 3 rd place; while couple 2 moves up the middle into 2 nd place). Set and turn single. Again.

Milke-Mayds Bobb (4 couples in a line)

(Playford 1651)

Verse 1	Lead a double up the hall. Double back (2x)
Chorus 1	Couples 1 & 2 a (slow) hay starting right shoulders with partner while couples 3 & 4 as much
Verse 2	Side right, side left
Chorus 2	Couple 1 slips between couple 2 while 3 as much between couple 4. Change places with partner. All that again (to places).
Verse 3	Arm right, arm left.
Chorus 3	Man 1 change by right hand with lady 2 while man 3 as much with lady 4. Man 2 change places with lady 1 while lord 4 as much with lady 3. All that again back to places.

New Boe Peep (couples in a line)

(Playford 1651)

Verse 1	Forward and back a double (2x)
Chorus A	Women double away from the partner facing out Men follow and peep over your partners alternate shoulders 4 times both double back to your place and turn single
Chorus B	As Chorus A but the men start by doubling away from their partner
Verse 2	Side right and left
	Repeat Chorus A & B
Verse 3	Arm right and left
	Repeat Chorus A & B

Nonesuch (4 couples in a line)

(Playford 1651)

Verse 1	Forward and back a double (2x); Set & turn single (2x)
Chorus 1	Couple 1 move down the center below couple 2 using 4 sideways steps Couple 1 push couple 2 angled out; Turn couple 2 in Push couple 2 angled in; Turn couple 2 out (couple 2 ends in couple 1's place) Couple 1 turn for 8 counts (moving down below couple 3) Repeat pushing for couples 3 & 4
Verse 2	Side right; Side left; Set & turn single (2x)
Chorus 2	Form a line (one at a time) with double into the center - first man starts, then first lady, then second man, etc. (men face up, ladies face down)

Verse 3 Arm right and left with partner

Hyde Park (square set of 4 couples)

(Playford 1651, LOD v1 &n13)

Verse 1 1st and 3rd couples forward and back a double
2nd and 4th couples the same

Chorus 1 1st and 3rd men take partners with both hands, slip into center to meet
1st man and 3rd woman join hands, slip out between the 4th couple and cast to place while 3rd man and 1st woman do likewise
2nd and 4th couples repeat the chorus

repeat verse 1

Chorus 2 2nd and 4th couples take hands with partner, turn halfway and make an arch
1st and 3rd couples face their partner, pass right shoulders to go outside the set, around the arches, go under the arches and return to place, ending improper
1st and 3rd couples take hands, turn halfway and make an arch (proper position)
2nd and 4th couples repeat Chorus 2 ending proper

repeat verse 1

Chorus 3 men pass in front of their partners, behind the next woman etc, weaving CCW around back to place
Women weave the square CCW starting by passing in front of their partner

Jenny Pluck Pears (3 couples in a circle)

(Playford 1651)

Verse 1 Slide left (8 counts); Set & turn single; Slide right (8 counts); Set & turn single

Chorus 1 First man turns lady into center; Second man does same;

Third man does same; All reverance

Men skip around left (16 counts), then right (16 counts)

First man turns lady back to place center; Second man does same;

Third man does same; All reverance

Verse 2 Side right; Set & turn single; Side left; Set & turn single

Chorus 2 Same as chorus 1, except Ladies turn men in and skip around

Verse 3 Arm right; Set & turn single; Arm left; Set & turn single

Chorus 3 Same as chorus 1

Lord of Carnavan's Jegg (4 couples in a line)

(Playford 1651)

Part 1 Forward and back a double (2x); Do-Si-Do with partner (2x)

Part 2 Couple 1 cross over & go behind couple 2 into their place (on partner's side)

Couple 1 cross over & go behind couple 3 into their place (on own side)

Couple 1 go between couple 4, cast off and lead line around; Arm right

(order from top to bottom is now C1, C4, C3, C2)

Repeat with couple 2 leading in other direction (order ends C3, C4, C1, C2)

Repeat with couple 3 leading in first direction (order ends C3, C2, C1, C4)

Repeat with couple 4 leading in other direction (order ends C1, C2, C3, C4)

Love and a Bottle (line of couples - progressive)

(Playford 17??)

Part A Couple 1 take right hands and change places. Advance a double to man 2. All three join hands and circle left around until man 1 returns to place.

Ladies 1 & 2 as much with man 2 back to places.

Part B Man 1 & lady 2 turn right hands around. Lady 1 and lord 2 as much.

Man 1 and lady 2 meet a double. All turn partners left hands around to places.

Men kiss ladies hands, followed by ladies miming drinking with left hand.

Man 1 take lady 1's right hand, then left hand. Change places. Couple 2 as much.

Couple 1 pass right shoulders and fall into 2nd place; while couple 2 moves into 1st place, turning single. Kiss hands and mime as before.

Cascarda Gloria d'Amore [Mistress Urracca]

(Caroso, p. 122)

Another reconstruction of this dance, by Sion and Corinne is in Letter of Dance #20.

beats	steps	figure
A	1-2 Riverenza Minima	facing
	3-4 Seguito Spezzato left & right	in a wheel
	5-8 Scambiato left & right	
	9-10 Puntato left & right	forward & backward
B	1-2 Seguito Spezzato left & right	flankingly backward
	3 passo presto left & right	forward
	4 Cadenza	

A	1-4	4 Seguiti Spezzati	in a wheel
	5-6	4 Trabuchetti	facing
	7	Seguito Spezzato left	turning over left shoulder
	8	Cadenza	
	9-10	Seguito Spezzato left & right	flankingly backward
B	1	2 Riprese left	turning the left flank toward each other
	2	2 Trabuchetti left & right	
	3	Seguito Spezzato left	turning over left shoulder
	4	Cadenza	

A	1-2	Fioretto a piede pari L&R	Man solo
	3	Passo Presto left & right	backward
	4	Seguito Spezzato left	turning to the left & making 1/2 riverenza
	5-6	Fioretto a piede pari R&L	Man solo
	7	Passo Presto right & left	backward
	8	Seguito Spezzato right	turning to the right & making 1/2 riv.
	9-10	Puntato left & right	both people, forward & backward
B	1	2 Riprese left	turning the left flank toward each other
	2	2 Trabuchetti left & right	
	3	Seguito Spezzato left	turning over left shoulder
	4	Cadenza	

LADY DOES ABOVE SOLO (except that she may substitute 4 Trabuchetti for the Fioretti)

A	1-2	Seguito Spezzato left & right	in a wheel clockwise
	3-4	Seguito Semidoppio left	"
	5-6	Seguito Spezzato right left	in a wheel counter-clockwise
	7-8	Seguito Semidoppio right	"
	9	Trabuchetto left	touching right hands
	10	Trabuchetto right	touching left hands
B	1-2	Seguito Spezzato left & right	flankingly backward
	3	passo presto left & right	forward
	4	Cadenza	
		Riverenza	

Gracca Amorosa (for 1 couple facing without holding hands) (Caroso 1581)

The reconstruction is by Master Sion Andreas o wynedd (c. 1988).

A	1-2	Riverenza minima	facing
	3-4	Spezzato left & right	in a wheel clockwise halfway
	5-6	Spezzato left & right	circling over left shoulder
	7-8	4 Trabuchetti (lr lr)	facing
B	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

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

=====

A	1-4	4 Spezzati (lr lr)	in a wheel clockwise full circle
	5-6	4 Trabuchetti (lr lr)	facing
	7-8	Spezzato left & right	circling over left shoulder
B	1-2	Scambiato left	to the left flank
	3-4	Spezzato right	to the right flank

Chorus

=====

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

=====

lady does same solo
both man & lady

Chorus

=====

A	1-2	Seguito ordinario left	to the left flank
	3	2 Riprese right	facing
	4	Trabucchetto right & left	"
	5-6	Seguito ordinario right	to the right flank
	7	2 Riprese left	facing
	8	Trabucchetto left & right	"
B	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

Chorus 1	all couples face partners
	1 st and 2 nd couple back a double, forward a double
	1 st man and 2 nd woman change places then 2 nd man and 1 st woman change places
	1 st couple and 2 nd couple change places with their partner
Verse 2	side right, set and turn
	side left, set and turn
Chorus 2	1 st and 2 nd couple circle left
	1 st couple slip down to 2 nd couples place with 2 hands (2 nd couple moves up to 1 st couple's home)
	1 st couple turn single
Verse 3	arm right, set and turn single
	arm left, set and turn single
Chorus 3	1 st and 2 nd man change places by right hand, then 1 st and 2 nd women change by right hands
	1 st and 2 nd couples right hand star once around

Half Hannigan (circle of couples)

(Playford 1651)

Forward and back a double (2x)

Partners side right and left

Partners arm right once around

Partners arm left 1 1/2 times to pass on to new partner

The Health (4 couples in a line)

(Playford 1651)

Verse 1 Lead a double up the hall, double back. Set and turn single (2x)

Chorus 1 Couples 1 & 4 meet a double, turn back to back (in center of set), cast off around couples 2 & 3 going into 2nd and 3rd places; while couples 2 & 3 move into 1st and 4th places.
Couples 2 & 3 as much.

Verse 2 (all join hands backwards) Circle 8 slip steps right (halfway round). Set and turn single As much again to the left.

Chorus 2 Couples 1 & 4 meet, turn back to back. (Join hands backwards) Circle around falling into 2nd and 3rd places; while couples 2 & 3 move into 1st and 4th. Couples 2 & 3 do as much.

Verse 3 Change places two hands with partner. Men 1 & 2 and men 3 & 4 change by both hands; while ladies do the same. Set and turn single. As much again back to places.

Chorus 3 Couples 1 & 4 meet a double, clap four times. Right hand star falling into 2nd & 3rd places; while couples 2 & 3 move into 1st and 4th places
Couples 2 & 3 as much with a left hand star.**Heart's Ease (2 couples facing)**

(Playford 1651)

Verse 1 Forward and back a double (2x)

Chorus (facing partner) Back away from partner and forward a double; Turn corner (facing corner) Back away from corner and forward a double; Turn partner

Verse 2 Side right with your partner; Side left with your corner

Repeat Chorus

Verse 3 Arm right with your partner; Arm left with your corner

Repeat Chorus

Heralds in Love (4 couples)

(Lord Iulstun Sigewealding 20th C)

Verse 1 Double forward and back, set and turn single (2x)

Chorus 1 Mens hey; Man 1&2, 3&4 start right hands

Verse 2 Side Left, set and turn, Side Right, set and turn

Chorus 2 Womens hey, Woman 2 & 3 start right hands

Verse 3 Arm Left, set & turn, Arm Right, set & turn

Chorus 3 both men and women hey as before

Hit and Misse (2 couples facing)

(Playford 1651)

Verse 1 Double towards corners and back (2x)

Chorus A Double in, take corner out a double, turn single and change hands
double in, take partner backwards a double to place

Single hey: pass corner with right, partner with left, corner with right, partner with left

Verse 2 Side right and left with partner

then men double back into place
repeat with the women going in while the men circle

The Fryar and the Nun (a line of couples in pairs of couples) (Playford 1651)

- Part A Men double up the hall, turn single. Ladies as much.
Ladies double down the hall, turn single. Men as much.
- Part B Men double back, turn single. Ladies as much. All meet a double, change places with partner by right shoulders, change places with opposite by left, change places with partner by right
- Part C Men turn 1.5 times changing places; while ladies as much. Both lines slip 4 small steps sideways to meet. All turn single to places. Form right hand stars and circle half, turn single. Change places with partner using 2 hands, turn single. Set is still inverted.

Repeat while progressing. Sit out one repeat at the end before entering to progress the other way.

Gathering Peascods (4 - 7 couples in a circle) (Playford 1651)

- Verse 1 Slide left (8 counts); Turn single; Slide right (8 counts); Turn single
- Chorus 1 Men slide in and circle (12 counts); Ladies do same
Men in & clap; Ladies in & clap (M out); Men in (L out) and circle out
Ladies in & clap; Men in & clap (L out); Ladies in (M out) and circle out
- Verse 2 Side right with your partner; Turn single; Side left with your partner; Turn single
- Chorus 2 Same as chorus 1, except Ladies do everything first
- Verse 3 Arm right with your partner; Turn single; Arm left with your partner; Turn single
- Chorus 3 Same as chorus 1

Glory of the West (2 couples facing) (Playford)

- Verse 1 Forward and back a double (2x)
- Chorus 1A Men double back while ladies turn single
Ladies double back while men turn single
Men switch places; Ladies switch places
Join hands and circle halfway (back to original places)
- Chorus 1B Repeat Chorus 1A
- Verse 2 Side right with your partner; Side left with your partner
- Chorus 2A Men back-to-back with stationary women
Ladies back-to-back with stationary men
All turn single
- Chorus 2B Hey for 4
All right hand star
- Verse 3 Arm right with your partner; Arm left with your partner
- Chorus 3A Men meet
Women meet and make arch with right hands
Men go through arch back to place and make arch with right hands
Women go through arch back to place
- Chorus 3B Take right hands with corner and switch places
Take left hands with partner and switch places
Join hands and circle halfway; Fall into line and reverence the presence

Grimstock (3 couples in a line) (Playford 1651)

- Verse 1 Forward and back a double; Set & turn single (2x)
- Chorus 1 Switching - Couple 1 goes in between couple 2 and outside of couple 3
Couple 2 goes in & out; Couple 3 goes in & out (back to place)
- Verse 2 Side right; Set & turn single; Side left; Set & turn single
- Chorus 2 Arches - Couple 1 goes under couple 2's arch & arches over couple 3
Couple 2 goes under & over; Couple 3 goes under & over (back to place)
- Verse 3 Arm right with your partner; Arm left with your partner
- Chorus 3 Crossover Hey - Couple 1 cross over & Hey down the set (on partner's side)
Couple 1 crosses back at bottom of set & Hey up the set (on own side)

The Gun (4 couples progressive longways set) [Robynne the Grey, 1998] (Playford 1651)

- Verse 1 Up and double and back, set and turn single (2x)

Balletto Gratia d'Amore [Mistress Urracca]

(Caroso, p. 82)

The first part of this dance is essentially a figured pavan. Too bad we can't just lose the sciolta section...
This same tune, in much longer versions, is used for Chiaranzana and Catena d'Amore.

beats	steps	figure
1-4	Riverenza	holding both hands
5-8	Seguito Ordinario L&R	turning over left shoulder
9-10	Continenza left	touching right hands
11-12	Continenza right	touching left hands

1-2	Step left & right	progressing (holding ordinary hands)
3-4	Seguito Ordinario left	
5-6	Step right & left	backwards
7-8	2 Riprese to the right	
9-12	Continenza left & right	

1-2	Step left & right	holding right hands
3-4	Seguito Ordinario left	
5-6	Step right & left	holding left hands
7-8	Seguito Ordinario right	
9-12	Continenza left & right	

1-2	Step left & right	progressing (holding ordinary hands)
3-4	Seguito Ordinario left	half turn--man turning over left shoulder/lady over right
5-6	Step right & left	progressing (holding improper hands)
7-8	Seguito Ordinario right	half turn--man turning over right shoulder/lady over left
9-12	Continenza left & right	

Sciolta in saltarello		
beats	steps	figure
1-4	Riverenza facing	
5-8	4 Seguiti Spezzati	trading places & curling to the left (NOT holding hands)
9-10	Trabuchetto left & right	facing
11	Seguito Spezzato left	turning over left shoulder
12	Cadenza right	

1-2	2 Fioretti a piede pari	facing
3-4	Step right & left	backwards
5-6	Seguito Spezzato left & right	trading places (clapping right hands on the last spezz.)
7-8	Seguito Spezzato left & right	trading places (clapping left hands on the last spezz.)
9-10	Trabuchetto left & right	facing
11	Seguito Spezzato left	turning over left shoulder
12	Cadenza right	

1-4	4 Seguiti Spezzati	flanking forward
5-6	Continenza left	touching right hands
7-8	Continenza right	touching left hands
9-10	Puntata left	progressing (holding ordinary hands)
11-12	Puntata right	backwards
	Riverenza	

Leggiadra D'Amore (3 dancers, man between 2 women)

(Il Ballarino 1581)

reconstruction by Urraca Yriarte de Gamboa Letter of Dance #11

A	1-4	Riverenza	holding hands in a line
	5-8	Continenza left & right	
B	1-4	Seguito Ordinario left & right	turning over left shoulder

A	1-4	Seguito Ordinario left & right	progressing
	5-8	Seguito Ordinario left & right	"turning together on the last of these"
B	9	Seguito Spezzato left	forward
	10	Step right & left, Cadenza	
	11	2 Battute di Campanelle	"with the same feet"
	12	Trabuchetto a piede pari	"with the right flank in back"

A	1-4	Seguito Ordinario left & right	man solo progressing
	5-6	Seguito Ordinario left	[turning] facing the ladies on the last of these"
	7-8	3 Trabuchetti (rlr)	
B	9	Seguito Spezzato left	everyone forward
	10	Step right & left, Cadenza	
	11	2 Battute di Campanelle	"with the same feet"
	12	Trabuchetto a piede pari	"with the right flank to the outside"

A	1-4	4 Seguiti Spazzati	in a hay--man starts by taking right hand of lady to his
A	1-4	4 Seguiti Spezzati	right, then she takes the left hand of the other lady, etc.
B	1	2 Passi in Gagliarda	the man solo
	2	Cadenza	
	3	2 Passi in Gagliarda	the lady on his right
	4	Cadenza	
	5	2 Passi in Gagliarda	the lady on his left
	6	Cadenza	
C	1-2	Scambiato left & right	
	3-4	Puntato left	forward
C	1-2	Puntato right	backward
	3	Seguito Spezzato left	turning over left shoulder
	4	Cadenza	facing

A	1	2 fioretti a piede pari (l&r)	
	2	Trabuchetto left & right	
	3	step left & right	
	4	Cadenza	
A	1	2 fioretti a piede pari (r&l)	
	2	Trabuchetto right & left	
	3	step right & left	
	4	Cadenza	
B	1-2	2 Battute with the left foot	the man solo
	3-4	2 Battute with the left foot	the lady on his right
	5-6	2 Battute with the left foot	the lady on his left
C	1	2 passi scorsi	man & lady on right trade places
	2	Cadenza	man & lady on right
	3	2 passi scorsi	lady on right & other lady trade places
	4	Cadenza	lady on right & other lady
C	1	2 passi scorsi	man & other lady trade places
	2	Cadenza	man & other lady
	3-4	Riverenza	in a triangle

Fain I Would (a square of 4 couples)

(Playford 1651)

Verse 1	Partners join hands, lead out a double, change hands, meet a double. Change places (2 hands) with corner. Then couples 1 & 3 change places by both hands with partners while couples 2 & 4 do as much with opposite (now next to them). Lead out a double with current partner, (change hands), meet a double. Change places twice as before (back to places).
Chorus 1	Couples 1 & 3 meet a double, while 2 & 4 double back - forming 2 lines of 4 around couples 1 & 3. All double back to place. Man 1 & lady 3 arm right and fall into 2 nd place; while man 3 & lady 1 as much into 4 th place. Meanwhile man 2 & lady 4, and man 4 & lady 2 do as much behind them going to 1 st , 3 rd places. All that again except centered around couples #2 & #4, and arming left to places.
Verse 2	Side right with partner. Change places as in Verse 1. Side left with new partner. Change places as in Verse 1 back to place.
Chorus 2	Men 1 & 3 cast off into an 8 step circle right, followed by ladies 2 & 4 (to places) while ladies 1 & 3 do as much to their left, followed by men 2 & 4 (to places). Couple 1 & lady 2 & men 4 join hands and circle around while the other 4 as much. That again but the circles are centered on the side couples (2 & 4).
Verse 3	Arm right with partner and change places as verse 1. Arm left with current partner and change places as in verse 1 (to place).
Chorus 3	Couples 1 & 3 meet a double, turn back to back, while couples 2 & 4 join hands and circle counter-clockwise around them. As the circles end, man 1 & lady 3 fall into 2 nd place, while lady 1 and man 3 fall into 4 th , while man 2 and lady 4 as much into 3 rd and lady 2 & man 4 into first place. All that again, but centered around couples 2 and 4.

Fickle Ladies (circle of 6 or more couples)

(Rosaly Ashmund, 20th C)

Verse 1:	Ladies double into the circle and back Men double into the circle and back At the same time, ladies take small steps left to move over one place Repeat the verse
Chorus:	Slide to the left for 8 counts Turn once with current partner, right palms almost touching: Stomp three times (counts 6,7,8) Switch with palms almost touching, starting with partner, left, right, left, right Turn once with new partner, left palms almost touching: Stomp three times (counts 6,7,8)
Verse 2:	Ladies circle around partner CW in 8 counts Men slip right one place in 4 counts All slide to the left for four counts Repeat the verse
Chorus:	same as above
Verse 3:	Turn once with partner, right palms almost touching Turn 1 1/2 times with partner, left palms almost touching Repeat the verse
Chorus:	same as above

Fine Companion (square of 4 couples)

(Playford 1651)

Verse 1	All take hands, double into center and back out, set and turn single repeat
Chorus 1	Men double into the square, women double in while the men back out Men double in while the women fall back, men take hands and circle left back to place repeat with the women starting first
Verse 2	Side right, set and turn single Side left, set and turn single
Chorus 2	1 st and 3 rd (head) couples in, 2 nd and 4 th couples go in while 1 st and 3 rd back out to place 1 st and 3 rd couples in while 2 nd and 4 th fall back, 1 st and 3 rd couples take hands circle left to place repeat with the 2 nd and 4 th (sides) couples going in first
Verse 3	Arm right, set and turn single Arm left, set and turn single
Chorus 3	Men double in, face out and wait while the women circle left once

Cuckolds All A Row (2 couples facing)

(Playford 1651)

- Verse 1 Forward and back a double (2x)
 Chorus 1 Back-to-back corner; Gypsy corner
 Back-to-back partner; Gypsy partner
 Verse 2 Side right with your partner; Side left with your corner
 Chorus 2 Men switch places; Ladies switch places; All join hands and circle left
 Ladies switch places; Men switch places; All join hands and circle right
 Verse 3 Arm right with your partner; Arm left with your corner
 Chorus 3 Men push corner Lady 1 place; Men cast, All walk cw around set
 Men push partner Lady 1 place; Men cast, All walk ccw around set

Dull Sir John (4 couples square set) [Robynne the Grey, 1993, rev. 1996]

(Playford 1651)

Each part is 32 measures

- Part 1 1st couple in a double, cast out, thru side couple, and back to place
 3rd couple repeats this, then the 2nd couple and finally the 4th couple
 Part 1-2 1st and 3rd men change places, 1st and 3rd women change places
 either circle left halfway to place or star right hand halfway to place
 Part 1-3 2nd & 4th couples the same. Finish with 2nd & 4th men stand behind partners to form "gates"
 Part 2 1st man goes thru gate on left into 3rd woman's position and 1st woman goes thru gate on her right
 into the 3rd man's position while 3rd couple crosses over set into 1st couples position
 Part 2-2 3rd couple returns by 3rd man following 1st woman's path thru gate and 3rd woman following 1st
 man's path while 1st couple crosses over the set to their original side
 Upon reaching their sides the 1st and 3rd couples form gates.
 Part 2-3 The 2nd and 4th couples repeat this pattern, the 2nd couple leading thru the gates.
 Part 2-4 1st and 3rd couples start a hey for 4 back to place, women passing first in the center
 2nd & 4th couples repeat they hey.
 Part 3 Men cast over left shoulder into next man's place. Women cast left one place. Men repeat, women
 repeat all finishing half way around the square.
 Part 3-2 While the 1st man do-si-do with opposite 3rd woman the 1st woman do-si-do with opposite 3rd man.
 1st couple pull by right hands with opposites, then 1st and 3rd pull by left hands with partner to
 place.
 Part 3-3 2nd and 4th couples repeat the figure

Epping Forest (circle of couples)

(Playford 1670)

- Verse 1 Circle 8 slip steps left, set and turn single
 Circle 8 slip steps right, set and turn single
 Chorus Honor your partner and kiss
 Honor your corner and kiss
 Turn your partner with 2 hands
 Turn your corner with 2 hands
 Verse 2 Side right, set and turn single
 Side left, set and turn single
 repeat chorus
 Verse 3 Arm right, set and turn single
 Arm left, set and turn single
 repeat chorus

balletto RUSTICA AMOROSA (by Battistino) [Mistress Urracca]

(Caroso, p. 126)

This ought to be a dirt-simple dance since the verses are practically the same. However, I have difficulty hearing the beat in this music. I have to count "1 and 2 and ..." to avoid getting off. The phrasing in the backing away chorus doesn't seem to go well with the music [Homage to Amour].

beats	steps	figure
1-4	Riverenza	facing (not holding hands)
5-8	Continenza left & right	
1-4	4 Riprese left	
5-8	4 Riprese right	
1-2	Passo Trangato left & right	flankingly backward
3-4	Seguito Ordinario left	forward
5-6	Passo Trangato right & left	flankingly backward
7-8	Seguito Ordinario right	forward

1-8	4 Seguiti Ordinarii	progressing (holding ordinary hands)
1-4	4 Riprese left	facing (NOT releasing hands)
5-8	4 Riprese right	
1-2	Passo Trangato left & right	flankingly backward
3-4	Seguito Ordinario left	forward
5-6	Passo Trangato right & left	flankingly backward
7-8	Seguito Ordinario right	forward

1-4	Seguito Ordinario left & right	progressing (holding ordinary hands) end in 1/2riverenza
5-8	Seguito Ordinario left & right	trading places passing right shoulders
1-4	4 Riprese left	facing
5-8	4 Riprese right	
1-2	Passo Trangato left & right	flankingly backward
3-4	Seguito Ordinario left	forward
5-6	Passo Trangato right & left	flankingly backward
7-8	Seguito Ordinario right	forward

1-4	Seguito Ordinario left & right	progressing (holding improper hands) end in 1/2riverenza
5-8	Seguito Ordinario left & right	trading places passing right shoulders
1-4	4 Riprese left	facing
5-8	4 Riprese right	
1-2	Passo Trangato left & right	flankingly backward
3-4	Seguito Ordinario left	forward
5-6	Passo Trangato right & left	flankingly backward
7-8	Seguito Ordinario right	forward

Sciollta in Saltarello		
1-2	Riverenza	facing (not holding hands)
3-6	4 Seguiti Spezzati	turn over left shoulder & end facing with more space between
7-8	Seguito Spezzato l&r	flankingly forward
1-2	2 Represe left	turning the left flank in & traveling sideways toward each other
3-4	Trabuchetto LRL	pivoting to turn right flank in
5-6	2 Represe right	turning the right flank in
7-8	Trabuchetto RLR	pivoting to face
1-2	Passo Trangato left & right	flankingly backward
3-4	Seguito Ordinario left	forward
5-6	Passo Trangato right & left	flankingly backward
7-8	Seguito Ordinario right	forward
Riverenza		

Spangoletta Regulata (couples)

(Caroso & Negri)

- Verse 1 Reverance; 4 Spezati (starting with L); 4 Singles (starting with L)
2 Reprises L, Trebucetti L & R; Single L, Single R, Spezato L
2 Reprises R, Trebucetti R & L; Single R, Single L, Spezato R
- Chorus 1 Spetzato L (left shoulder out), Spetzato R (right shoulder out)
Single L, Single R, Spezato L (moving back to partner)
Spetzato R (left shoulder out), Spetzato L (right shoulder out)
Single R, Single L, Spezato R (moving back to partner)
- Verse 2 Spezati L & R, Single L & R (moving in indiv. ccw circle)
Reprise L, Trebucetto L (end offset from partner)
Spezati R & L, Single R & L (moving in indiv. cw circle)
Reprise R, Trebucetto R (end facing from partner)
2 Reprises L, Trebucetti L & R (partner offset)
Single L, Single R, Spezato L (moving in indiv. ccw circle)
2 Reprises R, Trebucetti R & L (end facing partner)
Single R, Single L, Spezato R (moving in indiv. cw circle)
- Chorus 2 Repeat first chorus (end hands joined, facing forward)
- Verse 3 Slow single L, Slow single R; Trebucetti L & R, Reprise L, Trebucetto L
Slow single R, Slow single L; Trebucetti R & L, Reprise R, Trebucetto R
(drop hands, face partner)
2 Reprises L, Trebucetti L & R; 3 Reprises L, Trebucetto L
2 Reprises R, Trebucetti R & L; 3 Reprises R, Trebucetto R
- Chorus 3 Reprise L, Trebucetto L (left shoulder out)
Reprise R, Trebucetto R (right shoulder out)
Spezati L & R (moving back to partner)
Puntati L & R; Reverance

Chestnut (3 couples in a line)

(Playford 1651)

- Verse 1 Forward and back a double (2x)
- Chorus 1 The men and women back away from each other in a double
Switch places with your partner
Men join hands, women join hands; Each group go around in a full circle
Back again to your places
- Verse 2 Side right with your partner; Side left with your partner
- Chorus 2 The men and women back away from each other in a double
Switch places with your partner
First couple lead down between other couples. other couples follow, reversing the order of the line
- This back again, but the couple in last place cast off instead of leading between
- Verse 3 Arm right with your partner; Arm left with your partner
- Chorus 3 The men and women back away from each other in a double
Switch places with your partner
Men do half a hey, reversing the order, at the same time, women do the same
Repeat heys, returning to place

Coin of the Realm (4 couples in a circle)(Dougal MacFinlay 20th C)

- Formation The couples alternate as active and inactive
- Music The Maid peeped out the Window (Playford)
- Verse 1 All holding hands double in and out (2x)
- Chorus A couples exchanges places by right shoulder, turn to partner, pass by left (2x)
I couples do the same
- Verse 2 Side right then left with partner
- Chorus Men star right half way round, face woman, set and turn single (2x)
Ladies left hand star half way, face partner, set and turn single (2x)
- Verse 3 Arm right then left with partner
- Chorus Face partner, do a grand right and left hey with hands two times round

Confesse His Tune (2 men in middle, 4 women in a longways set- W M W)

(Playford 1651)

- Verse 1 (each side joins hands) Meet a double, double back (2x)
- Chorus 1 each man goes between ladies on his left, leading them a double out, turn (change hands), meet a double, turn your opposite with 2 hands
repeat again with partners (women on right)
- Verse 2 (turn to face left) double forward and back (2x)
- Chorus 2 Man #1 goes to center and invites any lady to join him
The remaining 4 join hands and circle left. All return to their places.
Man #2 as much with a different lady.
- Verse 3 (turn to face right) double forward, double back (2x)
- Chorus 3 ladies double out, while men double to their left, all double back to place, ladies join hands and circle while the men turn single - all double out as before, men join hands and circle while the women turn single
- Verse 4 same as verse 1 [(each side joins hands) Meet a double, double back (2x)]
- Chorus 4 men lead left hand lady out, change hands and double back in while the other 2 ladies go around the outside and come back under the couple's arms. Turn partner (2 odd ladies form a couple).
All that again with the men starting with their right hand lady.

At the same time, the women do half a hey
Repeat the doubles and the hey to return everyone to their places

Black Nag (3 couples in a line)

(Playford 1665, 1670?)

Verse 1 Forward and back a double (2x)
Chorus 1 Slip up the line (couple 1, then couple 2, then couple 3); All turn single
Slip back down the line (couple 3, then couple 2, then couple 1); All turn single
Verse 2 Side right with your partner; Side left with your partner
Chorus 2 M1 and L3 switch back to back, then M3 and L1, then M2 and L2; All turn single
M1 and L3 return, then M3 and L1, then M2 and L2; All turn single
Verse 3 Arm right with your partner; Arm left with your partner
Chorus 3 Men's Hey; then Lady's Hey

The Bonny Bonny Broome (4 couples longways) [Robynne the Grey, 1998]

(Playford 1651)

Verse 1 Up a double and back
1st & 3rd couples followed by 2nd & 4th respectively, cast out and up one position then back to place
all face down, down a double and back
2nd and 4th couples followed by 1st & 3rd cast out and up one position then back to place
Chorus 1A 1st & 3rd couples face each other on the inside of the set
1st & 3rd couples in a double and back (towards each other) and circle left once to place
Chorus 1B 2nd & 4th couples face each other on the inside of the set
2nd & 4th couples in a double and back (towards each other) and circle left once to place
Verse 2 Side right, set and turn single
Side left, set and turn single
Chorus 2A 1st & 2nd men and 1st & 2nd women change places at the same time
3rd & 4th men and 3rd & 4th women change places at the same time
All set and turn single to their partners
Chorus 2B Repeat the above changes, returning to original positions. All set and turn single.
Verse 3 Arm right, set and turn single.
Arm left, set and turn single.
Chorus 3A All face out of set, grasp hands: couple at ends, 2nd & 3rd men, 2nd & 4th women; all couples out
a double, face in, in a double, circle left half way.
Chorus 3B All couples repeat the same: Out a double. Face in, in a double. Circle left halfway to home.

Cherily and Merrily (4 couples longways) [Robynne the Grey, 1998]

(Playford 1651)

Verse 1 Up and double and back (2x), Set and turn single (2x)
Chorus A 2nd man and 3rd woman change places
3rd man and 2nd woman change places
while 1st & 3rd couples circle left the 2nd & 4th couples circle left
Chorus B 2nd man and 3rd woman change places
3rd man and 2nd woman change places
while 1st & 2nd couples circle left the 3rd & 4th couples circle left
Verse 2 side right, side left, set and turn single (2x)
Chorus A 1st & 4th couples face each other inside the set
1st & 4th couples in a double, circle left while 2nd & 3rd couples move into 1st & 4th couples places
Chorus B 2nd & 3rd couples face each other inside the set
2nd & 3rd couples in a double, circle left while 1st & 4th couples move into their original places
Verse 3 arm right, arm left, set and turn single (2x)
Chorus A Men circle left once while women circle left once
Chorus B men hey on their side of the set while women hey on their side of the set

Villanella (one or more couples)

(Il Ballarino 1581)

Verse 1 (Facing head of hall, holding usual hands)
Rx; Con L & R
2 Seg forward (L & R)
Con L, 2 Rip R
2 Pas (L & R), Seg L
2 Pas (R & L), Seg R
Con L, 2 Rip R; Rx
Verse 2 M trace semi-circle around W with: 2 Pas (L & R), Seg L; 2 Pas (R & L), Seg R
(Facing partner, taking R hands) Both: Con L, 2 Rip R; Rx
W trace semi-circle around M with: 2 Pas (L & R), Seg L; 2 Pas (R & L), Seg R
(Facing partner, still holding R hands) Both: Con L; 2 Rip R, then Rx
Verse 3 2 Spez (L & R) while changing places holding R hands
2 Spez (L & R) releasing hands, curling to the L
Con L, 2 Rip R; Rx
2 Spez (L & R) while changing places holding L hands
2 Spez (L & R) releasing hands, curling to the R
Con L, 2 Rip R; Rx

Steps:

Bransle - shift weight slowly to side and back to center
Continenza - A step to the side and close in a full bar of music. Rise up on the ball of the foot as you step to
the side, and sink down as you close with the other foot
Corinto - 3 reprises, followed by a trebucetto in the same direction
Double (Seguito ordinario) - three steps, styling varies from dance to dance
Ordinario - 2 singles and a spezzato
Passo - single
Puntata (Puntata Grave) - Step onto left foot. "Stab"right toe into the ground near the left heel, and lift the left
heel off the ground. Lower left heel back down.
Reverance (ladies) - wait 2 counts, on 3 bend knees slightly, on 4 rise and back up
Reverance (men) - move left foot forward, sweep left foot back, shift weight onto back leg with knee bent,
straighten back leg back gracefully into standing position
Ripresa - A step to the side and close. Done like the Continenza, but twice as fast
Seg - Seguito ordinario - three steps, styling varies from dance to dance
Single/step - step lightly and carry through (do not close)
Spezzato - 3 steps on the balls of the feet, with an undercut on the second step
Trebocetto - small jump sideways onto ball of foot

Villanella (one or more couples) [Mistress Urracca]		(Il Ballarino 1581, p. 41)	
A	1-4	Riverenza	holding ordinary hands
	5-8	Continenza left & right	
A	1-4	Seguito Ordinario left & right	progressing
	5-6	Continenza left	
	7-8	2 Riprese right	
B	1-2	Step left & right	progressing
	3-4	Seguito Ordinario left	"
	5-6	Step right & left	"
	7-8	Seguito Ordinario right	"
B	1-2	Continenza left	
	3-4	2 Riprese right	
	5-8	Riverenza	

A	1-2	Step left & right	man solo, going in front of the lady to her right side
	3-4	Seguito Ordinario left	"
	5-6	Step right & left	"
	7-8	Seguito Ordinario right	"
A	1-2	Continenza left	both, holding right hands
	3-4	2 Riprese right	"
	5-8	Riverenza	"
B	1-2	Step left & right	lady solo, going in front of the man to his right side
	3-4	Seguito Ordinario left	"
	5-6	Step right & left	"
	7-8	Seguito Ordinario right	"
B	1-2	Continenza left	both, holding ordinary hands
	3-4	2 Riprese right	"
	5-8	Riverenza	"

A	1-2	Step left & right	progressing, holding ordinary hands
	3-4	Seguito Ordinario left	man doing a 1/2 turn over left shoulder, lady turning right
	5-6	Step right & left	progressing the other way, holding improper hands
	7-8	Seguito Ordinario right	man doing a 1/2 turn over right shoulder, lady turning left
A	1-2	Continenza left	holding ordinary hands
	3-4	2 Riprese right	"
	5-8	Riverenza	"
B	1-2	Seguito Spezzato left (& right)	holding right hands, changing places
	3-4	Seguito Spezzato (left & right)	curling to the left
	5-6	Seguito Spezzato left (& right)	holding left hands, changing places
	7-8	Seguito Spezzato (left & right)	curling to the right
B	1-2	Continenza left	holding ordinary hands
	3-4	2 Riprese right	"
	5-8	Riverenza	"

A Fine Companion (4 couples in a circle)		(Playford 1651)
Verse 1:	Forward and back a double; Set & turn single (2x)	
Chorus 1:	Men step in 2 and out 2; Ladies step in 2 and out 2; Men circle 8 cts Ladies step in 2 and out 2; Men step in 2 and out 2; Ladies circle 8 cts	
Verse 2:	Side right; Set & turn single; Side left; Set & turn single	
Chorus 2:	Heads step in 2 and out 2; Sides step in 2 and out 2; Heads circle 8 cts Sides step in 2 and out 2; Heads step in 2 and out 2; Sides circle 8 cts	
Verse 3:	Arm right; Set & turn single; Arm left; Set & turn single	
Chorus 3:	Men into center and face out (2 cts); Ladies circle outside for 12 cts Men back to place (2 cts) Repeat putting Ladies into center & Men circling	
All in a Garden Green (All in a Garden White) (3 couples in a line)		(Playford 1651)
Verse 1:	Forward and back a double; Set & turn single (2x)	
Chorus 1:	First man shakes right hands with first lady First man shakes left hands with second lady First man and third woman take left hands, then right hands They kiss right cheeks then left, and turn two hands around First man shakes right hands with third lady First man shakes left hands with second lady First man and first woman take left hands, then right hands They kiss right cheeks then left, and turn two hands around	
Verse 2:	Partners Side right; Set & turn single; Partners Side left; Set & turn single	
Chorus 2:	The same as Chorus 1, except the First woman dances with the men	
Verse 3:	Partners Arm right; Set & turn single; Partners Arm left; Set & turn single	
Chorus 3:	The same as Chorus 1	
Argeers (2 couples facing)		(Playford 1651)
Verse 1:	Corners join hands, slip out 2 & back 2; Turn corner ½; Turn partner 1½ Forward a double; Turn corner ½; Turn partner 1½	
Chorus 1:	Men switch places; Ladies switch places; Set & turn single Ladies switch places; Men switch places; Set & turn single	
Verse 2:	Lead corner out and back a double; Turn partner Back and forward a double; Set & turn single	
Chorus 2:	Men slip R, ladies slip L (men inside); Slip back (ladies inside); Turn corner Ladies forward and back a double (toward each other); Men do 8 ct single hey	
Verse 3:	Men push corner back 2 ct; Slip to man's right 4 ct; Fall back 2 ct; Set & turn Men slip L, ladies slip R (men inside); Men push ladies back 2 ct; Fall back 2 ct; Set & turn single	
Chorus 3:	Man 1 & Lady 2 cast off & lead into partner's place; Cast again back to place Men begin a single hey for 4, do half the hey; Turn your partner; Fall back into line of 4 and reverence to presence	
Beggar Boy (3 couples in a line)		(Playford 1651)
Verse 1:	Forward and back a double (2x)	
Chorus 1:	Couples 1 and 3 back away from your partner and double back to place At the same time, couple 2 double toward your partner and back to place Men take hands in a circle, and women take hands in a circle Each circle turn halfway around to reverse the order of the line Repeat the doubles and the circles to return everyone to their places	
Verse 2:	Partners side right and left	
Chorus 2:	Men 1 and 3 switch places while Women 1 and 3 switch places, in two doubles At the same time, couple 2 double back away from your partner and forward The first four go a full circle around while couple in last place set & turn single Repeat the doubles and the circles to return everyone to their places	
Verse 3:	Partners arm right and left	
Chorus 3:	All back away from your partner and double back to place The men do half a hey to reverse the order of the line	