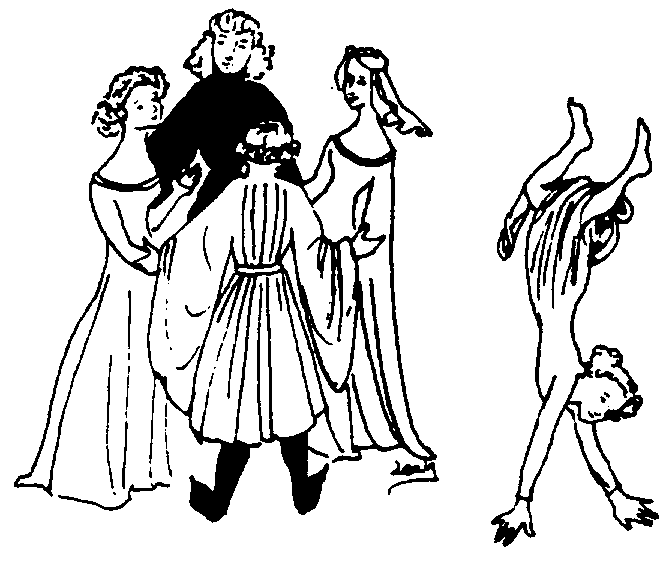
**Guide to the Dances**



Candlemas in Bryn Gwlad

February 2

A. S. LIII (A. D. 2019)

***These dances are transcribed from various sources. There is no definition of the steps. This is only to be used as a quick refresher, not a teaching aid.***

This edition is by Daniel de Lincoln. The original versions were devised by Mistress Isabella Maria della Rosa. Lady Rosamund Blaunchflur provided priceless formatting help. The illustration is by and used with the gracious permission of Mistress Lia da Padova, a redrawing derived from "Music in the Garden of Delight", Guillaume de Lorris and Jean de Meun, *Le Roman de la Rose,* Valencia, Biblioteca Universitaria, MS 387, fol. 6v.

**Set One**

**The Queen's Alman** As many couples as will, in a line.

|  |  |
| --- | --- |
| 16 | Four alman doubles forward, starting with the left foot |
| 8 | Double left forward, double right backward, turn to face partner |
| 8 | Step left, step right, full turn left ending facing forward (LRL) |
| 8 | Double right forward, double left backward, turn to face partner |
| 8 | Step right, step left, full turn right ending facing forward (RLR) |

*Repeat.*

**Heart's Ease** 2 couples facing in a square. Done once.

|  |  |
| --- | --- |
| 16 | **Double to meet** contrary and back. Repeat. |
| 12 | **"Spurn and Turn" Chorus.** Double back from partner, double to meet with right-hand raised, at last moment spurn and turn contrary palming with the right. |
| 12 | and mirror with contrary: back a double, advance a double with left hand raised, spurn and turn partner. |
| 16 | **Side right** with partner. **Side left** with contrary. |
| 24 | **"Spurn and Turn" Chorus.** |
| 16 | **Arm right** with partner. **Arm left** with contrary. |
| 24 | **"Spurn and Turn" Chorus.** |

**Rufty Tufty** 2 couples facing in a square. Done once.

|  |  |
| --- | --- |
| 16 | **Double to meet** contrary and back. Repeat. |
| 12 | **"Cootie-catcher" Chorus**: face partner, set and turn. Half-turn out, lead partner out a double, half-turn single toward partner, lead partner inward a double, 1¼ turn single away from partner to be side by side with contrary. |
| 12 | Mirror with contrary: lead out a double, turn, lead in, 1¼ turn. |
| 16 | **Side** with partner. Repeat. |
| 24 | **Cootie-catcher chorus.** |
| 16 | **Arm** with partner. Repeat. |
| 24 | **Cootie-catcher chorus.** |

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**Petit Riens** Groups of 3 people

|  |  |
| --- | --- |
| 32 | 16 pivas, holding hands in a line |
| 24 | 1st person away with 4 pivas, then 2nd to catch up, then 3rd to catch up |
| 12 | 1st person away with a double, then 2nd to catch up, then 3rd to catch up |
| 4 | 1st and 2nd reverence |
| 4 | 2nd and 3rd reverence |
| 4 | All reverence |
| 4 | Double left backwards, fanning out |
| 4 | Double right forward, rejoining |
| 4 | Ripresa left, ripresa right, full turn single left (similar to set and turn single) |

*Repeat until music ends.*

**Half Hannikin (SCA)** As many couples as will, in a circle.

|  |  |
| --- | --- |
| 16 | **Hands all. Double into the circle** and back. Repeat. |
| 16 | **Drop hands. Side left and right** with partner. |
| 8 | **Arm right** with partner one full turn. |
| 8 | **Arm left** with partner **one and a half turns** to progress to next partner. |

*Repeat until music ends.*

**A Note on Terminology:** In these instructions, "lord" and "lady" are used purely as positional terms, not as any identification or constraint on anyone who wishes to take those positions in a dance. These terms are used only when needed: when the members of a pair do different movements. Similarly, "couple" is used for a pair who happen to be dancing together.

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**Set Two**

**Heralds in Love** 4 couples in line, 1 & 3 proper, 2 & 4 improper

|  |  |
| --- | --- |
| 16 | **Double up** and back. Set and turn single left. |
| 16 | **Double up** and back. Set and turn single right. |
| 32 | **Lords' hey:** Starting at the ends (M1&M2, M3&M4), lords cross over taking right hands, continue to cross over swapping hands. When you go to an end spot, circle around for 4 counts. Continue until you have gone to each spot and you are back in place. |
| 32 | **Side** right with partner. Set and turn single left. Side left with partner. Set and turn single right. |
| 32 | **Ladies' hey:** Start in the middle (L2&L3), ladies cross over taking right hands. (The ladies on the ends can do a 4 count circle around in spot, be ready to take left hand.) Continue to cross over swapping hands. When you reach the end spots, circle around for 4 counts. Continue until you have gone to each spot and you are back in place. |
| 32 | **Arm** right with partner. Set and turn single left. Arm left with partner. Set and turn single right |
| 32 | **Everybody hey**: As above, lords and ladies starting at the same time. |

**Amoroso** As many couples as will. Repeated.

|  |  |
| --- | --- |
| 24 | 12 pivas/doubles |
| 8 | Lord: 2 singles, 1 piva, 3 singles away from partner |
| 8 | Lady: 2 singles, 1 piva, 3 singles to rejoin partner |
| 8 | Lord: 3 pivas, 1 single away from partner |
| 8 | Lady: 3 pivas, 1 single to rejoin partner |
| 8 | Lord: 2 singles, 1 piva, 3 singles, away from partner, turning on the last single |
| 2 | Both riverenza |
| 6 | Lord: 3 pivas back to lady then ½ turn to be at lady's side |
| 16 | Repeat with Lady going away first |

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**Goddesses** 4 couples in a line. One time or you're nuts.

|  |  |
| --- | --- |
| 16 | **1: Double** forward and back. Repeat. |
| 16 | **Chorus.** Butterfly cast: the lines on each side cast out to the bottom of the set (follow the leader), meet their partner for a moment. Then cast out again in lines to go back home. |
| 16 | **2: Lords horseshoe.** Lords take hands in a line, horseshoe around the ladies 8 beats, turn, retrace path home. |
| 16 | **Chorus.** |
| 16 | **3: Ladies horseshoe.** Ladies take hands in a line, horseshoe around the lords 8 beats, turn, retrace path home. |
| 16 | **Chorus.** |
| 16 | **4: Lords around ladies.** Lords take hands in a line, go around the ladies a full circle and back home. |
| 16 | **Chorus.** |
| 16 | **5: Ladies around lords.** Ladies take hands in a line, go around the lords a full circle and back home. |
| 16 | **Chorus.** |
| 16 | **6: Lords circle.** Lords take hands and slip left in a circle 8 beats, retrace 8 beats. |
| 16 | **Chorus.** |
| 16 | **7: Ladies circle.** Ladies take hands and slip left in a circle 8 beats, retrace 8 beats. |
| 16 | **Chorus.** |
| 16 | **8: All circle.** All take hands in a circle, slip left 8 beats, slip right 8 beats. |
| 16 | **Chorus.** |
| 16 | **9: Lords hey.** Hay for 4, starting 1+2 and 3+4. Hay fast -- you have only 2 beats per exchange. |
| 16 | **Chorus.** |
| 16 | **10: Ladies hey.** Hay for 4, starting 1+2 and 3+4. Hay fast -- you have only 2 beats per exchange. |
| 16 | **Chorus.** |
| 16 | **11: All hey.** Hay for 8. Starting couple 1, lord 2+lord 3, lady 2+lady 3, couple 4. Hay *really* fast -- you have only 2 beats per exchange. |
| 16 | **Chorus.** |

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**Armyn** 3 people (Front Middle Back), single file

|  |  |
| --- | --- |
| 16 | Four doubles forward |
| 4 | Back back one double |
| 4 | Then Middle back one double |
| 4 | Then Front back one double |
| 2 | Front movemento |
| 4 | Middle half-turn single |
| 2 | Middle movemento |
| 4 | Back half-turn single |
| 2 | Back movemento |
| 4 | Front half-turn single |
|  | *At this point, all are facing the foot of the hall. Back is now leading, but each dancer keeps their label.* |
| 8 | Back two doubles forward |
| 8 | Middle two doubles forward |
| 8 | Front single forward, single back, and full turn single |
| 4 | All bransle left, bransle right |
| 16 | **Hay for three:** All begin moving at the same time. As normal, except Back starts by casting off to the left instead of immediately facing down. Also, as Front and Middle meet, they take left hands, form an arch, and turn each other; Back comes through the arch; the arch is dropped, and Back gets home and half-turns single to face the head. |
|  | *At the end, all three are back to the start: again in their original positions and again all facing the head of the hall.* |

**Set Three**

**Maltese Bransle (SCA)** As many people as will. Repeated.

|  |  |
| --- | --- |
| 8 | All take hands in a big circle, bransle double left, bransle double right. |
| 8 | Bransle double left, bransle double right. |
| 8 | Three slow singles in, 3 claps. |
| 8 | Three slow singles out, 3 claps and/or 3 kicks. |

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**Whirligig** 3 couples in a line

|  |  |
| --- | --- |
| 16 | Take hand with partner, **up a double** and back; repeat |
| 16 | **Mushrooms:** C2 go up between C1, then each cast around the one on their side, then half figure-eight (lady crosses over first) around opposite person into partner's place |
| 16 | C2 (now swapped) do the same with C3 |
| 16 | Cast to post to switch positions (becoming C2 C3 C1) |
| 48 | Repeat for C3 in C2 original position; cast to post |
| 48 | Repeat for C1 in C2 original position; cast to post |
| 16 | **Side** left with partner, side right |
| 16 | **Triangle Hey:** Lady 2 & lord 2 turn to each's own left, offer right hand, arming 1 full turn around with person at diagonal. Then S-hey with couple they are with. C2 ends in each other’s position |
| 16 | Repeat, C2 finishes back home |
| 16 | Cast to post to switch positions |
| 48 | Repeat for C3 in C2 original position; cast to post |
| 48 | Repeat for C1 in C2 original position; cast to post |
| 16 | **Arm** left with partner, arm right |
| 16 | **Cast to star**: C1 cast to center with C2 following, all back home. Then C1 and C2 put right hands in to form a star and circle around once. Meanwhile, C3 set and turn single twice (or do nothing, whatever) |
| 16 | Repeat with C3 casting and C2 and C3 forming star, and C1 setting and turning twice |
| 16 | Cast to post to switch positions |
| 48 | Repeat for C3 in C2 original position; cast to post |
| 48 | Repeat for C1 in C2 original position; cast to post |

(Source note: This is the choreography from Stargate. In the triangle hey and in starring, the same motions are used both when going up and going down. Also, the turn in the triangle hey here is done as a full turn. The source is not specific, so other people have other reconstructions.)

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**Ly Bens Disinens (Gaïta / long version)** Couples in a line

|  |  |
| --- | --- |
| 4 | Double forward, starting on left foot |
| 4 | Double forward, starting on right foot |
| 6 | Lords forward/ladies backward, all taking 3 single steps: left, pause, right, pause, left, pause |
| 2 | Lords turn to face partner while ladies stand still. Reverence |
| 4 | Double to meet partner (all) |
| 4 | Take left hands, ½ turn to trade places, then ladies turn to face up |
| 6 | Ladies forward/lords backward, all taking 3 single steps: left, pause, right, pause, left, pause |
| 2 | Lords turn to face partner while lords stand still. Reverence |
| 4 | Double to meet partner (all) |
| 4 | Take left hands, ½ turn to trade places, then ladies turn to face up |
| 2 | Single forward, single backwards |
| 4 | Turn single away from partner with a double. |

*Repeat until music ends.*

**Gathering Peascods** As many couples as will, in a circle

|  |  |
| --- | --- |
| 12 | Take hands in a circle. 8 slips to the left. Turn single. |
| 12 | Take hands in a circle. 8 slips to the right. Turn single. |
| 12 | **Chorus Part A: Lords** double in to the center and take hands in a small slipping ring. 8 slips to the left. Drop hands and back into the circle in the same order. |
| 12 | **Repeat Chorus Part A** but with ladies, and when backing out, they take their place by their partners. |
| 4 | **Chorus Part B:** Lords double in and clap. |
| 4 | **While** lords double back to the circle, ladies double in and clap. |
| 8 | **While** ladies double back to the circle, lords double in and *don't clap* and turn in a circle back to place. |
| 16 | **Repeat** **Chorus B** but with ladies going first. |
| 12 | **Side right with partner**. Turn single. **Side left.** Turn single. |
| 40 | **Chorus** with ladies going first. |
| 12 | **Arm right with partner**. Turn single. **Arm left.** Turn single. |
| 40 | **Chorus** with lords going first. |

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**Set Four**

**Trenchmore** As many couples as will in a line

Each part except doubling takes as long as it takes.

|  |  |
| --- | --- |
| 16 | **Double** forward, double back, repeat. |
| ? | **Casting:** Double forward. Couple 1 leads casting in lines on their own side of the set to meet at the bottom. Take inside hand with partner and proceed to the top again. |
| ? | **Unders and overs:** Each couple holds inside hands. Couple 1 face down and go under couple 2, leading each couple under and over. When reaching an end, turn around and continue. Continue until both at home and facing up. |
| ? | Couple 1 only **Reels down.** Couple 1 arms right 1 ½ times to end improper and face down. They each arm left with the person they’re facing, then meet in the middle and arm right. Couple 1 only continues down the set the same way, in turn arming with each pair and then each other, down to the bottom of the set. |
| ? | New couple 1 waits for musical phrase to end, then repeat. |

*Repeat until the music is done.*

**Earl of Salisbury Pavane** As many couples as will, in a line

|  |  |
| --- | --- |
| 8 | Pavane left forward |
| 8 | Bransle outward, bransle inward, double right backward |
| 8 | Pavane left forward |
| 0 | Turn to face partner and take both hands |
| 8 | Bransle to your own left and back again, double right backward |
| 8 | Pavane left, passing partner on your own left |
| 4 | Half turn (slowly) |
| 4 | Double right backward |
| 8 | Pavane left forward, near the end passing your partner on your left and turning to take both hands |
| 4 | Bransle up the hall (lord's left, lady's right) |
| 0 | Face up the hall, holding only inside hands |
| 4 | Double right backwards |

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**If All the World Were Paper** 4 couples facing in, in square

|  |  |
| --- | --- |
| 16 | **Double in** and back, face partner, set and turn single. Repeat. |
| 16 | **Chorus**: head lords exchange places, head ladies exchange places, reach across set to start half a circular handed hey to home. |
| 16 | Side lords exchange places, side ladies exchange places, reach across set to start half a circular handed hey to get home. |
| 16 | **Side** with partner. Set and turn single. Repeat. |
| 16 | **Chorus:** sides form arches. Heads lead in partner, take hand with contrary, lead out through arch, split, go home, full turn partner. |
| 16 | Head couples form arches, sides do as the heads did. |
| 16 | **Arm** with partner. Set and turn single. Repeat. |
| 16 | **Chorus**: heads reach across set to contrary to start a circular hey back to place. |
| 16 | **Chorus**: sides reach across set to contrary to start a circular hey back to place. |

Since there’s some available space here: Hi! Yay, dance information!

Dance sources were often not 100% precise, so there’s often room for interpretation. Sometimes local groups make a change for danceability or just because they like it. So don’t be surprised if another group or a war does a dance differently.

"(SCA)" here marks dances that differ from their original sources (Half Hannikin - Playford; Maltese Bransle - Arbeau). Earl of Salisbury is a non-SCA 20th C. embellishment starting from some period music and steps.

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**Bransle Charlotte** As many people as will in a circle

|  |  |
| --- | --- |
| SL | Single Left: step left sideways with the left foot, then bring up the right foot beside it |
| SR | Single Right: step right sideways with the right foot, then bring up the left foot beside it |
| DL | Double Left: Single Left, then Single Left |
| DR | Double Right: Single Right, then Single Right |
| KL | Kick Left: kick once with the left foot |
| KR | Kick Right: kick once with the right foot |
| pr | Plant Right. Not usually notated or taught. A reminder to put your weight on your right foot because you need to kick left next. |
| pl | Plant Left. Put your weight on your left foot. |

Part 1: DL pr KL KR DR

Repeat Part 1 once.

Part 2:

DL pr KL KR

SR KL KR KL

SL KR KL KR

DR

So the double left is plant + two kicks,

and the singles are no plant + three kicks.

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**Candlemas 2019**

**Ball List**

**Set One**

Queen's Alman

Hearts Ease / Rufty Tufty

Petit Vriens

Half Hannikin

**Set Two**

Heralds in Love

Amoroso

Goddesses

Armyn

**Set Three**

Maltese Bransle

Whirligig

Ly Bens Dystonis

Gathering Peascods

**Set Four**

Trenchmore

Earl of Salisbury Pavanne

If All the World Were Paper

Charlotte Bransle