

# Dance Suggestions

*Feel free to request other renaissance dances.*

*This is a list of ideas to get you started – dances for which you can be sure both music and a partner will be available.*

## Easier Dances

You can probably pick these up as we go. If you've done some renaissance dance before, you're likely to have encountered many of them, even if you don't remember the names.

### **Circle-dances**

- Easy Branles – double, simple, gai, burgundian – very simple!
- Scots Branles
- Trihory
- Mixed Branles – Cassandra, Pinagay, Charlotte, La Guerre, Aridan
- Mimed Branles – Washerwomen, Pease, Shoes, Horses

### **Dances for Couples**

- Old Measures - Earl of Essex Measure, Queen's Almain, Lorraine Almain, Black Almain
- Ly Bens Distonys
- Amoroso
- Rostiboli Gioioso
- Prenes on Gre

### **Dances for Groups**

- Anello – four people in a square
- Gelosia – six people, the men change partners
- Montarde Branle – weave down a line
- Belfiore – follow-the-leader, for three
- Petit Riense – follow-the-leader, for three

### **Dance Games and Mixers**

- La Caccia – the Chase game
- La Caccia – the Wheel game, or “Musical Partners”
- Ballo del Fiore – the Flower dance

## Harder Dances

*These dances are best learned in advance. Feel free to request others that aren't on this list.*

### **Harder 15<sup>th</sup> century Dances**

- Alenchon
- Danse de Cleves
- Lioncello Vecchio
- Ginevra
- La Figlia di Guglielmino
- Presonera
- Spero
- Verceppe

### **Harder 16<sup>th</sup> C Dances**

- Bassa Colonna
- Bella Gioiosa
- Cesarina
- Chiara Stella
- Contentezza d'Amore
- Il Conto del Orco
- Contrapasso Nuovo
- Galliard
- Gracca Amorosa
- Pungente Dardo
- Rustica Amorosa
- Spagnoletta Nuova, for three

# ***How the Ball runs***

*We've taken elements of etiquette from here and there across renaissance Italy and Germany, to give a special flavour to the evening, or so we hope.*

## ***Choosing a dance***

Everyone will get the chance to choose a favourite dance.

When it's your turn, the Herald, Ludwig, will approach you to ask what you'd like to dance. He's an accomplished dancer himself, so he'll be able to help make a suitable choice. The list of dances on the reverse is intended only as an aid to memory: feel free to ask for another dance - if I have suitable music, I'll be happy to oblige!

If you'd prefer not to choose a dance, ask the herald to skip you, or to ask someone else to choose on your behalf.

When it's your turn to choose a dance, you will also be the first to pick a partner, and you will have the option of taking the floor alone with your partner or group, or of inviting the whole company to join you.

## ***Joining other dances***

The Herald will announce whether a dance is for all to join, or is a small performance. It's polite to wait until the person who requested the dance has found a partner before you look for one yourself.

In the renaissance, women would ask men to dance just as men would ask women - don't be shy! It's also perfectly appropriate for women to dance with other women, and men to dance with other men. It'll probably be easier for us all to find eager partners if those who wish to dance a certain dance stand, while those who would prefer to watch (or eat, or play games) sit.

Many of the dances on the reverse are easy to pick up with only a little prompting, even if you've never done them before. In most cases, I'll be happy to do a little teaching or calling, so that everyone can join in.

I am happy to repeat dances through the evening. Watching is a great way to learn a dance (or remember a dance you learned long ago) so we often do the same dance twice in a row so you can watch once, and dance the second time. If you'd like an immediate repeat of any dance, whoever first requested it, please ask!

## ***Supper***

Many thanks to Christine and Katherine for providing a delicious supper.

There should be a variety to cater to most dietary requirements – please ask if you are unsure.