

Volume Two



# Penta Pentamere 2 The Peace CD

A further collection of dances from  
the Baronies of Pentamere

MUSIC BY THE PEASECOD GATHERERS

**Peascod Gatherers**  
Penta Pentamere Dances Volume 2

**Bizzaria d'Amore** (3:34) - Italian 16th Century - Negri, 1602

**Petit Vriens** (2:46) - Italian 15th Century - Ambrosio (Guglielmo), 1475

**Official Bransle** (1:46) - French Bransle – Arbeau, 1589

**Contra Passo** (2:47) - Italian 16th Century - Chigi Manuscripts, c1560

**Dargason** (2:42) - English Country - John Playford, 1651

**Gathering Peascods** (2:17) - English Country - John Playford, 1651

**The Peascod Gatherers** is:

Mistress Jadwiga Krzyzanowska (Monique Rio): Viola da Gamba, Recorders, Rauschpfeif, Harpsichord.

Master Aaron Drummond (Aaron Elkiss): Violin, Viola, Cittern, Mandolin, Irish Bouzouki, Percussion.

All tracks arranged, recorded, produced and performed by Monique Rio and Aaron Elkiss. Tracks are available at:

<http://www.cdbaby.com>

[https://soundcloud.com/peascod\\_gatherers](https://soundcloud.com/peascod_gatherers)

This work is provided under a Creative Commons - Attribution 4.0 (CC BY 4.0) license. You are free to share and adapt this work, so long as you provide appropriate credit. <https://creativecommons.org/licenses/by/4.0/> for the full license.

## The Dances and Their Sponsors



### **Bizzaria d'Amore**

Page 5

Baroness and Baron of North Woods  
Gwenllyen the Minstrel & Maximilian der Zauberer



### **Petit Vriens**

Page 8

Baronesses of Andelcrag  
Antonia Lavinia Maria Toscano & Collette de Valois



### **Official Bransle**

Page 9

Baron and Baroness of Roaring Wastes  
Eamon McGowan of Sligo & Isabella Pallini



### **Contra Passo**

Page 11

Baron and Baroness of Cynnabar  
Ermenrich von Duisburg & Kasha Alekseeva



### **Dargason**

Page 14

Baron and Baroness of Donnershafen  
Cedach na Muir & Meabh ingen Carthaig



### **Gathering Peascods**

Page 16

Bonus Track.

## **A SPECIAL THANK YOU TO:**

The Barons and Baronesses of Pentamere for sponsoring a dance. Thank you for your patience and humor with this project.

Mistress Alina of Foxwood (Elaine Cohen) words cannot express our gratitude. Thank you for all your help with choosing the dances, writing the descriptions, editing the book and your absolutely positive attitude that this project would happen.

The Barony of Cynnabar for letting us use the short notes found in the Terpsichore Dance Books.

The Peascod Gatherers for recording the music and giving us permission to use it in this project.

And an extra special thank you to all of the dance masters and dancers who will dance with us at future events!

Gwenllyen the Minstrel & Maximilian der Zauberer (Gwen and Max)  
Baroness and Baron of North Woods  
Middle Kingdom  
Society for Creative Anachronism

**Bizzaria d'Amore**  
**Negri, 1602**  
**Italian 16th Century**  
**2 couples in a Diamond**

Lords face Lords and Ladies face Ladies in a diamond shape.

**Verse 1**

1. Lords Reverance. Sottopiede Left-Left, Right-Right  
(or Reverance and Continenza left and right)
2. Ladies Reverance. Sottopiede Left-Left, Right-Right  
(or Reverance and Continenza left and right)

**Chorus**

1. Everyone hops twice in place.
2. Everyone Ripresa Minuita Left and Ripresa Minuita Right
3. Everyone Spez Left / Right backwards at 45 degree angle to the right
4. Everyone Ordinario back to place
5. Everyone Spez Right / Left backwards at a 45 degree angle to the left
6. Everyone Ordinario back to place

**Verse 2**

1. Lords pass right shoulders with Spez Left, Spez Right then Ordinario Left
2. Lords then counter circle (over left shoulder) with Spez Right, Spez Left then Ordinario Right into other Lords original place.
3. Ladies do same but start passing left shoulders and counter circle right
4. Repeat Chorus

**Verse 3**

1. Partners take right hands, walk in complete circle with 2 Ordinarii
2. Partners drop hands and counter circle left back to place with 2 Ordinarii
3. Corners take left hands, walk in complete circle with 2 Ordinarii
4. Corners drop hands and counter circle right back to place with 2 Ordinarii
5. Repeat Chorus

**Verse 4**

1. Lords take right hands and pass with Spez Left, Spez Right then Ordinario Left
2. Lords drop hands and counter circle left with Spez Right, Spez Left then Ordinario Right into other Lords original place
3. Ladies do same but start passing left shoulders and counter circle right
4. Repeat Chorus

## Verse 5

1. Partners take right hands, switch places with 1 Ordinario
2. Partners take left hands, switch places with 1 Ordinario
3. Partners drop hands and counter circle right, back to place with 2 Ordinarii
4. Corners take right hands, switch places with 1 Ordinario
5. Corners take left hands, switch places with 1 Ordinario
6. Corners drop hands and counter circle left, back to place with 2 Ordinarii
7. Repeat Chorus

## Verse 6

1. Partners take right hands, walk in complete circle with 2 Ordinarii
2. Partners drop hands, take corner's left hand, then continue around in grand right/left with 4 Ordinarii back to place
3. Take corner's left hand walk in complete circle with 2 Ordinarii
4. Repeat Chorus

### Short Notes as found in the Terpsichore Dance Book.

<b>Bizzaria d'Amore</b>	<b>(Negri 1602)</b>
<b>(2 Couples in a diamond)</b>	<b>== In 4 ==</b>
Verse 1 Lds Rev; Sottopiede LL & Sottopiede RR; Lys same	4;4;8
Chorus Hop; Hop; Rip Min L; Hop; Hop; Rip Min R	1;1;2;1;1;2
Spez LR back at 45 deg to R; Ord to place	1;1;2
Spez RL back at 45 deg to L; Ord to place	1;1;2
Verse 2 Lds Exchange places (pass R shoulders) Spez LR; Ord L	2;2
Counter circle in Spez RL; Ord R; Lys same, but pass L	2;2;8
Repeat Chorus	16
Verse 3 Circle w/ ptrnr (R hands) in 2 Ord; counter circle in 2 Ord	4;4
Circle w/ corner (L hands) in 2 Ord; counter circle in 2 Ord	4;4
Repeat Chorus	16
Verse 4 Lds Exchange places (R hands) in SpezLR; Ord L	2;2
Counter circle in Spez RL; Ord R; Lys same but L hands	2;2;8
Repeat Chorus	16
Verse 5 R hands w/ ptrnr, Ord L to switch; L hands, Ord R to place	2;2
Counter circle in Ord LR	4
L hands w/ corner, Ord L to switch; R hands, Ord R to place	2;2
Counter circle in 2 Ord; repeat chorus	4;16
Verse 6 R hands w/ ptrnr, circle in 2 Ord	4
Grand RL (L to corner 1 <sup>st</sup> ) in 4 Ord; L hands w/corner, 2 Ord	8;4
Repeat Chorus	16

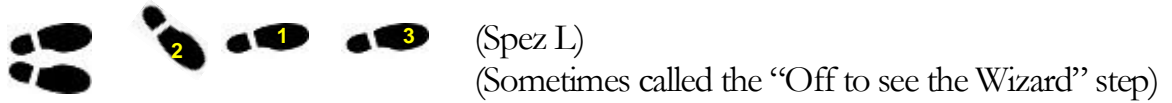
## Footwork Diagrams for Bizzaria d'Amore

Reverance (Rev) - Step forward with Left foot. Do not shift your weight. Slowly pull the Left foot to the back, shift weight back onto left foot with knee bent, then straighten back up gracefully returning foot to start. Keep back straight throughout.

Ripresa Minuita (Rip Min) – 4 steps sideways by putting your toes together, then your heels, then your toes, then your heels.



Seguito Spezzato (Spez) - 3 steps on the balls of the feet, with an undercut on the second step



Ordinario – 2 steps then a Spez



(This dance uses Seguito Semidoppio for its Ordinario)

Sottopiede – step sideways, cut other foot under first foot then back again  
(Have someone show you how)

Continenza (Con) - Step to the side and close. Sink down on the ball of the foot as you step to the side and rise up as you close with the other foot.



**Petit Vriens**  
**Ambrosio (Guglielmo), 1475**  
**Italian 15th Century**  
**Set of 3 people**

Middle person holds one hand of each partner. The person on the left is the leader.

1. Skip all over the dance floor with 16 Pive.
2. Dancer on left skips away with 4 Pive (go anywhere).
3. Dancer in middle does 4 Pive to catch up to 1<sup>st</sup> dancer.
4. Last person does 4 Pive to catch up to others.
5. Dancer on left walks away with a Double Left (go anywhere).
6. Dancer in middle catches up to 1<sup>st</sup> dancer with a Double Left.
7. Last person catch up to others with a Double Left.
8. Take hands as before, back up with a Double Left, fanning out.
9. Double Right back to place. Drop hands.
10. Step left, step right, Volta tonda.
11. Repeat until music ends

Short Notes as found in the Terpsichore Dance Book.

**Petit Vriens**  
**(Set of 3 people)**

16 Pive; A 4 Pive B 4 Pive to join A; C 4 Pive to join A&B  
(musically in 6)  
A Double L; B Double L; C Double L  
A & B Rev; C & B Rev; All Rev  
DL back, fanning out; DR fwd back to place  
RipL; RipR; VT (Double L going CCW)

**(Ambrosio (Guglielmo) 1475)**

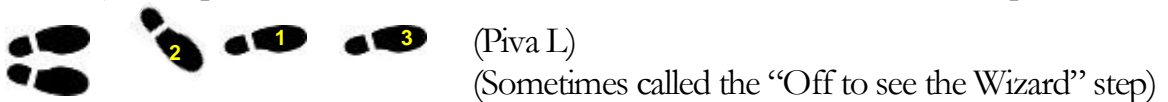
== In 6 ==  
16;4;4;4  
== In 4 to dance ==  
1;1;1  
1;1;1  
1;1  
½;½;1

**Footwork Diagrams for Petit Vriens**

Double (Doppio) - 3 steps and carry through



Piva (plural Pive) - 3 steps on the balls of the feet, with an undercut on the second step



Volta tonda – Turn around



**Official Bransle**  
**Arbeau, 1589**  
**French Bransle**  
**Circle of couples**

Many couples standing side-by-side holding hands in a circle.

1. 2 Doubles to the Left, then 2 Doubles to the Right.
  - a. You can kick out your foot before you change direction, if you're so inclined
2. 6 Singles to the Left (Sideways walking)  
(In these lands we traditionally do these steps as a Grapevine, honoring first your partner and then your corner in turn)
3. Lords turn to the Lady on their right, place hands on her hips, and assists her in moving to the Lord's left side  
(She may walk there, she may place her hands on his shoulders and hop lightly; she may take both of the Lord's hands and have him assist her to his other side; she may jump 3 feet in the air.)
4. Repeat with succeeding new partners until the music stops

Short Notes as found in the Terpsichore Dance Book.

**Official (1589)**

**(Circle of couples)**

**== In 4 ==**

[2x] - Double LR (jumping jack style); 6 Singles L (jumping jack style)      2 [2x];3

Kick LR, Lds Lift Lys (no tossing, an assisted lift that stays in place)      1

**Footwork Diagrams for Official Bransle**  
**(Bransle is pronounced “Brawl”)**

Double Left - Step sideways with Left foot, bring the Right foot up to the Left foot placing them together. Repeat as needed.



(Left, together. Left, together.)  
(Right, together. Right, together)

Double Left Alternate



Double Right – Same as Double Left, but opposite direction

**Contra Passo**  
**Chigi Manuscripts, c1560**  
**Italian 16th Century**  
**Circle of Couples**

Many couples standing side-by-side holding hands in a circle. Those dancing as Lords stand to the Left of their partner.

**Verse 1**

1. Everyone Reverance. Continenza Left and Right
2. Everyone turn to their own left and do Singles Left and Right, Double Left, the entire circle moving clockwise.
3. Everyone turn to the other way and do Singles Right and Left, Double Right, the entire circle moving counter-clockwise, back to place.

**Verse 2**

1. Take Right hands with partner and go around each other with Singles Left and Right, Double Left.
2. Take Left hands with partner and go around the other way with Singles Right and Left, Double Right.
3. Figure 8 – Facing Partner, each dancer walks a circle to the Left of their starting position, with Doubles Left and Right - end facing each other where the figure started. Then each dancer walks a circle to the Right of their starting position with Doubles Left and Right – end facing each other, where the figure started.

**Verse 3**

1. Take Right arms with partner and go around each other with Singles Left and Right, Double Left.
2. Take Left arms with partner and go around the other way with Singles Right and Left, Double Right.
3. Repeat Figure 8.

**Verse 4**

1. Take Two hands with partner and go around each other with Singles Left and Right, Double Left.
2. Take Two hands with partner and go around the other way with Singles Right and Left, Double Right.
3. Repeat Figure 8.

### Verse 5

1. Hey: Facing your partner, take Right hands and pull past in a Double, extending your Left hand to the next dancer. Take Left hands with the next and pull past in a Double. Repeat for a total of 8 exchanges/Doubles. If the circle has 4 couples, you will be back in your starting place with your partner. If the circle has a different number of couples, you may have a new partner and position in the circle. (In this figure, Ladies move clockwise around the circle, and Lords move counter-clockwise.)

### Verse 6

1. Facing your partner, Reverance. Continenza Left and Right.
2. Repeat Figure 8.

### Verse 7

1. Facing your partner, but angled slightly so that Lords face slightly out of the circle and Ladies face slightly in, Lords do Singles Left and Right, Double L forward and Ladies do the same steps backward, the Lords backing the Ladies out of the circle.
2. Ladies do Singles Left and Right, Double L forward and Lords do the same steps backward, the Ladies returning everyone to place in the circle.
3. Repeat Figure 8.

### Verse 8

1. Lords Reverance.
2. Ladies Reverance.
3. Repeat Figure 8.

### Short Notes as found in the Terpsichore Dance Book.

<b>Contra Passo</b>		<b>(Chigi Manuscripts, c1560's)</b>
<b>(Circle of Couples)</b>		<b>== in 6 ==</b>
V1	Rev; Con LR; Turn L & Passi LR, Ord L; Passi RL, Ord R	4;4;4;4
V2	R hands w/ptnr & Passi LR, Ord L; L hands Passi RL, Ord R	4;4
	Indiv figure 8 Turn L in Ord LR; Turn R in Ord LR	4;4
V3	Repeat V2, taking R then L arms w/ ptnr instead of hands, all figure 8	16
V4	Repeat V2, taking 2 hands. all figure 8	16
V5	Hey in 8 Ord, starting R hands w/ptnr, then move around circle	16
V6	Face ptnr & Rev; Con LR; All figure 8	4;4;8
V7	Lds back Lys up Passi LR, Ord L; Lys back Lds up; All figure 8	4;4;8
V8	Lds Rev L; Lys Rev L; all figure 8	4;4;8

## Footwork Diagrams for Contra Passo

Reverance (Rev) - Step forward with Left foot. Do not shift your weight. Slowly pull the Left foot to the back, shift weight back onto left foot with knee bent, straighten back up gracefully returning foot to start. Keep back straight throughout.

Continenza (Con) - Step to the side and close. Sink down on the ball of the foot as you step to the side and rise up as you close with the other foot.



Single (Passo/Passi - plural) – Step lightly and carry through – do not close your feet at the end.



Double (Ordinario (Ord)) - Three steps. Note – this not the same step as the Ordinario in Bizzaria d'Amore.



Figure 8 - Walk a circle to the Left of your starting position, with a Double Left to do the top half of the circle and a Double Right to do the bottom half of the circle, ending where you started. Then walk a circle to the Right of your starting position with a Double Left to do the top half of the circle and a Double Right to complete the circle, ending where you started. Both circles put together form your own personal figure 8.

**Dargason**  
**John Playford, 1651**  
**English Country**  
**Single Line**

**NOTE** - *The music provided is for 2 couples going all the way through each part or for 3 couples as follows.*

Couple 1 face each other. Lady 2 stands behind Lady 1. Lady 3 stands behind Lady 2. Lord 2 stands behind Lord 1. Lord 3 stands behind Lord 2.

**Part 1 - Siding**

1. Couple 1 ONLY
  - a. Side Right, set and turn.
  - b. Pass left shoulders into each other's place and face the next dancer.
2. Couple 1 dances with Couple 2 only
  - a. Side right, set and turn.
  - b. Pass left shoulders into each other's place.
3. Couple 1 dances with Couple 3 and Couple 2 dance together
  - a. Side right, set and turn.
  - b. Pass left shoulders into each other's place.
4. When you get to the end of the line, turn around, wait one verse and go back the other way.

When Couple 1 meets again in the middle (facing opposite from when they started) they start Part 2. Couples 2 and 3 continue Part 1 until they meet Couple 1 who starts Part 2 with them.

**Part 2 - Arming**

1. Couple 1 ONLY
  - a. Arm Right, set and turn.
  - b. Pass left shoulders into each other's place and face down the hall.
2. Couple 1 dances with Couple 2 only
  - a. Arm right, set and turn.
  - b. Pass left shoulders into each other's place.
3. Couple 1 activates each subsequent couple back to starting place as before

**Part 3 - Grand Right / Left**

1. Couple 1 takes right hands, switches place, takes left hand with next couple, activating each subsequent couple back to starting place as before

Short Notes as found in the Terpsichore Dance Book.

**Dargason**

**(single line – Lds facing equal number of Lys)**

- P1 C1 side R; Set & turn passing to the L into each other's place  
Continue w/ new ptrns; progress until reach original place
- P2 C1 arm R; Set & turn passing to the L into each other's place  
Continue w/ new ptrns, & progress as before
- P3 Hey through entire set (grand RL)

**(Playford 1651)**

**== In 4 ==**

- 2:2  
2:2 (mult x)  
2:2  
2:2 (mult x)  
½ (mult x)

**Footwork Diagrams for Dargason**

Set and turn - Step to the left, step to the right and turn around over your Left shoulder Left, Right, Left.

Siding: Double forward toward partner until right shoulders are lined up (1, 2, 3, kick). Keep eye contact with partner and flirt! Double backwards to place and pause (1, 2, 3, stop). Repeat to the left side (left shoulders line up).



Arm right and left: Take your partner's right arm and dance around in a circle, back to place. Repeat with the left arm.

**Gathering Peascods**  
**John Playford, 1651**  
**English Country**  
**4-7 Couples in a Circle**

4-7 couples standing side-by-side holding hands in a circle.

**Verse 1**

1. Slip left 8 times, turn single, slip right 8 times, turn single.

**Chorus**

(Odd numbered choruses lords go first. Even numbered choruses, ladies go first)

1. Lords step into circle, take hands and circle to the left back to place.
2. Ladies do same
3. Lords double into circle, clap hands, double backwards to place.
4. Ladies double into circle (as Lords are backing out) clap hands, double backwards to place.
5. Lords double into circle (as Ladies are backing out), DON'T clap hands, double backwards to place.

**Verse 2**

1. Partners side right, turn single, partners side left, turn single.
2. Repeat chorus except Ladies start

**Verse 3**

1. Partners arm right, turn single, partners arm left, turn single.
2. Repeat chorus except Lords start

Short Notes as found in the *Terpsichore Dance Book*.

**Gathering Peascods**

**(About 4 - 7 Couples in a circle)**

V1	Slip L; Turn single; Slip R; Turn single	4;2 [2x]
C1	Lds take hands, Circle round to places; Lys the same	6 [2x]
	Lds meet & clap; Lys same (as Lds out); Lds same, no clap, turn to place	2;2;4
	Lys meet & clap; Lds same (as Lys out); Lys same, no clap, turn to place	2;2;4
V2	Side R; Turn single; Side L; Turn single	4;2 [2x]
C2	Same as chorus 1, except Lys do everything 1st and Lds after	28
V3	Arm R; Turn single; Arm L; Turn single; Chorus 1	4;2 [2x];28

**(Playford 1651)**

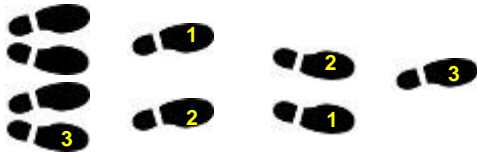
**== In 2 ==**



## Footwork Diagrams for Gathering Peascods

**Arming:** Arm right and left: Take your partner's right arm and walk around in a circle, back to place. Repeat with the left arm.

**Double Forward and Back:** Three steps forward and pause (Many people kick their free foot forward on the pause). Three steps back to start.



(Double forward. 1, 2, 3, kick with right foot)

(Double back to place. 1, 2, 3, stop)

**Set and turn** - Step to the left, step to the right and turn around over your Left shoulder in a double stepping Left, Right, Left.

**Siding:** Double forward toward partner until right shoulders are lined up (1, 2, 3, kick). Keep eye contact with partner and flirt! Double backwards to place and pause (1, 2, 3, stop). Repeat to the left side (left shoulders line up).



**Slip steps** - Step quickly sideways and bring other foot to meet the first foot.



**Turn Single** – Turn around in a double, over left shoulder.

## **ABOUT THIS PROJECT**

This is the second CD in the Penta-Pentamere series. The theme of this CD is the Peace CD so these are dances you would do with more than just your partner so you mingle and get to know other people.

Yay Dancing!

Gwen & Max  
Baroness and Baron of North Woods  
AS LI

## **RESOURCES**

Copies of this handout can be found here:

<http://michiganleftturn.org/Penta-Pentamere-Dances.htm>

All tracks arranged, recorded, produced and performed by Monique Rio and Aaron Elkiss. Tracks are available at:

<http://www.cdbaby.com>

[https://soundcloud.com/peascod\\_gatherers](https://soundcloud.com/peascod_gatherers)

Copies of the Terpsichore Dance Booklet can be found here:

<http://cynnabar.org/eurodance>

# **YAY DANCING!**