

*musica subterranea*



Volume One



# Penta Pentamere Dances

A collection of favorite dances  
from the Baronies of Pentamere

**Musica Subterranea**  
Penta Pentamere Dances Volume 1

**Petite Rose** (1:40) - Italian 15th Century - Domenico, c. 1450  
Original melody by Dafydd Arth (© 2013 Dave Lankford).

**Montarde Bransle** (1:34) - French Bransle – Arbeau, 1589  
Arranged for Musica Subterranea by Dafydd Arth (© 2000 by Dave Lankford)

**Grene Gynger** (1:40) - English - John Banys, c. 1500  
Original melody by Martin Bildner (© 2002 by Richard Schweitzer)  
Arranged for Musica Subterranea by Dafydd Arth (© 2013 by Dave Lankford)

**Black Alman** (4:18) - English – Inns of Court, 1605/6  
Arranged for Musica Subterranea by Dafydd Arth (© 2007 by Dave Lankford)

**Rufty Tufty** (1:40) - English Country - John Playford, 1651  
Arranged for Musica Subterranea by Drea di' Pellegrini (© 1999 by Drea Leed)

**Gracca Amorosa** (2:00) - Italian 16<sup>th</sup> Century - Caroso, 1581  
Arranged for Musica Subterranea by Dafydd Arth (© 2000 by Dave Lankford)

All Musica Subterranea CDs and individual tracks are available at:  
<http://www.cdbaby.com/Artist/MusicaSubterranea>

Musica Subterranea is:

Sophia (Lara Coutinho): cello, production, gig-master, da boss

Lucia (Kathi Coutinho): Violin, clogs, percussion, graphics/design, treasurer

Dafydd (Dave Lankford): Alto, soprano and sopranino recorders, percussion, arrangements and post production

Thomas (Tom Lee): Soprano, sopranino and tenor recorders

Drea (Drea Leed): Hammered dulcimer, lute, arrangements

Francesca (Julie Oller): Viola, hospitality and wine cellar

Philip the Pilgrim (Phil Reed): Percussion, engineering, mastering, dry humor

Special thanks to the following guest artists and alumni of the band:

Roy Coutinho, Gus Sterneman, Chris Braman, Carrie Lapid, Susan Rati Lane, John Strauss, Sharon Spanogle.

Special honor to the memory of our beloved friend and bandmate, Emil Allzuwissender (Ernest Clark), who performed on and ran recording equipment for Black Alman.

Musica Subterranea

[www.musicasub.org](http://www.musicasub.org)

All Rights Reserved

## The Dances and Their Sponsors



### **Petite Rose**

Page 5

Baron and Baroness of North Woods

Maximilian der Zauberer & Gwenllyen the Minstrel

“This is a cute dance and now we have an excuse to learn it!”



### **Montarde Bransle**

Page 7

Baron and Baroness of Andelcrag

Logan Na'Sealgaith & Zaynab Yasmine

“This was the first dance I learned when I joined the SCA and it is still one of my favorites.” - Zaynab



### **Grene Gynger**

Page 9

Baron and Baroness of Roaring Wastes

Vlachus Nadasdy & Una Uilebaine



### **Black Alman**

Page 11

Baron and Baroness of Cynnabar

Tairdelbach ua Conaill & Hannah Schreiber



### **Rufty Tufty**

Page 13

Baron and Baroness of Donnershafen

Cedach na Muir & Meabh ingen Carthaig

“A country song from your country cousins. Oh, And Heart's Ease is a great dance to do right after it.” - Meabh



### **Gracca Amorosa**

Page 15

Bonus Track.

(By popular demand)

## **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.

THL Sophia the Orange (Lara Coutino) for being the liaison with Musica Subterranea. Sophie, you jumped into the project head first and gave fantastic advice. Your enthusiasm for music and dance is contagious.

Mistress Alina of Foxwood (Elaine Cohen) words cannot express our gratitude. Thank you for all your help with choosing the dances, writing the descriptions scheduling the dances for the 2014 Kingdom Twelfth Night, keeping the project moving, teaching us Gracca Amorosa, 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.

Musica Subterranea 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

**Petite Rose**  
**from *De Arte Saltandi & Choreas Ducendi* (Domenico, c. 1450)**  
**reconstructed by Judith de Northumbria, Magistra Laurea et Comita**  
**original melody by Dafydd Arth**  
**15th Century Italian**  
**A dance for one couple, standing side by side**

1. Holding hands with your partner, 16 Pive, starting on Left foot, going anywhere you want on the dance floor.
2. Lord Movimenti (Movi); Lady Movi; Lord Volta Tunda (VT i.e. turn single) with a Double starting on Left foot, Counterclockwise (CCW)
3. Lady Movi; Lord Movi; Lady Volta Tunda (VT i.e. turn single) with a Double starting on Left foot, Counterclockwise (CCW)
4. Double Left forward; Single Right backward & single Left backward, switch feet (so you're ready to step off on the Left again). Repeat 2 more times
5. Saltarello Left away from partner (to the side); Saltarello Right back to partner and face forward, side by side, ready to start the dance again.

Repeat, alternating lead between the Lord & the Lady on subsequent repeats. This means that the second time through Parts 2 & 3 would be:

2. Lady Movi; Lord Movi; Lady VT with a Double L Counterclockwise (CCW)
3. Lord Movi; Lady Movi; Lord VT with a Double L Counterclockwise (CCW)

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

<b>Petite Rose</b>	<b>(Domenico 1450)</b>
<b>(couples)</b>	<b>== In 6 ==</b>
16 Pive, holding hands	16
Ld Movi; Ly Movi; Ld VT w/ a Double L (CCW)	1;1;2
Ly Movi; Ld Movi; Ly VT w/ a Double L(CCW)	1;1;2
Double L fwd; Singles R&L back, switch feet; Repeat 2x	2;1;1
Saltarelli L&R away and back to partner	2;2
The lead alternates between the Ld & Ly on subsequent repeats.	

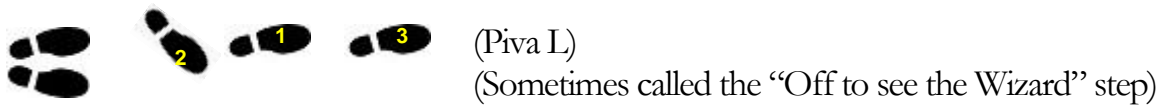
## Footwork Diagrams for Petite Rose

Double (aka Doppio) – 3 steps and a carry through.



Movimento (Movi) - Rise on toes quickly, directing attention at partner

Piva (pl. Pive) - 3 steps, the 2nd cutting under first (i.e. place it under heel)



Saltarello (pl. Saltarelli) - 3 steps & a hop



Single (aka Sempio) - Step forward on lead foot and carry through (do not close).



Volta Tunda (VI) - Turn all the way around using the steps specified.

**Montarde Bransle**  
**from *Orchesography* (Arbeau, 1589)**  
**French**  
**Line of 4 people side by side**

4 people standing side-by-side holding hands. The person on the left is the first person, the next person is the second, the next is the third and the last is the fourth.

First time through:

1. Everyone together does 8 Singles where the first person leads the line. (Left, together. Left, together. Etc.)  
Drop hands.
2. First person kicks four times turning completely around once in place over left shoulder. Second person kicks and turns in place. Third person kicks and turns in place. Fourth person kicks and turns in place.

Second through fifth times through:

1. The second, third and fourth persons take hands, raise them up to form an arch, and start the 8 Singles. (Left, together. Left, together. Etc.)

AT THE SAME TIME:

The first person weaves through the line and joins the line at the end.

The second person now becomes the first person. Finish the 8 Singles.

Drop hands.

2. Kick and spin from left to right as above.

Repeat third, fourth and fifth times so everyone has a chance to weave through the line.

Some recordings may have more repeats for more people in a line, or musicians may play for additional repeats to accommodate longer lines.

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

**Montard**  
**(Line of 4 people side by side)**  
8 singles L (1st person weaves through after first time)  
1st person turns in 4 kicks; 2nd does same followed by 3rd & 4th

**(1589)**  
**== In 4 ==**  
4  
1;1;1;1

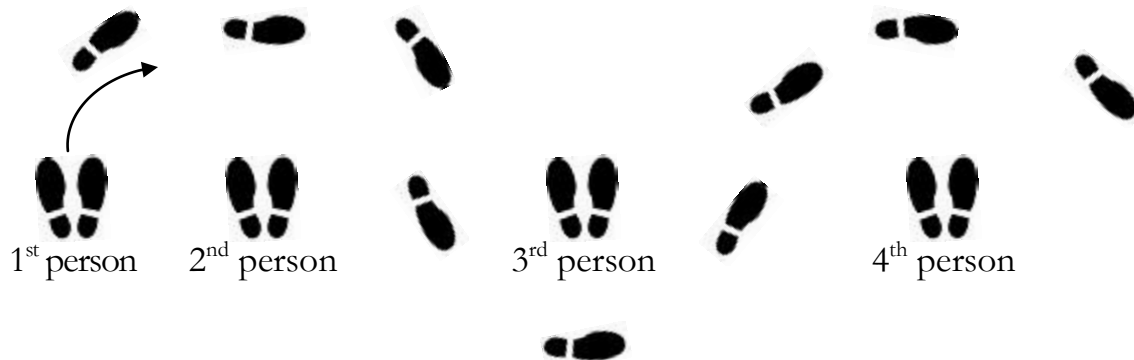
**Footwork Diagrams for Montard Bransle**  
**(Bransle is pronounced “Brawl”)**

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



Turn in four kicks - You turn all the way around in place over your Left shoulder (counterclockwise) while kicking, Left, Right, Left, Right.

Arching and Weaving - While the second, third and fourth persons are doing Singles sideways, the first person weaves through the line, under the arches formed by the dancers, as follows: Walks in front of the second person and under the second and third person’s arms; Then walks behind the third person and under the third and fourth person’s arms; Then walks in front of the fourth person and takes that person’s hand and joins the line.





**Grene Gynger**  
**from the *Gresley Manuscript* (John Banys, c. 1500)**  
**reconstructed by Mistress Emma Dansmayla and Master Martin Bildner**  
**original melody by Martin Bildner**  
**arranged for Musica Subterranea by Dafydd Arth**  
**English**  
**For one couple, or couples in a line**

1. Step (Single) forward; Step back; Double forward.  
Repeat.
2. Heart figure. Facing up the hall, do 2 Singles, starting on Left foot, moving away from your partner and slightly forward, then 1 Double turning over your outside shoulder (Left shoulder for Lords and Right shoulder for Ladies) and returning to face your partner. The Singles form the top of the heart, and the Double ends at the bottom point of the heart.
3. Take near hands with your partner (Lord's Right hand with Lady's Left hand) and do 2 slip steps down the hall. Keeping hands. Turn back to back with your partner.
4. Still holding hands, 2 slip steps up the hall. Turn to face your partner
5. Turn to YOUR left (Lords will face up the hall. Ladies will face down the hall.)  
Beginning with Left foot, Double in the direction you are facing.
6. Turn around to face your partner, beginning with Right foot, Double back toward partner. (End facing your partner.)
7. Back away from your partner with a Double, beginning with Left foot.  
Double toward your partner, beginning with Right foot.
8. Face down the hall and do the Heart figure as in Step 2.

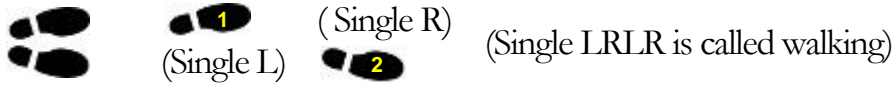
Short Notes as found in the Terpsichore Dance Book.

<b>Grene Gynger</b>	<b>== in 6 ==</b>
Single fwd, Single back, double fwd; Repeat	1;1;2;4
Heart: 2 Singles moving away from ptner; 1 Double casting to face	2;2
2 Slip steps down the hall holding leading hands; turn back to back	1;1
Still holding hands, 2 slip steps up the hall;turn to face	1;1
turn L, double away from your partner; turn, return in a double & face	2;2
Double back from partner and fwd to meet	4
Heart: facing down the hall, same as above	4

## Footwork Diagrams for Grene Gynger

### Steps Used in this Dance

Single - Step on lead foot in the direction indicated.



Double - 3 steps and carry through



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



**Black Alman**  
**from *Inns of Court Manuscripts* (circa 1605/6)**  
**English**  
**A dance for couples in a line**

Couples stand in a line all facing the same direction, partners holding hands. Ladies are on the right.

1. 4 Doubles, beginning with Left foot. (Couples stroll up the hall in a line). Double L, Double R, Double L, Double R. End facing partner.
2. Back away from your partner with a Double, beginning with Left foot. Double toward your partner, beginning with Right foot
3. Turn to YOUR left (Lords will face up the hall. Ladies will face down the hall). Beginning with Left foot, Double in the direction you are facing,
4. Turn around toward your partner, beginning with Right foot Double towards partner (End facing your partner).
5. Lords set and turn (Lords' solo). Ladies set and turn (Ladies' solo)
6. Take both hands with partner. Switch places turning clockwise in a Double beginning with Left foot. 4 slides up the hall.
7. Switch places turning clockwise. 4 slides down the hall.
8. Back away from your partner in a Double. Double toward your partner.

Turn so both are facing up the hall to start the dance again. This time the ladies do the solo first.

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

<b>Black Alman</b>	<b>(1605/6)</b>
(Couples in a line)	== in 4 ==
4 Doubles, beginning with L [end facing partner]	4
Double L backing away from partner; Double R toward partner	1;1
[turn to own L] Double L away from partner	1
[turn around] Double R toward partner	1
Lds step L, step R; circle LRL; Lys step L, step R; circle LRL	1;1;1;1
[take hands with partner] Double L switching places; 4 slides up the hall	1;1
Double L switching places; 4 slides down the hall	1;1
Double L backing away from partner; Double R toward partner	1;1

## Footwork Diagrams for Black Alman

Double - Three steps and a pause. Left, Right, Left and pause with Right foot in the air and a bit forward.



Slides - Step quickly sideways and bring other foot to meet the first foot. Repeat.



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

**Rufty Tufty**  
**from *The English Dancing Master* (Playford, 1651)**  
**English Country**  
**A dance for 2 couples, facing each other**

Stand, holding your partner's hand, facing the other couple. Ladies are on the Right. The person across from you is your corner.

Verse 1

Double Forward and Back: Three steps forward and pause. Three steps back and pause. Repeat.

Chorus

Turn and face your partner. Set and turn single, twice. (In period, set and turn was done once).

Turn away from the other couple; take your partner's other hand and Double forward (Away from the other couple). Drop hands, turn to face the other couple, take your partner's hand and double forward back to the other couple. Turn Single over Left shoulder

Take your corner's hand facing away from the other couple. Double forward, drop hands, turn to face other couple, take partner's hand and double forward back. Turn Single over Left shoulder

Verse 2

Facing your partner. Side Right and Left.

Repeat Chorus.

Verse 3

Arm right and left:

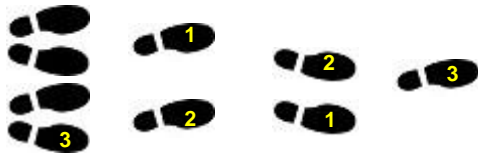
Repeat Chorus.

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

<b>Rufty Tufty</b>	<b>(Playford 1651)</b>
<b>(2 couples facing)</b>	<b>== In 4 ==</b>
Verse 1 Forward & back a double (2x)	4
Chorus (facing partner) Set & turn single (2x)	4
Lead partner out a Double & back; Turn single	2;1
Lead corner out a Double & back; Turn single	2;1
Verse 2 Side R with your partner; Side L with your partner	2;2
Repeat Chorus	10
Verse 3 Arm R with your partner; Arm L with your partner	2;2
Repeat Chorus	10

## Footwork Diagrams for Rufty Tufty

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)

(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 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.

**Gracca Amorosa**  
**from *Il Ballarino* (Fabritio Caroso, 1581)**  
**16th Century Italian Cascarda**  
**A dance for one couple, facing each other**

Verse 1 (V1)

Reverance

Spez Left & Right Clockwise (CW) to trade places

Curl away Counterclockwise (CCW) with Spez Left & Right back to face partner

4 Trab starting Left and alternating feet (LRLR)

Spez sideways Left & honor; Spez sideways Right & honor

Chorus (Ch)

Spez Left back away from partner, Spez right back away from partner

Return to partner with 3 Rip & 1 Trab (all to the Left);

Spez R backwards; Spez Left backwards

Return to partner with 3 Rip & 1 Trab (all to the Right)

Verse 2 (V2)

Circle Clockwise (CW) with 4 Spez starting Left (LRLR), back to place

4 Trab starting Left (LRLR) (Gaze at your partner longingly over your shoulder)

Curl away Counterclockwise (CCW) with Spez Left & Right to face partner

Scambiate (Scam) Left & Right

Repeat Chorus

Verse 3 (Lord's Solo)

Lord approaches partner with 2 Spez (Left & Right) diagonally forward

Lord 4 Trab, starting Left (LRLR), in front of partner (Impress her!)

Lord curls away back to place with Spez Left & Right

Lord 4 Trab, starting Left (LRLR), facing partner

Lord Passo sideways Left & Honor; Lord Passo sideways Right & Honor

Repeat Chorus

Verse 4 (Lady's Solo)

Lady approaches Partner with 2 Spez (Left & Right) diagonally forward  
Lady 4 Trab, starting Left (LRLR), in front of partner (impress him!)  
Lady curls away back to place with Spez Left & Right  
Lady 4 Trab, starting Left (LRLR), facing partner  
Lady Passo sideways Left & Honor; Lady Passo sideways Right & Honor

Repeat Chorus

Verse 5 (Both dancing together)

SegOrd Left & Honor (Show off your profile to your partner)  
Moving sideways, 2 Rip to Right, Trab Right & Left (returning to partner)  
SegOrd Right & Honor (Show off your other profile to your partner)  
Moving sideways, 2 Rip to Left, Trab Left & Right (returning to partner)  
Passo forward & Honor, touching Right hands with partner  
Passo sideways to the Right & Honor, touching Left hands with partner

Drop hands & Repeat Chorus

Short Notes as found in the Terpsichore Dance Book.

**Gracca Amorosa  
(one couple)**

V1 Rev; Spez L&R to switch; curl CCW in Spez L&R to face; Trab LRLR  
Spez sideways L & honor; Spez R; & honor  
Ch Spez L away from partner; Spez R away; 3 Rip & Trab all to L  
Spez R away from partner; Spez L away; 3 Rip & Trab all to R  
V2 circle CW with Spez LRLR to place; Trab LRLR  
curl CCW with Spez L&R to face; Scam L&R; Repeat ch  
V3 Ld approaches with Spez L&R diagonally fwd; Ld Trab LRLR  
Ld curl to in Spez L&R; Ld Trab LRLR facing partner  
Ld Passo L & honor; Ld Passo R & honor; All repeat ch  
V4 as v3, with genders reversed; All repeat ch  
V5 SegOrd L; Rip RR, Trab RL; SegOrd R; Rip LL, Trab LR  
Step fwd & touch R hands; Step R & touch L hands; Repeat ch

**(Caroso 1581)  
==in 6==**

2;2;2;2  
2;2  
1;1;2  
1;1;2  
4;2  
4;8  
2;2  
2;2  
2;8  
2;8  
4;4  
2;8

Footwork Diagrams for Gracca Amorosa

Honor - Bend knees, acknowledging your partner

Passo - A single. Step lightly & carry through



(Passo LRLR is called walking)



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.

Ripresa (Rip) - Step sideways with all of your weight on the ball of the first foot and then lower until both feet are flat on the floor returning weight to ball of first foot.



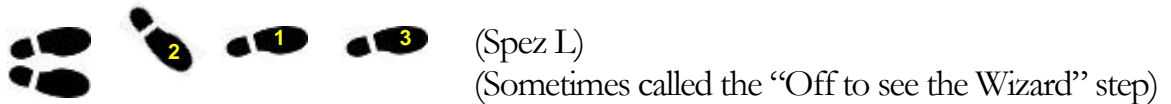
Scambiata (Scam) – Step to the side with lead foot, undercut, jump in the same direction landing with lead foot slightly forward (pl. Scambiate)



Seguito Ordinario (SegOrd)– A double. 3 steps, the first two on the balls of the feet, the last flat.



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



Trabuchetto (Trab) - Small sideways jump onto lead foot



## HOW THIS PROJECT CAME TO BE

We have been in the SCA for over twenty-four years. We remember the days when every event had “dancing after feast if there is time” or “dancing after court if there is time.” We learned a few dances early-on and those were usually the ones danced first and EVERYONE DANCED! However, many of these dances were out of period.

Though we enjoy the specialized dance events that occur now, this CD is an attempt to bring dancing back to regular events. We are focusing on 5 period dances so that everyone can see the same dances many times and hopefully feel that they can dance! They can go to an event feeling comfortable that they will know a few dances.

Twenty four years ago we would have loved learning a few dances at an event and getting the steps and the music the same evening. We hope you do, too.

Yay Dancing!

Gwen & Max  
Baroness and Baron of North Woods  
AS XLVIII

## RESOURCES

Copies of this handout can be found here:

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

The Penta-Pentamere Music and Musica Subterranea's other SCA dance music can be found here:

<http://www.cdbaby.com/Artist/MusicaSubterranea>

Musica Subterranea is a group of musicians who met in the Society for Creative Anachronism (SCA) and decided the challenges for getting good music for dancing were just too high. We started producing new recordings of dance music appropriate for SCA period re-enactments in 1997, and we are continuing to this day. Our motto is "Get The Music To The People!"

<http://www.musicasub.org/>

Copies of the Terpsichore Dance Booklet can be found here:

<http://cynnabar.org/eurodance>

# **YAY DANCING!**