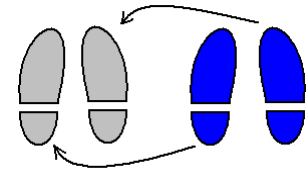


Bransle Steps

SL -- Single Left

Starting with feet closed (or wherever the feet ended up after the last step), step to the left with the left foot, and then join feet, stepping to the left with the right foot.

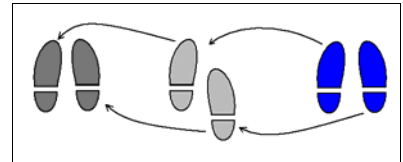


SR -- Single Right

Step to the right with the right foot, then join feet, stepping to the right with the left foot.

DL -- Double Left

Step to the left with the left foot, bring the right foot over near the left foot (either to the right of it and adjacent to it, or to the right and slightly behind it, or behind it while turning slightly at the waist). Then step to the left again with the left foot, and join feet, stepping to the left with the right foot.



DR -- Double Right

Step to the right with the right foot, bring the left foot over near the right foot (either to the left of it and adjacent to it, or to the left and slightly behind it, or behind it while turning slightly at the waist). Then step to the right again with the right foot, and join feet, stepping to the right with the left foot.

Occasionally you'll find that we ask you to do a single or double with a "cross". This just means that at the end of the step, you cross your foot in front of one knee as you finish. So, if you are doing a double to the left, you cross your right foot over in front of your left knee as you finish. See the picture on the right.

Below are the descriptions of the singles and doubles with a cross.



SLx -- Single Left Crossing

Step to the left with the left foot, then bring the right foot across in front of the left leg in a small kick. The right leg should be bent, and the right foot should pass about midway up the calf of the left leg.

SRx -- Single Right Crossing

Step to the right with the right foot, then bring the left foot across in front of the right leg in a small kick. The left leg should be bent, and the left foot should pass about midway up the calf of the right leg.

DLx -- Double Left Crossing

Step to the left with the left foot, then close feet, stepping to the left with the right foot. Step to the left again with the left foot, then bring the right foot across in front of the left leg in a small kick. The right leg should be bent, and the right foot should pass about midway up the calf of the left leg.

DRx -- Double Right Crossing

Step to the right with the right foot, then close feet, stepping to the right with the left foot. Step to the right again with the right foot, then bring the left foot across in front of the right leg in a small kick. The left leg should be bent, and the left foot should pass about midway up the calf of the right leg.

KL -- Kick Left

A kick left goes like this: Jump into the air very slightly, finishing with the left foot off the ground.

KR -- Kick Right

A kick right is just the opposite. Note that the picture shows that the dancer only comes very slightly off the ground with the front foot.

**Cp -- Capriole**

The picture shows part of a capriole. This is done by leaping into the air and passing your feet back and forwards past each other. Depending on how adept you're feeling, you can make 2, 3, 5, or even more passes.

