

Cheat Sheet: Arbeau's Dances

Bransles

Simple Bransles, aka Double, Single, Gai, Burgundian Double: Double left, double right, etc. Single: Double left, single right, etc. Gai: four kicks. Burgundian: double left and double right, crossing feet over.

Mixed Bransles: Cassandra, Pinagay, Charlotte, La Guerre, Aridan
 Cassandra: Doubles then a single left, double right.
 Pinagay: one kick then three kicks.
 Charlotte: The one with the single, three kicks, single three kicks bit in it.
 La Guerre: The one with the double speed bit (D D S S D S S D S 3 kicks, capriole).
 Aridan: Double left, three kicks, repeat, A (double & three singles), B (Double & two kicks), C (Double right & the fast bit).

Mimed Bransles: Washerwomans, Pease, Shoes, Horses
 Washerwoman's: wag fingers.
 Pease: jump, jump, three jumps.
 Shoes: Stamp feet
 Horses: Paw the ground then turn left.

Official Bransle Doubles, six singles, lady jumps.

Other Dances

Pavan & Galliard
 Pavan: single single double, forever.
 Galliard: 4 kicks then a capriole.

Basse Danse: Jouyessance vous Donnerai

Rv Br							
S	S	D	Rp	D	Rp	Br	
S	S	D D D	Rp	D	Rp	Br	
S	S			D	Rp	Br	
Conge							
Br				D	Rp	Br	
S	S	D D D	Rp	D	Rp	Br	
