

# Student Handouts: 16th Century Italian Dance

## Week 1: Ballo del Fiore

### Basic Steps

#### RvL -- Riverenza Left

Begin with the left foot somewhat ahead of the right foot. On the first beat do nothing. On the second beat, slide the left leg back behind the right. On the third beat, place the weight on the left foot, bend the left knee and sink lightly, keeping the head forwards and upright, and the body erect. On the final beat return to the upright position.

A riverenza on the right foot is done in the same way, except that the right foot is moving and the left foot stays still.

#### CnL – Continenza Left

To do these as a pair of steps, the dancers take a very small single step to the left, join feet together, and then step back towards the right, joining feet together again. The steps are done with a rising and falling movement, so that you rise on your toes slightly while stepping across, and then sink back onto your heels when the step is complete. Bring the left shoulder forwards slightly as you step to the left, and the right shoulder forwards slightly as you step to the right.

#### CnR – Continenza Right

#### SgL -- Seguito Ordinario

Caroso: Going forwards, step left, step right, step left, then raise your right foot and move it somewhat forwards as if to close, but do not close the step. This step takes 2 beats. This is similar to a standard French bassa danse / pavan double, but not quite as it is not completely closed.

#### Sc -- Seguito Scorsi

This is a small forwards shuffling motion done to a specified number of counts and normally to execute some pattern.

### The Dance

#### Introduction

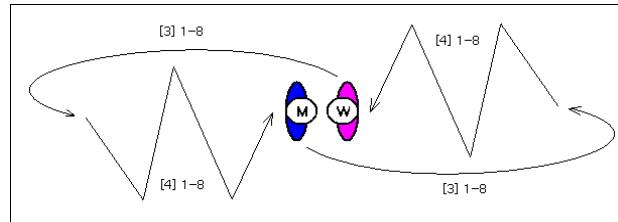
The dance starts with one man in the center of the floor, holding a flower in his right hand.

1 - 4	Rv R	Begin the dance with a riverenza on the right foot.
5 - 8	SgR, SgL	Two seguiti, turning in place.

<b>Part I</b> This part is done moving towards a lady. When he reaches her, he does the continenze and the riverenza.	1 - 8	Sg R, L, R, L	Four seguiti.
	9 - 12	CnR CnL	Two continenze R & L, moving sideways.
	13 - 16	Rv R	As he does the riverenza, the lady stands, and he takes her left hand in his right hand, passing the flower into his left hand.

<b>Part II</b>	1 - 4	Sg R, L	Two doubles.
	5 - 8	Sc R, R	Two scorsi doubles, 8 steps each, moving out onto the floor
	9 - 12	CnR CnL	Two slow singles R & L, moving sideways.
	13 - 16	Rv R	Riverenza

The dancers then dance the following pattern together:



<b>Part III</b>	1 - 8	Sg R, L, R, L	Four seguiti, moving in a J figure.
	9 - 12	CnR CnL	Two slow singles R & L, moving sideways.
	13 - 16	Rv R	Riverenza

<b>Part IV</b>	1 - 8	Sg R, L, R, L	Four seguiti, moving in a flanking figure.
	9 - 12	CnR CnL	Two slow singles R & L, moving sideways.
	13 - 16	Rv R	Riverenza

During the last riverenza, the gentleman kisses the flower, and at the end of the riverenza he passes it to the lady, who takes it in her left hand.

### Repeats

The dance then repeats from the start, with the lady dancing to find a new partner, and the man either dances off the floor, or finds a new partner himself.

An alternative is that the man starts the dance in the center of the floor, holding a bunch of flowers. At the end of the first repeat of the dance he would then pass half of the bunch to the lady. They would then both seek new partners, and the bunch would continue to be divided in half until each dancer had their own flower.

# Week 2: Conto dell'Orco

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## More Step Descriptions

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**PsL – Passo**

This step takes a single beat. Step forward with the left foot. The right foot should not be moved. This is similar to a puntata, although without closing the feet.

A passo grave is the same as a passo, except that it takes two beats.

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**RpL -- Reprise**

A Reprise Grave to the left is done by stepping sideways with the left foot, onto the left toe, and rising onto the right toe, then stepping to the left with the right foot, joining feet and lowering back onto the heels. This takes two beats.

A Reprise, or Reprise Minima, is done in the same way as a Reprise Grave, but in one beat.

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**Cd – Cadenza**

Kick the left foot forwards, a little in advance of the beat, and spring into the air. While in the air, bring the left foot back in line with the right foot. Land on both feet, with the left foot slightly advanced. This is usually done at the end of a sequence of galliard type steps (eg: sottopiedi), and the time taken to do it is highly variable, but usually in the order of half of a beat.

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**TbL -- Trabuchetto**

This step takes one beat. Leap slightly to the left, landing on the left foot, and closing with the right foot so that the right heel is closest to the left instep, and about two finger-breadths away.

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**SzL -- Spezzato /  
Seguito Spezzato**

This step is done by stepping forwards onto the left foot, then forwards onto the right foot, up level with the heel of the left foot, rising onto the left toe as this is done. At the end of the beat, lower the left heel. The step takes 2 beats.

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**Trango**

A trango left is a diagonal step backwards to the left on the left foot, and then pull your right foot back towards your left. You should end up with your right heel backed up against your left instep. A trango right is the same thing, stepping backwards to the right instead.

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**Doppio**

This is, oddly enough, very much like a french basse danse or pavan double. It comprises three steps walking forwards, with a close on the fourth beat. Bend your knees slightly at the end of the step, and rise and then lower your heels into place as you close.

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## The Dance

<p><b>Part I</b></p> <p>In each of the seguiti, make a half circle so that the couple are changing places on each one. This is only really possible if you are close enough together.</p>	1-2	RvL	Riverenza
	3-5	SgL SgR SgL	3 Seguito ordinario circling to the left.
	6	TbR TbL TbR	3 Trabuchetti
		Trango L, R	2 Trangi, stepping diagonally away from your partner.
	7		
	8	Sz CdL	Finish with a seguito spezzato doing a full turn over your left shoulder and end with a cadenza.
<p><b>Part II</b></p> <p>This is a simple variation of the first part.</p>	1-5	SgL SgR SgL SgR SgL	5 Seguiti circling to the left.
	6	TbR TbL TbR	3 Trabuchetti
	7	Trango L, R	2 Trangi, stepping diagonally away from your partner.
	8	Sz CdL	Finish with a seguito spezzato doing a full turn over your left shoulder and end with a cadenza.
<p><b>Part III</b></p> <p>Man's variation – only the man does this part.</p> <p>Note that the last three bars form a chorus, and are the same as the last three bars of the earlier parts.</p>	1-2	DL	1 Doppio forwards on the left foot. Note that this is fairly slow – half the speed of the seguito ordinarii from the last two verses.
	3	PsR PsL	2 passi backwards, right then left.
	4	TbR TbL	2 trabuchetti gravi. These are a bit slower than the trabuchetti done earlier.
	5	RpR RpR	2 riprese to the right. You should now be back to the same place where you started the dance.
	6	TbR TbL TbR	3 Trabuchetti
	7	Trango L, R	2 Trangi, stepping diagonally away from your partner.
	8	Sz CdL	Finish with a seguito spezzato doing a full turn over your left shoulder and end with a cadenza.
<b>Part IV</b>	Lady's variation – the lady repeats everything that the man did in part III.		
<p><b>Part V</b></p> <p>This part begins with a slow change of place, then concludes with the man and the lady both dancing their solo parts at the same time.</p>	1 – 2	PsL PsR SgL	This time changing places with two passi and a seguito, beginning on the left foot.
	3-4	PsR PsL SgR	Change back to place with two passi and a seguito
	5-6	DL	During these last 8 bars the man and the lady both do the solo parts (as in III and IV) but at the same time.
	7	PsR PsL	
	8	TbR TbL	
	9	RpR RpR	
	10	TbR TbL TbR	
	11	Trango L, R	
	12	Sz CdL	