

15th Century Italian Dances for Couples

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Lauro

Continenza left, continenza right.
Single left, single right, double left, double right.
Riverenza left.

Ripresa left, ripresa right.
Single left, single right, double left.
Ripresa right.

Continenza left, continenza right.
Single left, single right, double left (circle by right hands).
Single right, single left, double right (circle by left hands).

Ripresa left, ripresa right.
Single left, single right, double left, double right, double left.
Volta del gioioso.
Riverenza left.

Dance repeats.

Marchesana

NB: Adjustments have been made to the steps to fit the recording used for this class.

Quadernaria:

8 saltarelli tedeschi, starting on the left.
The man leaves with two doubles.
The woman catches up with the same.

Bassadanza:

Ripresa left, ripresa right.
Take right hands and circle with 2 singles and a double.
Drop hands and ripresa right, so left shoulders are together.
Take left hands and circle with 2 singles and a double.
Ripresa right as before, ending facing in opposite directions.
2 doubles forward, passing left shoulders, ending with a meza volta to face each other.
Ripresa left, ripresa right.
Continenza left, continenza right.
Man riverenza, woman riverenza.

Quadernaria:

Man movimento, woman movimento.
Both do a double left toward each other.
Woman movimento, man movimento.
Both do a double left toward each other.
Circle each other clockwise with a double left.
The woman does a meza volta to end proper.
Dance repeats.

Saltarello Tedesco:

This step is reconstructed as a double followed by a quick ripresa. The ripresa should be done so that the weight shifts to the trailing foot as it closes.

Grazioso

Quadernaria:

3 saltarelli tedeschi, starting on the left.
The man goes in front of the woman to her right side with a double, ending improper.
3 saltarelli tedeschi.
The man does another double in front of the woman, ending proper again.

Quadernaria:

The man leaves with 2 saltarelli tedeschi, two singles, and a double, closing with the right foot at the end.
The woman catches up with the same.

Bassadanza:

2 singles forward.
The man does two doubles forward, ending with a meza volta, as the woman circles clockwise with two doubles to end facing each other.
Ripresa left, ripresa right.
Riverenza left.
Come back toward each other (but not together) with 2 singles.
The woman does 2 doubles forward as the man circles counterclockwise with 2 doubles, ending together facing up the hall.
Ripresa left, ripresa right.
Riverenza left.

Piva:

Take right hands and circle with 3 pive starting on the left.
Take left hands and circle with 3 pive starting on the right.

Quadernaria:

Man movimento, woman movimento.
Back away from each other with a right double.
Come back together with a left double, ending with a meza volta to face up the hall.
Dance repeats.



Links to music and other information can be found at the Renaissance Dance Database (<http://www.rendancedb.org>).