

Processional Dances

Three easy dances from the Inns of Court that were designed to be processionals.¹ They are excellent to begin court or dance demos. The dances from the Inns of Court are properly called “The Old Measures.”^{2,3}

A “measure” was a general term for a dance, such as an alman or pavane, which grew out of sections of the basse danse.⁴

Note: Until the late 1600s, Alman doubles ended with a hop, after which it grew into a more graceful pause.⁵

Earl of Essex’s Measure

A1 - Double forward, Single back (twice).

A2 - Repeat.

B - Slow Single away from your Partner (3 beats) and bow to your Partner, then slow Single back together (3 beats). Double forward, Single back.

Lorayne Alman

A1 - Everyone go 2 Doubles forward.

A2 - Repeat.

B1 - Double forward. Double backward. Double forward. Turn to the outside away from your Partner.

B2 - Repeat.

Queen's Alman

A1.- Everyone go 2 Doubles forward.

A2 - Repeat.

B1 - Double forward, then Double backward. Face Partner and drop hands. Set and Turn Single.

B2 - Repeat.

¹ Payne, Ian. *The Alman in Britain, c.1549-c.1675: A Dance Manual from Manuscript Sources*. Abingdon, UK: Routledge, 2017, p. 184.

² Mullally, Robert. “Measure(i),” *Grove Music Online*, 2001. <https://doi-org.libweb.uwlax.edu/10.1093/gmo/9781561592630.article.18225>

³ Durham, Peter and Janelle, “Dances from The Inns of Court,” <http://www.pbm.com/~lindah/dance/ioc/intro.html>

⁴ Mullally, paras 1 & 2.

⁵ Payne, p. 73.