

# SCA Dance for Total Beginners

Curious about SCA dancing but never tried it before? This class is for you! We'll learn some very basic steps and then use simple terms to learn an easy dance from four different traditions: Inns of Court, English Country, French bransles, and Italian.

## French Bransles

### Steps

- Single – step and together (2 beats), can be done any direction
- Double – 3 steps and together (4 beats), can be done any direction (when moving in a circle, this can also be two singles)

### Dance: Double / Single Bransle

*All take hands in a circle or line*

Double Bransle: Double left, Double right. Repeat.

Single Bransle: Double left, Single right. Repeat.

## Inns of Court (Old Measures)

### Steps

- Single – step and together (2 beats), can be done any direction
- Alman Double – 3 steps and a light hop (4 beats), can be done any direction
- Set – Step to the left, then to the right
- Turn Single – turn in place (4 beats)

### Dance: Queen's Alman

*For any number of couples in a line*

A - Everyone go 4 Alman Doubles forward.

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

B2 - Repeat.

## English Country Dance

### Steps

- Single – step and together (2 beats), can be done any direction
- Double – 3 steps and together (4 beats), can be done any direction
- Set – Step to the left, then to the right
- Turn Single – turn in place (4 beats)
- Side Right – go a double toward your partner, drifting left until your shoulders line up, then go a double back
- Side Left – the same, but with left shoulders
- Arm Right – take right arms and go once around
- Arm Left – take left arms and go once around

### Dance: Ruffy Tufty

*For two couples facing*

I. A - Take hands, Double forward (toward your Opposite) and back. Repeat.

B - Set and Turn Single (to your Partner). Repeat.

C1 - Take Partner's hand and lead out a Double. Turn around, switch hands, and Double back. Turn Single.

C2 - Take Opposite's hand and do the same.

II. A - Side Right with your Partner. Side Left with your Partner.

B - As in Part I.

C - As in Part I.

III. A - Arm right with Partner. Arm left with Partner.

B - As in Part I.

C - As in Part I.

## SCA Dance for Total Beginners (continued)

### Italian Dance

#### Steps

- Piva (pl. Pive) – step, bring the other foot next to and slightly behind it, then step again, similar to “step-ball-change”
- Double – 3 steps and together (4 beats), can be done any direction
- Honour – bow to the person
- Set – Step to the left, then to the right
- Turn Single – turn in place (4 beats)

#### Dance: Petit Vriens

*For three people in a line*

- A - All go 16 Pive, the 1st Person leading.
- B - 1st Person go 4 Pive further.  
2nd Person follow with the same.  
3rd the same.
- C - 1st Person go a Double forward.  
2nd Person follow the same.  
3rd the same.
- D - 1st and 2nd honour each other.  
2nd and 3rd honour each other.  
All three honour each other.
- E - All go a Double back, then a Double forward.  
Then all Set and Turn Single.