

**Northshield Dance Seminar 24**  
**September 21, 2019**  
**Shire of Silfren Mere**

**Class Descriptions**

<b>Class Title</b>	<b>Teacher</b>	<b>Description</b>
2-Couple English Country Dances	THL Eyricke Rycard	Once you complete the beginner's dances of Hearts Ease, Rufty Tufty, and Hit and Miss you'll be ready for something more adventurous.
3-Couple Dances	Baroness Anpliça Fiore	There are a lot of dances that require three couples to form a set. This class will look at a few of them including: Black Nag, Grimstock, & Beggar Boy
5 easy SCA Dances for beginners	His Excellency Tarien Dane	Montard Bransle, Official Bransle, Jenny Pluck Pears, Petit Vriens, Saltarello la Regina
Bizzaria d'Amore	His Excellency Tarien Dane	Bizzaria d'Amore is a 16th Century Italian - and I can teach anyone to do Italian in an hour. I can prove it.
Furioso	THL Dafydd Arth	Sixteenth century Italian dance with a little bit of everything: Scurrying! Set transformations! Calves of steel!
GOOP (grossly out of period)	His Excellency Tarien Dane	but fun SCA heritage dances: Korobushka, Road to the Isles, and Female Sailor
Harvest Dances	Lady Christiana Galyard	Celebrate the change of seasons with dances named for harvests we all enjoy. Dances may include any of the following, based on numbers: Chestnut, Picking of Sticks, Jenny Pluck Pears, Gathering Peascods, and Pease Bransle.
Intermediate Gresley Manuscript Dances	Maestra Isabella Beatrice della Rosa called "Belle"	Have you Belle's beginner Gresley class a few times and are REALLY tired of listening to her geek out about it? Are you ready to move on past the four dances she continually teaches? This class is for you! We will explore four additional dances from the Gresley Manuscript collection and Belle promises not to dive too deeply into the history and academic importance of the collection.
Intro to ECD	THL Bruno Lachner & Baroness Anpliça Fiore	Come and learn the basics of English Country Dance. Review and learn basic steps and moves. Prepares you for all the rest of your classes.
Introduction to the Gresley Manuscript	Maestra Isabella Beatrice della Rosa called "Belle"	Have you ever wanted to know more about the earliest written dances in England? Are you interested in hearing this teacher wax poetic about how awesome these dances are and why they are important? Are you interested in teaching dance but only have 2 or 3 people showing up for practice? This class is for you! I will give a brief introduction on the academic importance of the Gresley Manuscript and then teach 4 of the simplest dances of the collection.
Italian Trios	THL Dafydd Arth	Two fifteenth century Italian dances for three people (Vita di Cholino, Spero)

Maraviglia d'Amore	Maestro Etienne de Clermont	Maraviglia d'Amore (the Wonder of Love) is a wonderfully fun cascarda featuring a joust. It is both a lovely performance piece and a playful social dance. Some familiarity with 16th Century Italian steps is helpful (but not required). If time permits, we can review other cascarda, by request.
Mixed Bransles	THL Dafydd Arth	Mixed bransles from Arbeau's Orchesography
The Old Measures: Dances from the Inns of Court	Mistress Rosanore of Redthorn	Come and learn how to dance like a lawyer as Mistress Rosanore presents these dances from Elizabethan England. We will learn the Eight Old Measures plus some Inns of Court dances that are less commonly done. No experience is necessary. Children 8-10 are welcome with parents. Children 11 and older are welcome unaccompanied.
So You Want to Start Teaching Dance	THL Bruno Lachner	Resources and preparation ideas to help new dance teachers get started. Will include discussion about physical spaces and sources of instructions and recorded music.
Stretching With THN Thora (How the Hell Do I Get This Body To Move This Early?)	THN Thora	This is a half hour of Fun Stretches that are especially geared towards folks with less mobility, but good for everyone. Thora is not a Yoga Instructor, nor a Personal Trainer. These stretches are easy, simple, and meant to be very relaxing, enjoyable, and can be altered by each person to fit their needs. All ages welcome. Under 12 supervised.
Troubled Relationships	THL Bruno Lachner	Sometimes dances tell a story. These four dances tell the story of increasingly troubled relationships. Dances include Washerwoman's Bransle, The Wayward Hound, Heart's Ease, and Cuckolds All a Row.
Two 16 <sup>th</sup> -century Italian Dances	Lady Thea of Jararvellir	Two very different 16th c. Italian dances. One for two couples, one for couples. One faster, and with "whimsy," the other slower with time to connect with your partner. Come learn Bizzaria d'Amore and Contrapasso in Due.
Variations on Three Italian Dances	Lady Thea of Jararvellir	Change the steps; change the number of dancers ... variations on three Italian dances. One made "new" by Domenico; two from Nürnberg by way of Bologna.