

Appendix 2 – Step descriptions for Laura Suave

Descriptions are for the left-foot version of the step unless otherwise indicated and are based on the translations in Julia Sutton's *Courtly Dance of the Renaissance*, plus a little of my own translations.

Cadenza ending with the left foot forward

Kick forward with the right foot and leap into the air, then bring the right foot back so that you land with that foot behind and your left foot forward.

Continenza (done over two bars)

Bar 1 - Move your left foot a little to the left and transfer your weight on to it.

Bar 2 - Move your right foot to join your left, rising on your toes a little, then descend, still leaving most of your weight on your left foot so you are ready to take the next step with your right.

Corinto

Three Riprese in Sottopiedi left followed by a Trabuchetto left.

Destice

Two Riprese in Sottopiedi left followed by a Trabuchetto left.

Doppio alla Francese (done over two 6 beat bars)

Bar 1 Two Trabuchetti – a left, then a right, moving backwards as well as sideways (see Trabuchetti below)

Bar 2 - One double in the French style:

Beat 1 - Step forward on to your left foot.

Beat 2 - Start to lift the right foot.

Beat 3 - Step forward on to your right foot.

Beat 4 - Step forward on to your left foot.

Beats 5&6 - Bring the right foot up to join the left while raising your heels, then come down with your weight on your left foot, ready to step on to your right.

Fioretto (done in one beat)

Move your weight on to your right foot and swing your left foot forward and up.* while jumping in the air a little, then swing your left foot behind, then bring it forward to the arch of the right to step on to it and swing your right foot forward. This begins the right Fioretto, if there is to be one.

***Not sideways – Caroso describes that as a Fioretto fiancheggiato (flanking).**

Gropo as done in galliard variations (done over one 6 beat bar)

Beginning with the left foot a little behind, do:

Beat 1 Trabuchetto L and immediately cross the right foot behind the left with just the toe on the floor.

Beat 2 Trabuchetto R and immediately cross the left foot behind the right with just the toe on the floor.

Beat 3 Trabuchetto L and immediately cross the right foot behind the left with just the toe on the floor.

Beats 4 to 6 Place the right foot on the floor where the left was at the same time as raising the left forward.

Mezza Riverenza (a faster and less elaborate Riverenza)

Mover whichever foot has less of your weight on it back a little while bending your knees a little, then straightening them. A left mezza Riverenza would involve moving your left foot back. Sometimes this step incorporated into the end of another step, such as a Seguito ordinario.

Passo minima

A step. No kidding. It takes as long to do as a minim i.e. half a bar in the first section of the Laura Suave music.

Passo semibreve

A step. No kidding. It takes as long to do as a semibreve i.e. a whole bar in the first section of the Laura Suave music.

Passo in aria

Lift your foot forward. If it's a left one, lift the left foot.

Puntato (Passo puntato) (done over one 2 minim bar)

In the first minim beat step with your left foot.

In the second minim beat move your right foot to join your left, rising on your toes a little, then, lower your heels to the floor by the end of the bar still leaving most of your weight on your left foot so you are ready to take the next step with your right.

Puntato (Passo puntato) (done over one 6 beat bar)

Step forward with your left foot in the first beat and transfer your weight onto that foot over the next two beats.

During the 4th, bring your right foot up to you left while starting to rise on your toes, continue to rise, then lower your heels to the ground by the end of the bar, still leaving most of your weight on your left foot so you are ready to take the next step with your right.

Passo Trangato (from the description of the Trango) (done over one 2 minim bar)

In the first minim beat, step forward and a little to the left with the left foot while bending both knees a little and raising your right heel a little.

In the second minim beat, bring the right foot up to the left while lifting your left heel a little and straightening your knees, then lower your heels placing most of your weight on the left foot, ready to take the next step with your right.

Ripresa Sottopiede > (done over half of a two minim bar – see first section)

First half of the minim beat - Step **OR***** jump to the left and a little forward on to the toe of your left foot.

Second half of the minim beat - Put the toe of your right foot under the heel of your left and raise your left foot.

> (done over half of a 6 beat bar – see Saltarello and Canary)

Beat 1 - Step **OR***** jump to the left on to the toe of your left foot.

Beat 2 – Slight pause

Beat 3 Put the toe of your right foot under the heel of your left and at the same time raise your left foot.

*** Caroso specifically says you may do either in his description of the Sottopiede. He doesn't describe the Ripresa Sottopiede, but as his Riprese, described in Ill Ballarino but not Nobiltà, all go to the side as a Sottopiede can, one would expect this step to go to the side, too.

Riverenza breve (done over two 2 minim bars)

Replace "Bar" with "minim beat" in the description of the Riverenza lunga below. In other words, it is twice the speed.

Riverenza lunga (done over four 2 minim bars)

Keep your body upright throughout.

Bar 1 - transfer most of your weight to your right foot.

Bar 2 - slide your left foot back until the toe is approximately level with your right heel.

Bar 3 - bend your knees a little, transferring some of your weight to the left foot and raising your left heel a little.

Bar 4 - Straighten your knees and slide your left foot forward until the toe is near your right arch, while moving weight back on to your right foot so as to be ready to take the next step with your left.

Saffice

One Ripresa Sottopiede left followed by a Trabuchetto left.

Seguito battuto di Canario/Seguito battuto (done over half of a 6 beat bar)

Beat 1 - Lifting your left toe, slide your left heel forward a little.

Beat 2 - Raising your left heel, slide your left toe back along the same path.

Beat 3 - Stamp your left foot flat on the floor.

Be sure to make a noise.

Seguito Finto > (done over two 6 beat bars - see Saltarello)

Bar 1, beat 1 - Step back on to your left foot with the heel raised.

Bar 1, beat 4 - Step back on to your right foot with the heel raised - not past the left - just so that your feet are side by side.

Bar 2, beat 1 - Step forward on to your left foot to the place it was at the beginning, lowering your heel.

Bar 2, beat 4 - Step back with the right foot to the place it was at the beginning, lowering your heel.

By the end of this step you have not gone any where.

> (done over one 6 beat bar, with mezza Riverenza - see Galliard variation)

Beat 1 - Step back on to your left foot with the heel raised.

Beat 2 - Step back on to your right foot with the heel raised - not past the left - just so that your feet are side by side.

Beat 3 - Step forward on to your left foot to the place it was at the beginning, lowering your heel.

Beat 4 - Step back with the right foot to the place it was at the beginning, lowering your heel.

By the end of this step you have not gone any where.

Beats 5&6 mezza Riverenza

Seguito Ordinario (done over one six beat bar)

Beat 1 - Step forward onto your left foot.

Beat 2 - Begin to move your right foot forward.

Beat 3 - Step onto your right foot (forward of your left).

Beat 4 - Step forward onto your left foot while raising your right heel, leaving the front of your right foot on the floor.

Beats 5&6 – Pause

“Seguito semidoppio grave”ⁱ (done over two 2 minim bars)

In the first minim beat, Passo minima L

In the second minim beat, Passo minima R

In the third and fourth minim beats, Seguito spezzato grave L

Seguito scorso

10 quick little steps per bar. It is perhaps easiest to listen to the music and take little steps while the right section of the music is being played, rather than trying to count them.

Seguito spezzato (Done over one 6 beat bar)

Beat 1 - step forward on to your left foot.

Beat 2 - start to move your right foot.

Beat 3 - place your right foot so that the toe rests on the floor, with the heel raised, behind the heel of the left foot

Beat 4 - push yourself up with your right foot, lifting your left from the floor with your legs and body straight.

Beat 5 - descend onto your left foot, still keeping the right heel raised

Beat 6 - slight pause.

Seguito spezzato grave (done over 2 minim beats)

In the 1st minim beat - Step forward on to the left foot.

In the first half of the 2nd minim beat - Move your right foot up so that the toe rests on the floor, with the heel raised, behind the heel of the left foot and push yourself up with your right foot, lifting your left from the floor with your legs and body straight.

In the first half of the second minim beat - then descend, putting your weight on your left foot.

Sottopiede (in two beats of a 6 beat bar)

Beat 1 - Take a step to the left with the left foot, keeping the heel raised

OR do a Trabuchetto left landing on the toe of the left foot.

Beat 2 - Put your right foot in place of your left, simultaneously raising the left.

Spezzato puntato (done over one 6 beat bar)

This step is done the same way as a Seguito spezzato except that when you descend you slide your right foot forward, while lowering your heel to the floor, ending beside your left foot but not as far forward.

Trabuchetto

Jump to the left on to your left foot and, at the same time lift and swing your right foot over close to your left but not touching the ground **with both legs straight**. To achieve this Caroso says to raise your right hip a little. Most people, but especially men, move their foot a little forward as well.

Trabuchetto Backwards

Caroso doesn't describe these in any direction but to the side, but he mentions them being done backwards as part of the Doppio alla Franzese. I think that they would most likely be done a little to the side as well as travelling backward i.e. diagonally.

Zoppetto

Keeping one foot raised forward and to the side, rise OR hop forward on the other foot.

ⁱ I believe these to be "Seguiti semidoppii grave", a term of my own invention, rather than Seguiti semidoppii as printed in Nobiltà as they are done to music divided into 2 minim bars. Each Seguito semidoppio consist of two Passi followed by a Spezzato, but Nobiltà contains descriptions both the Seguito Spezzato, which is done over two triple beats, and the Seguito spezzato grave, which is done over two minim beats.

Also, in the Seguito spezzato the trailing foot moves forward in the trailing foot moves forward at the end of the first triple beat, while in the Seguito spezzato grave it moves forward at the start of the second beat. This pattern of movement feels more appropriate to the music.