



*L'Academie  
Atlantienne  
de la Danse*

## Academie Officers

### Chancelier

Brigida d'Isenfir di  
Ponza

### University Track

#### Coordinator

Magnifica Helena  
Hrolfsdottir  
(Penelope M.)

### Communications

#### Officer

Looking for Volunteers!

### Web Minister

Maestra Nicolosa de  
Misura  
(Kendra Schmid)

### Chronicler

Brigida d'Isenfir di  
Ponza



Artist Unknown. *Queen Elizabeth I Dancing with Robert Dudley, Earl of Leicester*. Circa 1580. Penshurst Place, Kent. File:Robert\_Dudley\_Elizabeth\_Dancing.jpg

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## **September Notes from the Officers**

*Contributed by the Officers of the Academie*

Updates are needed for the Dance Academie website! If you run a local dance practice, and do not see your name on the list of local dance practices on the website, please send an update to the Webminister, Maestra Nicolosa de Misura.

The deadline for submissions for the October edition of La Mezavolta is September 26 please send all submissions to the Chronicler, Brigida d'Isenfir di Ponza. Submission deadlines will be moving to the schedule of the Friday before the last weekend in the month.

The Academie is conducting a membership update survey! If you have not completed it yet, please do. You can find the survey here:

<https://forms.gle/odVU6nT8rGf55Cee8>

For more information, contact the Chancellor, Brigida d'Isenfir di Ponza.

*Contact information for the Officers can be found on the Academie's website:*

<https://dance.atlantia.sca.org/officers.php>

## **Letter from the Chancellor**

*Contributed by Brigida d'Isenfir di Ponza*

Dear Academie,

This letter is to explain one of the questions on the membership survey. Many of you may have wondered why the last question was about beans and George Wendt. If you would like an explanation please watch this video:

<https://www.youtube.com/watch?v=fAkOzTc0KxA>

A huge shoutout to Charles Fleming with his Slappy Squirrel reference. Another shoutout to Baroness Cynthia, who did not fully get the joke, but likes beans, and knows who George Wendt is!

In service,  
Brigida d'Isenfir di Ponza



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## Classes at Fall University

*Contributed by Brigida d'Isenfir di Ponza and Maestra Nicolosa de Misura*

Fall University will be held in Canton of the Seven Hills, Lynchburg, VA on September 20; and virtually September 21. Both have dance tracks!

### September 20, Canton of the Seven Hills

- 10:00 - Beginning English Country Dance (You can do it!): Alyna of the Ilex  
This class will go over some basic dance steps found in Playford's The Dancing Master. We will then learn some dances and then perform them with music. All the steps will be called throughout so beginner dancers can succeed. Dances learned will be based on time and number of dancers. Potential dances include: Half Hannikin. Heart's Ease, Hit or Miss, Gathering Peascods, Rufty Tufty, Sellenger's Round.
- 11:00 - Introduction to 15th century Italian Courtly Dance: Helena Hrolfsdottir  
Don't know what a piva, sempio, or ripresa is? Fear not! Despite the strange-sounding step names 15th century Italian dances are quite fun. Come show off your fancy clothes while learning the basics that will enable you to do many of the 15th century balli. Dances taught will depend on time and number of students. No partner needed, no experience needed, children are welcome with an adult.
- 1:30 - Cute Gresley - ones Atlantia doesn't do so much - easy: Evelynne Merrymet  
First there is Eglamowr, dead easy, commonly done in Midrealm not in Atlantia. Then there is What so Ever ye Will, really easy cute would go well with the mix we already do. Then there is Armynn, has been done but needs more use the funky hey is wonderful. Next there is Mobray, with the earliest triple that splits and comes back together, a little harder but I love it so we will do it. Finally there will be Sufferance, of the adorable opening split and come back, it has more moves to remember, but all of them are easy.
- 2:30 - Leoncello in two versions: Helena Hrolfsdottir  
Leoncello was one of the most popular of the 15th century Italian balli choreographed by Domenico da Piacenza, so popular that we have records of it being done in the 16th century. However, the exact dance seems to have changed and mutated as time passed. We will first learn Leoncello as written in Domenico's own manuscript, and then learn the version described in a letter sent home to Nuremberg by a German visitor to Italy in 1517. A familiarity with the basic steps of 15th century Italian dance will be helpful in taking this class but is not necessary.

# La Mezavolta



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3:30 - Gracca Amorosa - The "No Touchy" Dance: Brigida d'Isenfir di Ponza  
Stuck in England? Come to Italy to learn Gracca Amorosa! From Caroso's manuscript, *Il Ballarino*, Gracca is a dance where you do not touch for almost the entire dance. Gracca is an advanced 16th century Italian dance, so some prior dance experience is recommended, but all steps will be taught. At the end of the class, we will be recording this dance for the Atlantian Dance Academie's Youtube channel, this part is completely optional, so you can still take the class even if you don't want to be recorded.

4:30 - Advanced English Country Dance: Stefan of Cambion  
We will learn Whirligig and Parson's Farewell. Some prior English Country dance experience will help.

## September 21, Virtual

1:00 - Canary Variation: Annalena di Lucca

The stylish, slidy, stampy canary. A popular improvised dance of the late 16th century, which is also seen in Italian choreographed works. We'll learn the canario from Caroso's "Nido d'Amore." Steps will be taught and the class is suitable for all levels of participation. This class will not be recorded.

2:00 - Horses Branle variations: Stefan of Cambion

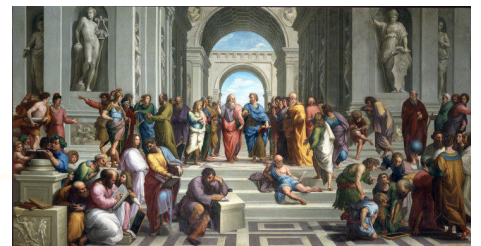
There are a variety of ways to do Horses Branle based on the instructions in *Arbeau*. No partner or dance floor needed.

Although not a dance specific class, I highly recommend attending this class.

4:30 Performing Arts Guild Roundtable: Elizabeth de Spaldyng

Open, respectful conversation and planning session for future Performing Arts Guild activities and ways to bring more performing arts to Atlantia. This round table will be moderated.

For more information on teaching or taking a class at any session of Atlantian University, go to <http://university.atlantia.sca.org/>



Raphael. *The School of Athens*. 1509-1511. Fresco. Apostolic Palace, Vatican Museums, Vatican City. [https://commons.wikimedia.org/wiki/File:The\\_School\\_of\\_Athens\\_\(cropped\).jpg](https://commons.wikimedia.org/wiki/File:The_School_of_Athens_(cropped).jpg)



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## Upcoming Events With Dance

<u>Battle on the Bay - Ride of the 4 Horsemen</u> Dance class led by Magistra Soyna Flicker, called Patches, Saturday, September 6 from 2-3 pm. Dances to fit the theme of horsewomen: Horse's Bransle, Black Nag Goddesses, New Boe Peep.	September 5-7	Storvik Upper Marlboro, Maryland
<u>Stierbach Baronial Birthday</u> There will be dance, time and set list TBD. Led by Helena Hrolfsdottir	September 13	Stierbach Culpeper, Virginia
<u>University of Atlantia</u> Dance Track. See article above Pre-registration ends September 17.	September 20-21	Seven Hills Lynchburg, Virginia
<u>A Festival of Bones</u> Dance Class and dancing in the evening, led by Patches.	October 31-November 2	Dun Carrig Nanjemoy, Maryland

*If you know of an event that should be featured, please send it to the chronicler!*

*Sometimes, upcoming events would love to add dance, but need a Dance Master! If you would be interested, please contact Brigida d'Isenfir di Ponza. If you want to see dance at your next local event, be sure to reach out to your event steward or A&S coordinator.*

## Summer Dance Recap

- Northside Demo (Isenfir) - Dancing led by Brigida d'Isenfir di Ponza, assisted by Maestra Nicolosa de Misura.
- June University (Marinus/Virtual) - A dance track both online and in person with classes taught by Mistress Alyna of the Ilex and Brigida d'Isenfir di Ponza.
- Pennsic War - Classes and balls ran by many Atlantians. Patches became elevated to a Pelican, for her service to the dance community.
- Pennsic Procrastination and Pennsic Pity Parties - Isenfir held two parties, one to procrastinate packing for Pennsic, the other for those who could not attend Pennsic. Ran by Brigida d'Isenfir di Ponza.



de Caulery, Louis. Social gathering at the palace. Circa. 1610. [https://commons.wikimedia.org/wiki/File:Louis\\_de\\_Caulery\\_-\\_Zebranie\\_towarzyskie\\_w\\_palacu.jpg](https://commons.wikimedia.org/wiki/File:Louis_de_Caulery_-_Zebranie_towarzyskie_w_palacu.jpg)



## Dance Reconstructed: Contentezza d'Amore

*Contributed by Brigida d'Isenfir di Ponza*

Contentezza d'Amore (1600 version) adds six new dance steps not present in the 1581 version. These steps are the Saffice, the Destice, the passo minimo, and the puntata minima. He eliminated solo parts and the chorus parts of the music has a different set of steps every time. It is more complex than the 1581 version. This was originally taught as a virtual University class two years ago. You can find the entire handout here:

### **Contentezza d'Amore**

#### **1600 Version**

##### **Caroso (1600)**

Arrangement: single couple

##### First Playing

Do this entire part while facing each other, holding both hands except in the final riverenza.

1 - 4 Riverenza to each other.

5 - 8 Two continenze (left then right).

9 - 10 Two reprise, traveling around in a circle to the left.

11 - 12 Two trabuchetti, left then right.

13 - 14 Seguito ordinario left.

15 - 16 Two reprise, traveling back around the circle to the right.

17 - 18 Two trabuchetti, right then left.

19 - 20 Seguito ordinario right.

21 - 24 Riverenza, releasing outside hands.

##### Second Playing

The couple progresses together unlike as before which was quite wrong.

1 - 4 Two slow puntate forward, beginning with the left foot.

5 - 6 Two passi gravi forward.

7 - 8 Seguito ordinario forward.

9 - 12 Two slow puntate forward.

13 - 14 Two passi gravi forward.

15 - 16 Seguito ordinario forward, finishing by turning to face.

17 - 18 Two slow trabuchetti left, right.

19 - 20 Three quick trabuchetti left, right, left

21 - 24 Continenza left then right.

# La Mezavolta

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## Third Playing

In this part the couple progresses as in the second playing, this time starting on the right foot.

1 - 16 As 1 - 16 above, starting on the right foot.

17 - 18 Two slow trabuchetti right, left.

19 - 20 Three quick trabuchetti right, left right.

21 - 24 Continenza right, then left.

## Fourth Playing

In this playing the lord and lady exchange places, then go up or down the hall, and then return.

1 - 4 Holding right hands, two seguiti left, right.

Drop hands

5 - 8 Two seguiti to go to the opposite ends of the hall.

9 - 12 Two puntate left then right forward.

13 - 16 Two seguiti flanking left, right

Done opposite each other,

17 - 18 Two trabuchetti left, right.

19 - 20 One destice left.

21 - 24 Two puntate coming forward To meet.

## Fifth Playing

This playing is the same as the fourth playing, but you will take left hands and start on the right foot.

## Sciolta

This section is in triple time (3/4 played quickly).

1 - 4 Taking both hands do two

spezzati to the left.

5 - 6 Two passi over left shoulder.

7 - 8 One spezzato to change places.

9 - 12 Two spezzati to the right.

13 - 14 Two passi over right shoulder.

15 - 16 One spezzato to change places.

17 - 18 Two reprise to the left.

19 - 20 Two trabuchetti left, right.

21 - 22 Two passi minimi.

23 - 24 One saffice to the left.

25 - 26 Two reprise to the right.

27 - 28 Two trabuchetti right, left.

29 - 30 Two passi minimi.

31 - 32 One saffice to the right.

Drop outside hands.

33 - 36 Two minime puntate forward.

37 - 40 Riverenza to end the dance. You must join

your feet at the end

or the entire dance

will be quite wrong.



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## Agenda for the Next Academie Meeting

*Contributed by Brigida d'Isenfir di Ponza*

The next Academie meeting will be Wednesday, September 10, 7:30-8:30 pm EST. The agenda is still tentative (and not in the right order), the final version will be provided via email closer to the meeting. The current agenda is just a rough idea of topics that will be brought up at the meeting.



Pisan, Christine. An illustration from a compendium of her works. [https://commons.wikimedia.org/wiki/File:Christine\\_de\\_Pisan\\_-\\_cathedra.jpg](https://commons.wikimedia.org/wiki/File:Christine_de_Pisan_-_cathedra.jpg)

### Officer Reports

- University Track Coordinator
- Webminister
- Chronicler
- Chancelier

- Upcoming Events with Dance

### Old Business

- Dance authorization card implementation
- Dance favor revival
- Social Media Coordinator/other open positions follow up
- YouTube playlist of dance songs
- Membership update survey
- Website updates
- A&S Comp/Performance
- Dance at small events
- Brainstorm ideas on how to make dance work better at Twelfth Night and similar events

### New Business

- Dance at WOW
- Dance Academie order for completing all the dances in a dance book
- Regional advanced dance practices?

This is La Mezavolta, a publication of L'Academie Atlantienne de la Danse of the Society for Creative Anachronism, Inc. La Mezavolta is available from Brigida d'Isenfir di Ponza (Gina La Manna), [brigida.disenfir@gmail.com](mailto:brigida.disenfir@gmail.com), Chronicler. Subscriptions are free as all publications are available electronically, This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies. © Copyright 2025, Society for Creative Anachronism, Inc. For information on reprinting letters and artwork from this publication, please contact the Chronicler for L'Academie, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

*If you notice a mistake or inaccuracy, please contact the Chronicler at the email above.*

# Photo Gallery



Dance at the Pennsic Procratination Party  
Image Credit: Giovanni di Ponza



Epping Forest  
Image Credit: Giovanni di Ponza



Old Mole  
Image Credit: Giovanni di Ponza



Old Mole  
Image Credit: Giovanni di Ponza



Ly Bens Distonys  
Image Credit: Giovanni di Ponza



Dance at the Pennsic Pity Party - Greene Gynger  
Image Credit: Giovanni di Ponza