



Diez estudiantes de 2º ESO junto con el profesor de música preparan bailes de época para deleitar al alumnado de 1º ESO. Harán tres representaciones y en los intervalos llevarán a cabo un taller de baile para enseñar al alumnado de 1º cómo bailar la Estampie y cómo hacer una reverencia.

SCRIPT : Dances

Welcome to our ballroom!

We are going to perform some dances that were very popular during the 16th century.

The first dance is called **BRANLE** */'brɑ:l/, /'brɔ:l/, /'bræŋ(ə)l/* - this dance is performed by a chain of dancers holding hands and moving in a circle.

Our next dance will be an **ALLEMANDE** – the dancers form a line of couples with their paired hands extended forward, they parade back and forth the ballroom

Finally, we will dance an **ESTAMPIE** – this dance is also for couples who move with sliding steps.



WORKSHOP - Let's Dance !

Estampie

1. d s x 3

double forward (left foot forward, right foot forward, left foot forward, right foot closes together)

single backwards (right foot backwards, left foot closes together)

REPEAT 1 TWO MORE TIMES

2. s s

single to the left (left foot side, right foot closes together)

single to the right (right foot side on your toes, left foot closes on the toes and down)

REPEAT 1 AND 2

3. Curtsey

- ✓ Put your left foot behind
- ✓ Kneel down, stopping five centimetres above the ground
- ✓ Keep your head up looking at the person you're doing the curtsey to
- ✓ Look down just before you stand up
- ✓ Put your hands in front of you, palms up