

Key to 17th-century dance step names

- Single = 2 steps (forward or back)
- Double = 4 steps (forward or back)
- Set = quick small steps: left, right, left and a right, left, right (akin to a modern day chacha step)
- Turn = turn once around in place using 4 steps
- Set & turn = Left 2, 3; right 2, 3; turn in place in 4 steps
- Slip = a sliding step, sort of like skipping sideways
- Side = Walk a double towards your partner so you end up shoulder to shoulder; walk a double back. *This step is usually done in pairs - first to the left side, then to the right side*
- Arm = hook elbows with your partner and use 8 steps to turn around each other so you end up where you started. *Usually done in pairs so you rotate first to the left (linking left elbows), and then to the right (linking right elbows)*

Sellengers Round, or The Beginning of the World (a circle of partners)

(Wash your hands first!)

Starting position: Stand in one big circle with everyone holding hands. You should be standing next to your partner.

Part 1: Take hands in a circle: slip 8 to the left; slip 8 to the right.

Chorus: Take hands with your partner only and go into the middle using 2 setting steps (left, right); back up a double; set and turn with your partner. Repeat all that again.

Part 2: Side with your partner to the left; side with your partner to the right.

Chorus: Take hands with your partner only and go into the middle using 2 setting steps (left, right); back up a double; set and turn with your partner. Repeat all that again.

Part 3: Arm with your partner to the left; arm with your partner to the right.

Chorus: Take hands with your partner only and go into the middle using 2 setting steps (left, right); back up a double; set and turn with your partner. Repeat all that again.