

Sobria by Domenico of Ferrara

For 5 men and a lady. One man and the Lady stand at the head of the column holding hands and the other 4 men make up 2 couples standing behind them in a column also holding hands. The couples should start 4 paces apart.

We perform this with the couple starting alone and the other men joining as the couple pass them.

Music (Our section identifiers, there are none in the original)	Measure /Bar	Instructions
A (Saltarello 3:4 or 6:8)	1 - 15	A Movimento followed by 14 Salterelli. Then all stop. What we do is: 1: Lady Movimento 2 – 5: Lady joins and circles the 1 st man. 6 – 13: Lady and 1 st man circle the room, 2 nd and 3 rd man follow them. 14- 15: Last 2 men join the back of the set.
B (Piva 2:4)	1 – 4	The 4 rear men drop hands and separate [diagonally] with 4 Riprese. The front 2 diagonally forwards, the back 2 diagonally backwards to make a square.
C (Piva)	1 – 6	With 3 tempi of Piva the front couple take right hands and circle. Then he stops and the lady flees from the man with 3 tempi of Piva ending in the middle of the square of 4 men. With the last Piva she turns back with a Meze Volta to look at the man that she has just left and he looks to the front (away from her).
D1 (Bassadanza 6:4)	1 – 4	With a right Doppio the two front men approach the lady and make a Riverenza both trying to touch the lady's hand at the same time. She draws back disdainfully and turns her back on them. When she turns her back these two men turn round with a Salpetto and return to their places with a right Saltarello and a Posada. [They finish facing each other].
D2 (Bassadanza)	1 – 4	The back 2 men do as the front 2 did and the lady repeats her actions. This ends with the lady facing the front.
D3 (Bassadanza)	1 – 4	The lady and the original front man come towards each other with 2 Simples and a Double starting Left. In the last 2 beats of the double they make a very quick Riverenza touching hands and then they turn away from each other (to the right) and return to where they began this figure with 2 Doubles starting with the Right. The lady finishes this figure facing towards the back two men and the lone man faces forwards.
E1 (Quadernaria 2:4)	1 - 6	The front two men move towards each other and change sides passing right shoulders with 2 Salterelli and come up behind the lady with a third Salterello.
F1 (6:4)	1 - 3	Looking across at his partner the man on the left puts out his right hand as if to touch the lady and seeing this the man on the right signals with his left hand not to do it. The lady sensing this turns suddenly looking annoyed
G1 (6:4 or 6:8)	1 - 2	The men seeing the lady turn also turn away from her with a jump and retreat back each to the other man's corner with 1 Saltarello and a Posada – finishing with a Mezavolta to face the lady.
E2, F2, G2		The other two men do as the first pair and the lady repeats her actions. At the end of this the lady is facing the back, and the solo man turns to also face the back.
H1 (3:4 or 6:8)	1 - 10	With 8 Salterelli the lone man weaves around the front 2 men, starting by going between the front two men, round the man to his Right, through the gap between the men and turning right around the 2 nd man. The Lady does the same going round the rear 2 men starting by going outside/ in front of (to the left of) the man to her Right, round that man, through the gap between the men and turning right around the 2 nd man. At the end of 8 Salterelli the couple find themselves face to face and quickly touch hands. With 2 more Salterelli the lone man returns to his place [turning to his right] at the front of the set while the lady makes a full turn [to the right] also with 2 Salterelli remaining in the centre of the set. The 1st 4 bars of section H

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		may be intended to repeat, but if you repeat them then you end up with 4 bars too many, so don't.
11	1 - 4	The Lady stands still. The lone man does a Volta Tonda in 4 Piva turning [anti-clockwise [to his own left] returning to his place. At the same time the other 4 men each change places with their partners with 4 Piva (starting left) [and passing right shoulders]. These 4 men are now back in their original arrangement.
12	1 - 4	The Lady makes a Volta Tonda [to the left (anti-clockwise)] in 4 Piva . At the same time the lone man comes to join her with 4 Piva and they take hands. At the same time the back 2 men change places with the front 2 men [passing left shoulders] with 4 Piva. They finish facing the couple in the centre.
13	1 - 4	Without pausing the couple escape to the front of the set with 4 Piva and at the same the other 4 men close in towards the centre of the set with 4 Riprese done diagonally. The back men facing the front and the front men facing the back initially but turn (mezzavolta) with their last Ripresa to face front.