

# Strictly Come Tudor Dancing

## Pastime with Good Company Written by Henry VIII, c.1513



### A simple dance to accompany 'Pastime with Good Company'

Your class should stand in small circles of three, four, five or six.

Bow or curtsy to start the dance

- 1st line: Step into middle, step out, turn round on spot for two beats.
- 2nd line: Repeat.
- 3rd line: Everyone puts right hand into middle and raises them to look like a pointed roof. Three slow steps round to your left (clockwise).
- 4th line: Put left hand in middle, three steps round to your right (anticlockwise).
- Repeat the whole sequence for each verse.

End with another bow or curtsy