

# A Tudor dance

Below are instructions for a simple dance to the folk song 'Pastime with Good Company' written by King Henry VIII.



Children stand in small circles of three, four, five or six.

- 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 left.
- 4th line: Put left hand in middle, three steps to right.
- Repeat the whole sequence for each verse.
- The dance should begin and end with a bow or curtsy.