

# Ly Bens Distonys

(A dance from the Gresley Manuscript)

**This reconstruction is heavily based on (read virtually identical to) the version in Terpiscore VIII book - Barony of Cynnabar.** Explanation by Joanna of the Beechwoods (Joanna Keenan)

**Can be done by one couple or by many couples in line provided they are not too crowded.**

## **A Section of Music (the trace)**

**Holding usual hands:**

**2 Singles LR - 2 bars**

**Double L - 2 bars**

## **B Section of Music**

**Gents 3 steps fwd RLR and turn to face while Ladies Double R back - 2 bars**

**Both go to each other's former places by moving diagonally: - 2 bars**

**Gents with 3 steps LRL and a turn to face original direction**

**Ladies with a Double L**

**Ladies 3 steps fwd RLR and turn to face while Gents Double R back - 2 bars**

**Both go to each other's former places by moving diagonally: - 2 bars**

**Ladies with 3 steps LRL and a turn to face original direction**

**Gents with a Double L**

**Taking usual hands:**

**1 Single forward R - 1 bar**

**1 Single forward L, drop hands - 1 bar**

**Cast out with one double, take hands - 2 bars**

**Repeat ABABAB.....**

# Ly Bens Distonys

Gresley Mss f 81

Soprano

Tune from Ms

Trace

Tenor

6

S Turn S S S Turn S S S Turn S S S Turn

13

Forward Back Turn

19

Musical notation for measures 19-24. The system consists of three staves. The top staff is in treble clef with a key signature of one flat (B-flat). It contains six measures of music, primarily consisting of eighth and sixteenth notes. The middle staff is in treble clef and contains six measures of music, primarily consisting of quarter and eighth notes. The bottom staff is in bass clef and contains six measures of music, primarily consisting of quarter and eighth notes. A small '8' is written below the bottom staff at the beginning of the system.

25

Musical notation for measures 25-30. The system consists of three staves. The top staff is in treble clef with a key signature of one flat (B-flat). It contains six measures of music, primarily consisting of eighth and sixteenth notes. The middle staff is in treble clef and contains six measures of music, primarily consisting of quarter and eighth notes. The bottom staff is in bass clef and contains six measures of music, primarily consisting of quarter and eighth notes. A small '8' is written below the bottom staff at the beginning of the system.

30

Musical notation for measures 31-33. The system consists of three staves. The top staff is in treble clef with a key signature of one flat (B-flat). It contains three measures of music, primarily consisting of eighth and sixteenth notes. The middle staff is in treble clef and contains three measures of music, primarily consisting of quarter and eighth notes. The bottom staff is in bass clef and contains three measures of music, primarily consisting of quarter and eighth notes. A small '8' is written below the bottom staff at the beginning of the system.