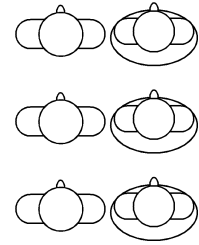


# Belle Qui Tiens Ma Vie

Arbeau (1589)



Setting: A column of couples facing forward. The couples may follow each other in a column, or they may wander freely about the hall.

## Pavan:

Standing next to each other and forward, the couples hold their inside hands. As the dance progresses, the couples promenade around the hall, generally with the lady on the outside, so that all may admire her.

- 1 walk forward one step with the left foot
- 2 bring your feet together
- 3 walk forward one step with the right foot
- 4 bring your feet together
- 5 walk backward one step with the left foot
- 6 walk backward one step with the right foot
- 7 walk backward one step with the left foot
- 8 bring your feet together and rise on top toe
  
- 9 walk forward one step with the right foot
- 10 bring your feet together
- 11 walk forward one step with the left foot
- 12 bring your feet together
- 13 walk backward one step with the right foot
- 14 walk backward one step with the left foot
- 15 walk backward one step with the right foot
- 16 bring your feet together and rise on top toe

The gentleman goes down on his right knee, still holding his lady's hand. She pavans around him counter-clockwise.

Ladies only:

- 1 – 16 same as above, circling the gentleman.

Gentle rise, once again standing to the left of the lady.