

For dear Emma from Mamma - May 12th 1858

DEAN'S
SIXPENNY

PAPA PLEASE YOU WELL SERIES

SARAH MANN'S

FIRST

LESSONS IN DANCING.

Printed and Published by

DEAN & SON,

11, Ludgate Hill,
London.

L. JEWITT



LONDON.
DEAN & SON LUDGATE HILL.

Printers, Lithographers, and Book and Print Publishers.

The Verses by James Bishop,—the description of the Dances by C. S. Orson.

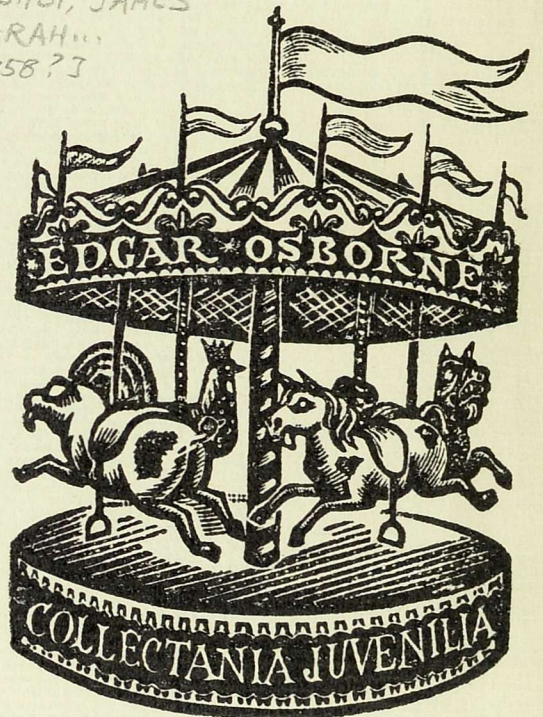


IF, my dears, as you've said, that to Dance you would learn,
 And for free graceful movements a name you would earn,
 I will willingly teach, if you'll listen to me,
 And very attentive endeavour to be.

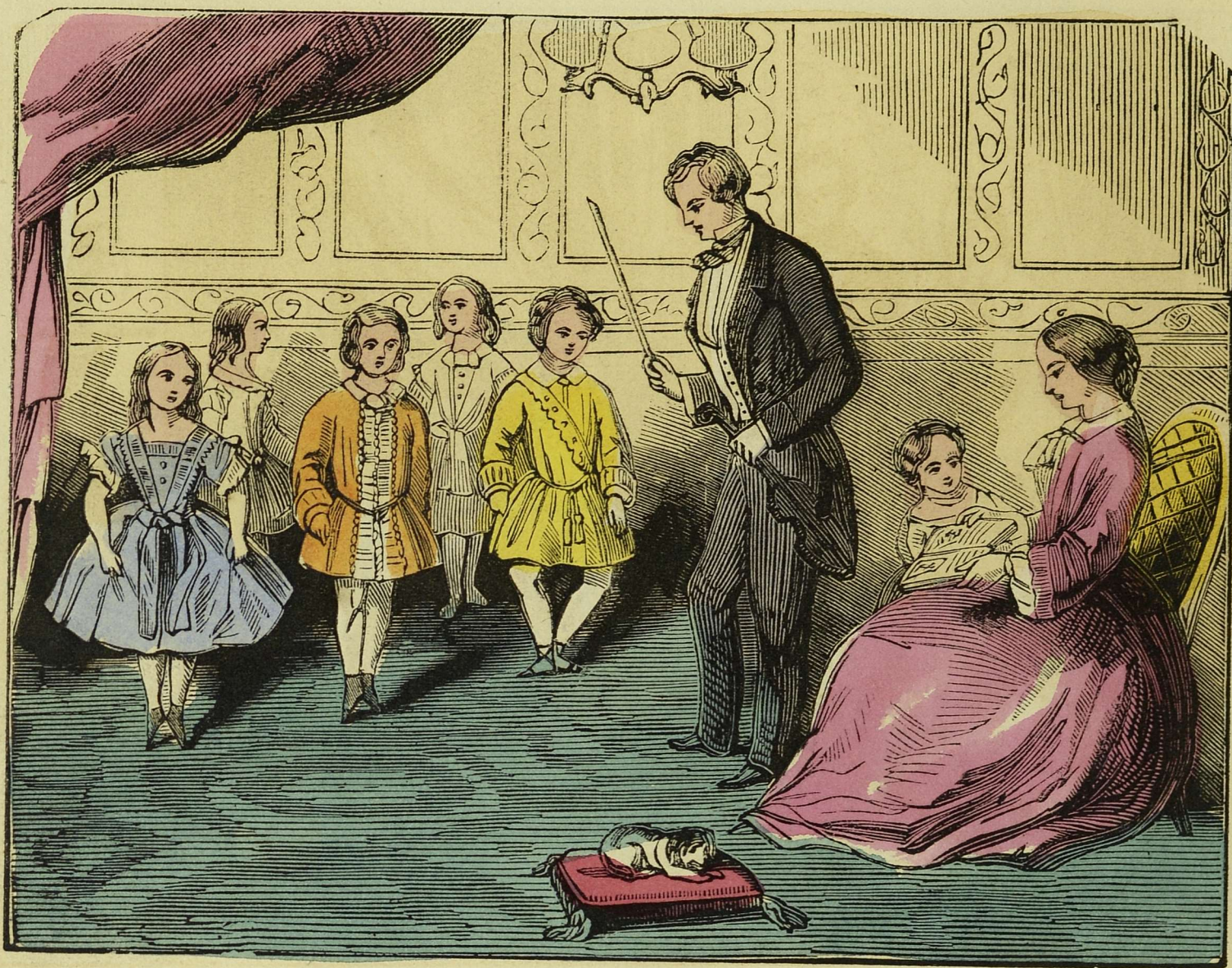
FIVE POSITIONS there are,—if you practice them well,
 You'll in WALTZ, in QUADRILLE, and in POLKA excel.

Position the First. Here turn out each toe,
 Your heels place together,—stand upright,—and throw
 Your shoulder well back. In *the Second*, still mind
 To keep quite erect,—the head slightly inclined
 To the left,—then the right foot place out, as I show
 In the picture, and mind well to point out your toe.

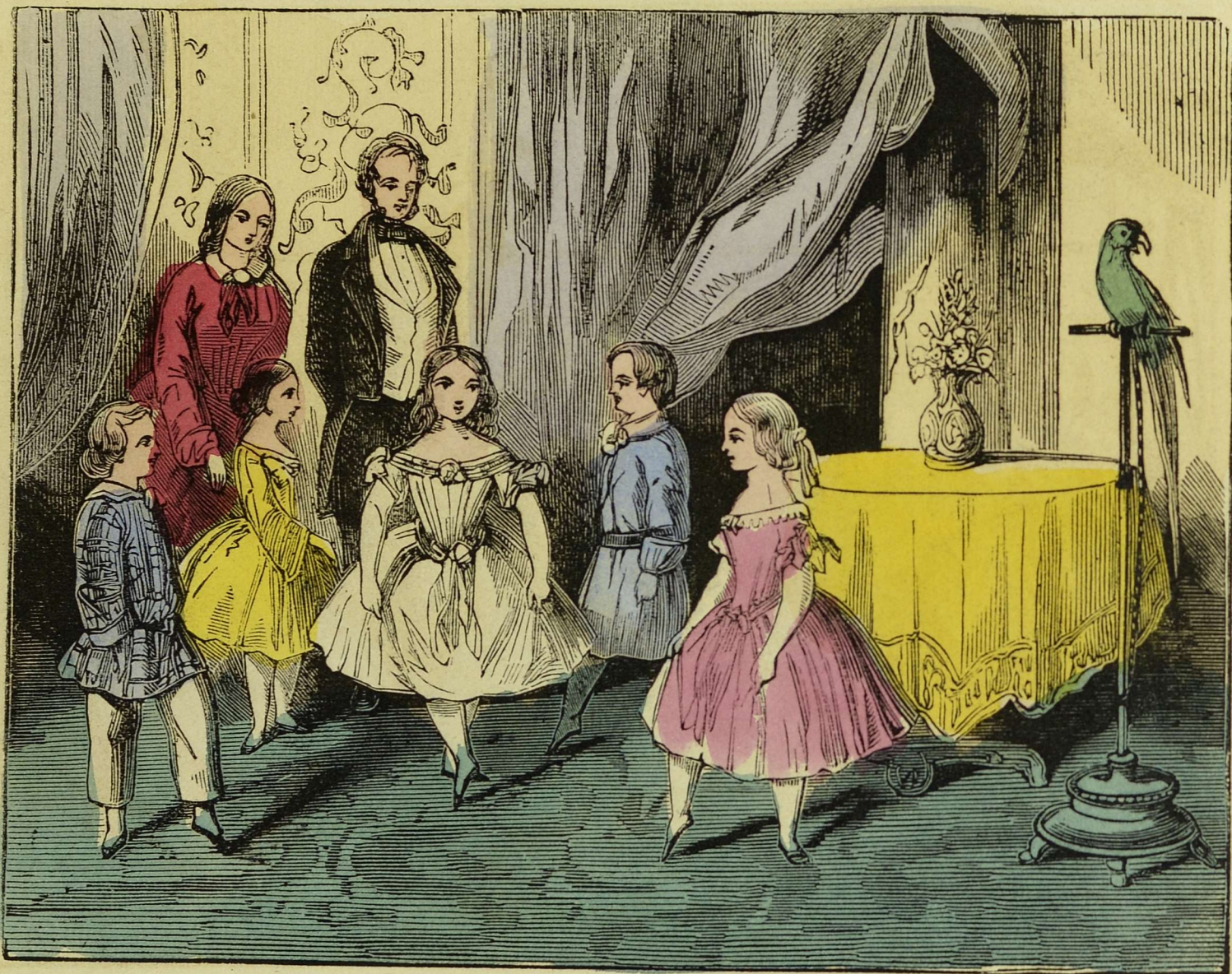
BI
BISHOP, JAMES
SARAH...
[1858?]



37131 009 549874



We now to the GRACES OF DANCING proceed,—
And here of attention you stand in most need.
To RISE ON THE TOES, it is proper to place
The feet in *Position the Third*;—then, with grace,
Rise as high as you can,—and then with a spring
Your feet in a changing position you bring.
Do this with good grace as you rise in the air,
For if done with effect, it will graceful appear;
But let the change be ere the toes (not the feet)
In coming down gently the carpet shall meet:
And practice this movement at least once a day,
Before you resolve at your pastimes to play.



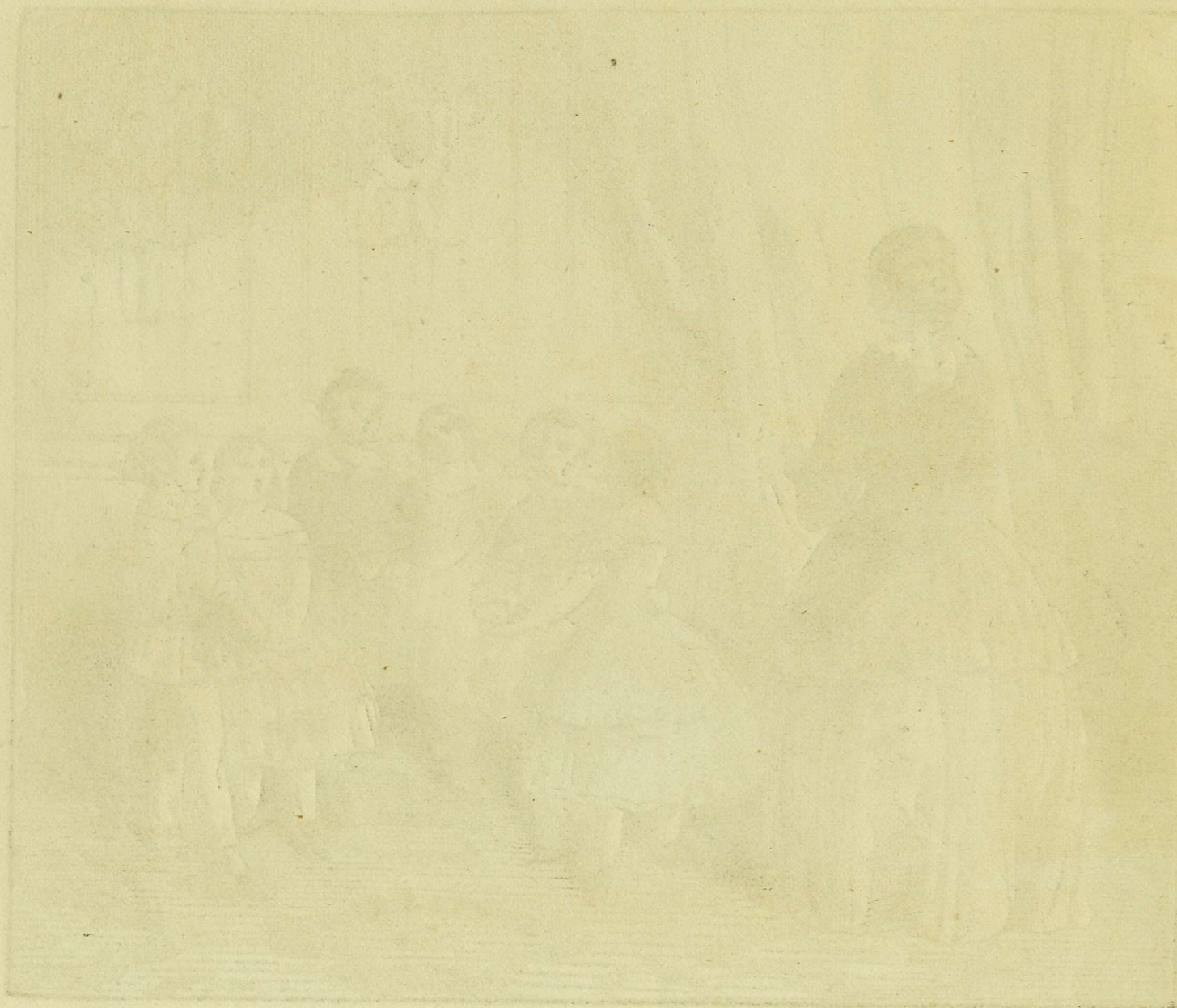
To CHASSEZ, in *Position the Third* you begin,
 (Now mind what I say, and much credit you'll win.)
 Then bending the knee, the right foot forward place
 In advance of the left one, with ease and with grace;
 Then bending again, you the left foot should bring
 Quite up to the right, with a fairy-like spring.

For THE GLASSIDE STEP, now, dear learners, attend,—
 You must stand in *Position the Third*, and then bend:
 In the *Second Position* your right foot then place,—
 (Be sure to do this with correctness and grace,)
 Behind the right foot let the left smoothly glide;—
 Repeat this three times, as you gracefully glide.



To dance well the WALTZ, like the Polka, each pair
 Must mind the directions which follow on here :
 I show, in the picture, the way it should be,—
 Of the dance, a description you'll now plainly see.

THE WALTZ is a very pretty dance, and is danced in couples round the room, like the POLKA, SCHOTTISCHE, &c. To describe the Step, each little learner must call to mind the Positions. First, stand in the **Fifth Position**,—the Lady with the right foot, and the Gentleman with the left foot in front. The front feet must now be slidden forward into the **Second Position**; the back feet must then be drawn up close to the front feet, making an **Assemblée** in the **Fifth Position**; and the movement is then followed up by a graceful rise upon the same foot, (slightly elevating the front foot at the same time), and then descending again. The Step is then repeated by the other foot. The **Waltz Step** must be counted in the time of One, Two, Three to each movement.



To dance well the Waltz, like the Polka, each pair
Must mind the directions which follow on here:
I show in the picture the way it should be—
Of the dance, a description you'll now plainly see.

THE WALTZ is a very pretty dance, and is danced in couples
round the room, like the Polka, &c. The dancers are
Step, each with learner must call to mind the following:—
the Fifth Position:—the lady with the right foot and the gentleman
with the left foot in front. The first half must now be
forward into the Second Position:—the lady with the right foot
drawn up close to the left leg, making an Angle in the
Fifth Position; and the gentleman is now to step
forward with the right foot, keeping the feet in the same
line, and now drawing again. The step is then repeated for the
second time. The Waltz Step must be repeated in the form of a
Two Time, to each measure.



THE POLKA. The Gentleman's right arm encircles the waist
Of the Lady, whose right hand in his left must be placed;
And in this position he gracefully holds her,
While the Lady's right hand should be placed on his shoulder.

The enlivening POLKA is danced in couples round the room. There are three ways in which the step is applied to the Dance; namely, the Backward Step; the Forward and Backward Step, with the Turn; and the Single Turn, without the Forward and Backward Step; and nothing can be more easy than the acquirement of this Step. First, stand in the **Fifth Position**; slide the front foot forward, and count One; bring the back foot up close into the **Fifth Position** behind, and count Two; slide the front foot forward again, and count Three; and make a hop on the same foot, and count Four. Do the same with the other foot; and continue the practice until repetition makes you perfectly acquainted with the Dance.



THE QUADRILLE is a Dance by eight persons, or more,
 They stand up in pairs as they're placed round the floor :
 This, better than words, in the picture we show,—
 But still we explain how 'tis danced. See below.

The QUADRILLE, CALEDONIANS, and LANCERS, are each composed of Five Figures, and are danced by Four Couples, forming a Square. They are named the Top and Bottom Couples, and the two Side Couples. The Curtsey and Bow, both at the commencement and finish of the Quadrille, must never be dispensed with. Eight bars of the music are played before each figure begins. Each figure is supposed to be SET by either the Top Couple, or Top and Bottom Couple together, or by the Top Lady and Bottom Gentleman, and the Side Couples follow the example, performing the same to the Final figure.

DEAN & SON'S COLOURED SIXPENNY BOOKS.

PAPA PLEASE-ME-WELL'S SERIES.

Aladdin, & Wonderful Lamp
Beauty and the Beast
Cocky Locky & Henny Penny
Courtship & Marriage of Cock
Robin & Jenny Wren
First Lessons in Dancing
Little Man and Maid
Pretty Alphabet, easy spelling
Sleeping Beauty in the Wood
Second Toy Shop Alphabet
Sick Robin, and kind Nurse,
Jenny Wren
Three Bears
Three Tiny Pigs
Trial of the Sparrow for
Shooting Cock Robin

MISS MARY MERRYHEART'S SERIES.

Ali Baba; or, Forty Thieves
Blue Beard
Butterfly's Ball, and Grass-
hopper's Feast
Dame Wiggins and her Cats
History of Austin Brent
Jack, the Giant Killer
Little Goody Two Shoes
Little Red Riding Hood
Robinson Crusoe
Robin Hood
Scenes from the Seat of War
Seven Champions
Toy Shop Alphabet

BROTHER SUNSHINE'S SERIES.

Children in the Wood
Cinderella and Glass Slipper
Death & Burial of Cock Robin
Dogs' Grand Dinner Party
Historical Alphabet
Jack and the Bean Stalk
Old Mother Hubbard
Pleasing Pastimes
Simple Simon, & other Stories
Sing a Song of Sixpence, &c.
Steam Boat Alphabet
The Wonderful Brothers
Watts's Divine & Moral Songs

UNCLE HEART'S-EASE SERIES.

A, Apple Pie
Alphabet of Birds
Johnny Gilpin
Little May and Her Brother
Little Pig's Tale
The Donkey's Party
The Funny Old Lady
The Merry Miller
The Posture Alphabet
The Sunflower's Ball
The Three Useful Giants
Uncle Bunce's A B C
Visit to the Crystal Palace,
Sydenham.

MERRIMENT SERIES, AND LADY-BIRD'S SERIES.

Alphabet of Flowers & Fruit
Cats' Tea Party
Charley Countwell's Comic
Ciphering
Deborah Dent & her Donkeys
Monkeys' Wedding Party
New House that Jack Built
New Mother Goose
New Puss in Boots
New Story about Cock Robin
Peep at the Zoological Gardens
Rhymes about Royalty
Scripture Historical Alphabet
The Toy Grammar

AUNT BUSY-BEE'S SERIES.

Alphabet of Flowers
Alphabet of Nouns & Objects
Alphabet: Horses, Dogs, Ships
Comic Alphabet, with verses
Gamut & Time Table in Verse
Little Frog and Pretty Mouse
Little John and Silver Shilling
Mouse in a Christmas Cake.
New London Cries
Peter Paganini
Stories: Horses, Dogs, Ships
Two Brothers and the Echo
Whittington and his Cat

COUSIN HONEYCOMB'S SERIES.

Alphabet of Trades & Industry
Amusing Multiplication
Aunt's Ball: a New Alphabet
Popular Nursery Rhymes
Popular Riddles and Puzzles
Railway Alphabet
Royal A B C, & Spelling Book
Tales of the Months & Seasons
The Mouse and her Sons

GRANDPAPA EASY & GRANDMAMMA EASY'S SERIES.

Alderman's Feast: Alphabet
Cock Robin Alive & well again
Dame Bantry and her Cat
Jacko's Merry Pence Table
Lion and the Unicorn
Little Jack Horner
Little Pig's Ramble
Merry Multiplication
Poor Molly Goosey
Queen of Hearts & the Tarts
Stories of the Alphabet
Tom Thumb and his Mother
Wonders of a Toy Shop

SCRIPTURAL SERIES, NEW SUNDAY BOOKS.

Two Brothers; Cain and Abel
History of Isaac and Rebekah
History of Esau and Jacob
Joseph and his Brethren
History of Moses
History of Ruth and Naomi
History of Samuel
History of David
Daniel, or Captives of Judah
History of Our Saviour.

*The above Ten Books may be had
bound in One Volume, cloth, gilt
edges, sides, and back: price 5s.*