And David danced before the Lord with all his might, and David was girded with a linen ephod. 2 Sam. vi. 14.

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THE GENTLEMAN & LADIES COMPANION.

COTILLIONS.

No. I.— Ca Ira.

BALANCE all eight, then half round, the fame back again, 1ft and 2d couple (opposite) take your partner with both hands, chaffe with her to your fide with five fteps, back again to your places, balance with the opposite couple, then crofs hands half round, back again with four hands round, a gentleman with the lady opposite balance in the middle, and fet, the other
The gentleman & lady's companion; containing, the newest cotillions and country dances; to which is added, instances of ill manners, to be carefully avoided by youth of both sexes. http://www.loc.gov/resource/musdi.114

The gentleman with the opposite lady do the same, right and left quite round until to your places. The 3d and 4th couples do the same figures.

No. II.— The Coquet.

All round, first couple let to the left 4 couple, then the other couples, chaffe all 4, back again, face to the left couple, and right and left quite round, face to your partner, chaffe only five steps, back again, turn your partner to her former place: The second couple to the left perform the same figures, and so the third and fourth couples.

No. III.— The Convention.

[May be danced with the tune of York Fusiliers.]

All round, first and opposite couples, balance in the middle, fet, and turn, contrary partners, and retreat to your places, the other two couples do the same, chaffe all eight and turn the lady to your right quite round, chaffe back to your places and turn the lady to your left, then form two lines long way four each side balance, cross hands tour, each corners, balance again, and cross hands back, and come to your former places.

No. IV.— La Fayette Forever.

All round, chaffe four open, back again, balance in the middle, then half right and left, the gentlemen balance 5 and turn the ladies to their left hand only half way, fet, chaffe all eight that you may be in your former places: The 3d and 4th couples do the same.

No. V.— German Spa.

All round, the two opposite couples take your partner's hands, and change places; chaffe four only five steps, fo back again, balance in the middle, fet, half crofs hands that you may be in your places, the fame couple turn contrary partners opposite then turn your own with
your right hand half way, balance with your partner, fet, half right and left with the opposite couples, which brings you to your former places; the other two couple do the same.

**No. VI. — Miss Chandler’s Cotillion.**

All round, right and left all eight half round until you meet your partners, then allemand with your partner until to your former places, chaffe all eight, turn the lady to your right quite round, chaffe back again and B 6 turn the lady to your left, then balance with your partner and turn her quite round.

**No. VII. — Commencement.**

Prominade round 40 steps, fall into two lines, fet, four hands half way round, balance and back, half right and left with balance.

**No. VIII. — Duke of York’s Cotillion.**

Top and opposite couple Allemand and assemble, chaffe to ladies place, fide couple the fame, take hands behind and balance, and prominade to your place.

**No. IX. — The girl I left behind me.**

The gentlemen chaffe to opposite places, then short allemande and assemble in the middle and turn the opposite lady, gentlemen chaffe to places. all balance and half round; fide couple ditto; all balance and back to places.

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**COUNTRY DANCES.**

**No. I. — The New Pompe Room.**
CAST off two couples, up again, 4 hands half round at top, back again, lead down the middle, up again and cast off one couple, right and left at top.

No. II.— The Young Widow.

Four hands across half round at top, back again, lead down the middle, and turn your partner half way, then up again, and cast off one couple, the first gentleman stand between the second and third ladies, so his partner—between the second and third gentleman, balance all fix, then all half way round, first couple stand till, when the 2d & 3d couples balance in the middle, and half right and left, so every one come to their former places.

No. III.— Allemand Swiss.

Cross four hands at top, half round, back again, cast off one couple, fet, 8 balance fix, and fet, then four land round at the bottom, back again, right and left at top.

No. IV.— White Cockade.

Cast off two couples, up again lead down, the middle, up again, cast off one couple, crosses hands at bottom, half round, back again, right and left at top.

No. V.— Fisher’s Hornpipe.

Cast off two couples, up again lead down the middle, up again, and cast off one couple, crosses hands at the bottom, right and left at top.

No. VI.— Pretty Nancy.

Cross over the first and second couples, balance at the bottom second couples, balance at the bottom, then turn your partner, crosses hands at bottom, right and left at top.

No. VII.— Sea Flower.
Crofs four hands, half round, back again, chaffe only the firft couple firft, gentleman fet with fecond lady, and his partner with the fecond gentleman, chaffe back again, then turn the fecond couple, that you may be between the fecond and third couples.

No. VIII.— The Seasons.

Four hands acrofs half round, back again three firft couples aliemand quite round, lead down in the middle, up again, caft off, fix hands half round, back again, right and left at top.

No. IX.— York Fusiliers.

Firft and fecond gentleman pafs to ladies fide, ladies lead to gentlemens fide, back again, caft off, turn corners, and lead out fides with your partner.

No. X.— German Spa.

Balance two couples, then crofs hands half way, the fame back again, lead down the middle, up again and faft off one couple, right and left at top.

No. XI.— Boston Assembly.

Four hands acrofs half round, back again, the fame allemand, lead down in the middle, up again, caft off, fix hands half round, back again, right and left.

No. XII.— New-Jersey.

The firft lady balance to the third gentleman and turn the fecond, the firft gentleman the fame, then down 10 the middle, up again, caft off one couple, and right and left.

No. XIII.— Bonny Lad.
Down the middle, up again, cast off one couple, right and left.

No. XIV.— Washington's Reel.

Balance first couple, change sides, ditto, back, down the middle, up again, cast off one couple, right and left.

No. XV.— Richard's Hornpipe.

Down the outside, up again, change sides, down the middle, up again, cast off, right and left.

No. XVI.— Jack's Alive.

Chasse across and rigadoon with the first lady, back again, cast off, and right and left.

No. XVII.— King's Return.

Balance and turn the first gentleman, gentleman the same, three hands round, down the middle, up again, right and left.

No. XVIII.— Constancy.

Cross hands half round at top, back again, lead down the middle, up again, and cast off one couple, balance 11 fix, set and turn your partner quite round, right and left at top.

No. XIX.— Irish Washwoman.

Round right hands across, back again, down the middle, up again, cast off, fix hands round, right and left.

No. XX.— Scotch Bonnet.
Change fides, back, down the middle, up again, and caft off one couple.

No. XXI.—*Maid of the Oak*.

The firft lady fets to the fecond gentleman, turns the third, the gentleman does the fame, down the middle, up again, caft off one couple, right and left.

No. XXII.—*Merry go round*.

The firft lady turn the fecond gentleman, the firft gentleman then turn the fecond lady, down the middle, up again, caft off, right and left.

No. XXIII.—*College Hornpipe*.

Caft off three couple, up the middle, fame time the third couple up the middle and down the outfide, firft and fecond couple hands round half way and back, down the middle, up again, right and left.

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No. XXIV.—*Belles of New-York*.

Four hands acrofs, back, down the middle, up again, and caft off, four hands rounds with third couple, right and left at top.

No. XXV.—*Apollo turn’d fhepherd*.

Caft off three couple, up the middle, caft off one couple, four hands half round with the couple below, turn partners, right and left.

No. XXVI.—*Pleafures of dancing*. 
Balance, four hands half way round, ditto back again, balance and half right and left, ditto back.

No. XXVII.— Enchanted Wood.

Two couple balance, four hands across, ditto back, down the middle, up again, right and left.

No. XXVIII.— Charming Fair.

Cast off to the bottom, up again, four hands round.

No. XXIX.— Chfettar caftle.

Cast off three couple chaffe up with the third lady and balance with her, chaffe to her place, bring up your partner, right and left.

No. XXX.— Caty's Rambles.

The first and second couple chaffe 13 down outside, up again, four hands half round, back, down the middle, right and left.

No. XXXI. Myrtle Grove.

Cast off one couple, change sides, ditto second couple, balance four abreast, two couple ditto first couple, right and left.

No. XXXII. Mail coach.

Cast off two couple, turn and lead up one couple, three couple balance and turn partners in the center, three couple balance, the lady turn the second gentleman, the gentleman turn the fourth lady, ditto the second lady and first gentleman, and turn to your places.
No. XXXIII. The Rofe.

Three couple balance and turn partners, ditto back, down the middle, up again, right and left.

No. XXXIV. Mifs Levingsworth’s Fancy.

Caft off four couple, up and down the middle, caft off one couple, the third gentleman give hands and chaffe round and back, the three ladies ditto, right & left. C

No. XXXV. Ballar’s Rant.

The three firft ladies dance round the three firft gentlemen, the three gentlemen ditto round the ladies, down the middle, up again, right and left.

No. XXXVI. Lady Butter’s whim.

Change fides, down the middle, up again, four hands half round and back, right and left.

No XXXVII. Bafket of Oyfters.

Balance and three hands round with the lady, ditto with the gentleman, down the middle, up again, caft off, right and left.

No. XXXVIII. Mifs Moor’s rant.

Caft off, up and down the middle, up again and caft off, three gentlemen balance and turn partners, ditto and back.

No. XXXIX. The girl I left behind me.
Three firft couple balance, give left hands and pafs out between the firft and fecond gentleman, the firft and fecond couple coupee and rigadoon, third couple balance, give right hands and pafs out between the firft and fecond lady, the firft and secon couple 15 coupee to the left, down the middle, up again, caft off, right and left.

No. XL. Merriman's Freedom.

Balance, half right and left, ditto and back, the gentleman chaffe half way round with the two ladies, ditto back, the lady turns the secon gentleman, the gentleman ditto, caft off one couple with allamand, and change fides with your partner.

No. XLI. Rural Felicity.

Caft off, up and four hands acrofs, down the middle, up again, caft off one couple, right and left.

No. XLII. Powels Hook.

Turn right hands and caft off one couple, turn left hands and crofs over another, lead to top, hands acrofs, back, lead down three couple, up one, caft off, right and left.

No. XLIII. Tartan Pladdy.

Caft off, up and down the middle, fix hands round, right and left.

No. XLIV. Money in both Pockets.

Balance and half right and left, ditto back, caft off one couple, four hands round and back.

No. XLV. The General Toaft.
No. XLVI. *Patrick's Day*.

Balance and change fides, down the middle, balance round your partner, ditto and turn her, fix hands half way round, ditto back with balance.

No. XLVII. *Liberty*.

Balance and change fides, ditto and back, down the middle, up again, balance to your partner and turn her.

No. XLVII. *Rofe Tree*.

Three firft couple balance and turn partners, ditto and back, down the middle, up again, right and left.

No. XLIX. *Mealitto*.

Set, fix hands half round, back, down the middle, up again, caft off, right and left.

No. L. *Baron Steuben's Favourite*.

Balance to the seconde couple, four hands half way round, lead up on the outfide and turn to your places, form a circle with allemand and affemble, caft off, right and left.

No. LI. *Bonny Lafs of Aberdeen*.

Caft off outfide, down the middle, up again, turn your partner, fet 3 and 3 up and down, turn your partner and fet 3 and 3 fide ways to your places.

No. LII. *Succesful campaign*. 

The gentleman & lady's companion; containing, the newest cotillions and country dances; to which is added, instances of ill manners, to be carefully avoided by youth of both sexes. http://www.loc.gov/resource/musdi.114
Down the cutfide, lead up and caft off one couple, fecond couple ditto, turn contrary partners half way round, crofs over one couple, right and left.

No. LIII. *Flowers of Edinburg*.

Balance and fix hands round, ditto back, four hands acrofs half way round, ditto back, down the middle, right and left.

No. LIV. *Money Musk*.

Six hands half way round and back, firft and fecond gentlemen balance together and turn round, the 1ft and 2nd ladies do the fame, down the middle, up again, caft off, right and left.

No. LV. *King of Denmark’s favourite*.

Four hands round half way and back again, the two gentlemen turn their partners round with right hands, D 18 lead down two couple, up again, caft off one couple, right and left.

No. LVI. *Banks of the Dee*.

Down the outfide, up and down the middle, up again, caft off one couple, fix hands round, right and left.

No. LVII. *A trip to the pavements*.

Caft off one couple, lead through 3d, caft up, lead through the 2nd, lead down, up again, caft off, right and left.

No. LVIII. *Shady Grove*. 
Down the outside, up again, down the middle, up again, cast off one couple, four hands round with the third couple, right and left at top.

No. LIX. *Frog and Mouse*.

Four hands across, half way round and back, cross over two couple, lead to the top, cast off one couple, 1st, 2nd and 3rd gentlemen set to partners, right and left at top.

No. LX. *Love Forever*.

First gentleman turn the 2nd lady, the 1st lady the 2nd gentleman, four hands across, half way round and back, lead down two couple, cast back 2nd, 19 and 3rd couple, following cast off one couple, right and left at top.

No. LXI. *Daniel Flatt*.

Change sides, down the middle, up again, cast off, right and left.

No. LXII. *Come follow me*.

The lady leads off two couple, the gentleman follows, the gentleman gives his left hand, and the lady her right, up again, down the middle, up again, cast off four bands, half round below, right and left at top.

No. LXIII. *Soldiers Joy*.

Cast down two couple, up again, 1st and 3rd couple draw, 1st 2nd and 3rd couples allemand once round, cast off one couple, right and left at top.

No. LXIV. *Wilkes' fancy*.
First couple cross over second couple and turn partners, lead to the top, foot it, cast off one couple, fix hands round.

No. LXV. **Faithful Shepherd**.

Hands across, half way round and back, over one couple, right and left.

No. LXVI. **Poor Soldier**.

Balance to the 2nd gentleman and chaffs across, the lady do the same, 20 cross over with short allemenad and assembly, chaffe to your place, down the middle, up again, cast off, right and left.

No. LXVII. **Prefident**.

Four hands across, half round and back, cast outside, up and down the middle, up again, cast off, right and left.

No. LXVIII. **Pruffian Rofe**.

Two couple balance and turn partners, ditto back and down the middle, up again, right and left.

No. LXIX. **Belles of Norwich**.

Cast ourfide, up and down the middle, cast over, four hands round with top couple, right and left with ditto.

No. LXX. **La Belle Catharine**.

Three couple balance and change places, balance and back, three couple prominade single, cast off, right and left.
No. LXXII. *Germans delight*.

Caft outside, up again, four hands arofs, down the middle, up again, caft off, four hands round with the third couple, right and left at top.

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No. LXXIII. *Belles of Middletown*.

Lead down the outside, up again, down the middle, up again, caft off one couple, the gentlemen balance together, the ladies do the fame, right and left.

No LXXIV. *Irifh Rake*.

Caft off, up and down the middle, up again, four hands half round, turn partners, right and left.

No. LXXV. *Miss Bradley's Reel*.

Caft off one couple and turn your partners, caft up one couple and turn your partner, foot it, right and left at top.

No. LXXVI. *Mifs Blair's Reel*.

Caft off one couple, four hands at the bottom, caft up and four hands round at top, down the middle, up, again, caft off one couple, right and left at top.

No. LXXVII. *Bower's Whim*.

Foot arofs and turn, caft off one couple, caft up one, lead off, caft off one, right and left.

No. LXXVIII. *Love in a Village*.
Library of Congress

Four hands across, half way round and back, and 3d couples draw, 22 lead down two couple, cast up one, right and left at top.

No. LXXIX. Bonny lad.

[Tune played twice.]

Down the outside, up and down the middle, up again, cast off, four hands round with third couple, right and left at top.

Instances of ILL MANNERS, to be carefully avoided by youth of both sexes.

OMITTING to pay proper respect to company, on entering or leaving a room; or paying it only to one person, when more are present.

Entering a room with the hat on, and leaving it in the same manner.

Setting still on the entrance of your instructor, strangers or parents.

Omitting the proper attention, when waited on by superiors.

Paffing between the fire and persons sitting at it.

Whispering, or pointing in company, and standing between the light and any person wanting it.

Contradicting your parents or strangers who are any way engaged in conversation.

Laughing loudly, when in company, and drumming with feet or hands.

Swinging the arms, and all other awkward gestures, especially in the street, and in company.

All actions that have the most remote tendency to indelicacy.
Leaning on the shoulder, or chair of another person, and overlooking persons who are writing or reading.

Throwing things instead of handing them, and crowding others in a passage, or running against their elbows.

Contempt in looks, words, or actions, for a partner in dancing, or other persons.

All instances of that ill judged familiarity which breeds contempt.

Lolling on a chair when speaking or when spoken to, and looking persons earnestly in the face without any apparent cause.

Surliness of all kinds, especially on receiving a compliment.

Distrust of countenance, and mimicry.

Ridicule of every kind, vice or folly.

A constant smile or settled frown on the countenance.

FINIS.

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