Dances used to be presented in contrasting pairs, with a first dance of steps ina binary thythm and slow tempo, and then a second dance with spins and jumps, faster and in a ternary thythm.

One of the most famous dance pairs:

* **Pavane**: it was a processional dance with a slow and ceremonious binary rhythm. It usually had three parts.
* **Galliard**: it was a lively dance with a ternary rhythm. Composed upon the pavane, it responded to the same structure but with a more demanding choreography.

**The origin of ballet:**

The first ballet in history was the Ballet Comique de la Reine, at the request of Catherine de Medici for the betrothal of the ducke of Joyeuse with Margarida de Lorena and represented in Paris in 1581. It was the first spectacle that combined music, poetry, decoration and dance on a single stage.