the quatheren paven
Yo singles sides and a double forward to singles sides \& a double hackeward all over 4 times \& soe end
the turcke loene
5 A double forward \& a double backeward 4 times to single sides with a double forward \& a double backeward then to single sides with a double forward \& a double backe then a double forward \& a double backe 4 times \& soe end

## the Earle of Essex

10 A double forward \& a single backe 4 times then to singles sides with a double forward \& a double backe all over againe \& soe end

Tinternell
A double forward \& a double backe the tacke wright handes \& goe to singles \& a double round in your places then tacke the left hand
15 \& doe as much agen a double forward \& a double backe 3 times \& soe tack wright handes \& goe to singles \& a double round in your places then tacke the left hand \& doe the same \& soe end
the ould Allman
Tacke both hands \& goe to singles \& a double to your wright hand
20 round in your places \& as much to the left the 4 double forward then all over againe \& soe end
the queenes Allman
A double forward \& a double backe to single sides face to face \& turne a double round in your place that part over againe with
25 the other then a double forward a double forward \& a double \& a double backe then sett to singles face to face \& turn a double round in your place as much with the other foote \& soe end
<178>

## Madam sosilia

To single sides a double forward \&a single backe
30 that part over againe then to singles face to face honour with the left foote then Change place with to singles \& a double honour with the wright foote \& imbrace to single sides face to face honour to singles \& a double Change places as you did before honour \& imbrace \& soe end
the blacke allman
fouer double forward then a double backe face to face \& a double forward then a double to the left hand \& a nother back to the wright hand then sat to single sides \& trune a double round

