### 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

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 round in your places & as much to the left the 4 double forward then all over againe & soe end

## the queenes Allman

25

A double forward & a double backe to single sides face to face & turne a double round in your place that part over againe with 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

# Madam sosilia

To single sides a double forward &a single backe
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

35 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