

The olde Measures

The Quadran Pavin . /

2 singles & one double forward :2: singles 2 side & a double back :4: times over:

Turculonye./

- 5 A double forward & a double backe :4: times: 2: singles & a double forward
twise then begin all againe

ThEarle of Essex his measure./

A double forward and a single backe :4: times :2: singles syde, a double forward
& a double backe, then begin all againe/

- 10 Tinternell

A double forward and a double backe :2: singles & a double round firste with the
one hande & then with the other, a double forward & a double back 3 times :2:
singles & a double round both wayes./

The olde Almaine./

- 15 Take both handes, & goe :2: singles & one double round both wayes :4 doubles
forward, then with both handes :2: singles & one double rounde

The Queenes Almaine

- A double forward & a double backe, :2: singles syde, Caste of A double ~~round~~
rounde, A double forward with your righte legge & a double backe, 2 singles
20 syde Caste of & a double round .5 doubles forward, & a double backe, 2:
singles cast of A double rounde, A double forward with your right legge, A
double backe, :2: singles syde caste of a double rounde

Sicillia Almaine

- 25 2 singles & a double forward & a single backe twice, parte handes, 2 singles
syde and honor :2 singles & a double into your womans place, then honour &
inbrace :2 singles syde & honour :2 singles & a double into your owne place,
then honour & imbrace

The blacke Almaine

- 30 ffower doubles forward, parte handes, a double backe one from an other, a double
meetinge againe, a double on your lefte hande & an other on your righte, take both
handes & goe A double round & traverse :4: on your lefte hande, A double
rounde & traverse fower on your righte

The Galliarde

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