

	The/ names/	A copey of the oulde measures
5	/1/ The Quadrim Payin begening at the first /strayne/	To Singles & a doble forwarde to.singles a doble back /4/ tymes & soe end/
10	/2/ Tarquelone begening at the seconde strayne/	A duble forwarde & a duble backe /4/ tymes set /2/ singles a doble forward & a duble backe arise a doble forward & a duble backe /4/ tymes as you did before & so ende
15	/3/ The Earle of Essix measure begening at the first strayne	A duble forwarde & a single backe /4/ tymes set tow singles a duble forward & a duble backe once doe this once agayne/& soe end
20	The Tinternaeyles begening at ye first strayne	A duble forward & A duble backe once take rite hand in rit hande turne /2/ singles & A duble rounne both the wayes
25	/5/	A duble forwarde & A duble backe /4/ tymes take right hand in right hande tow singles both the wayes & soe ende
30	The oulde almane begening at ye second strayne	Take by both the handes turne tow singles & a duble round both the wayes leade /4/ dubles forwarde take by both the handes & turne tow singles & a duble round both the wayes & soe ende
35		
40	/6/ The Queenes Alman begening at the second strayne/	A duble forwarde & a duble backe set tow singles face to face & turne a duble round in yours one place a duble forwarde with the right legge & backe with the left legge set /2/ singles face tow face & turne a duble round leade fiue dubles forward & a duble backe set tow singles face tow face & turne a duble round doe as you did before & soe ende
45		
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<p>50 /7/ Madam sicillia pauin begening at the first strayne/</p>	<p>To singles &amp; a duple forward &amp; a singles backe twise set tow singles face to face &amp; honer with the left legge crosse ouer into each otheres pleaces with tow singles &amp; a duple &amp; honer with the right legge embrace &amp; honer with the left lageze doe this last once agayne/&amp; soe ende</p>
<p>55</p>	
<p>60 /8/ The blacke Almane begening at the first strayne</p>	
<p>65 Rowland Osborne taught me to dance/these measures</p>	
<p>Elias Ashmole/ his paper/Elias Amen/</p>	