

A Cobby of the old Measures in y^e
Inner Temple.

1st
Quadrian pavin.

5

Two singles sides and a double forwards, one single sides and a double back four times over and so end.

2^d
Treky Lorny.

10

A Double forwards and a Double back four times, two singles sides, and a Double forwards and a Double back four times and so end.

3^d
Earle of Essex Measure.

15

A Double forwards and a Single back four times, then two Singles sides & a Double forwards and a Double back once, then all this measure once over and so end.

4th
Tentarnayle.

20

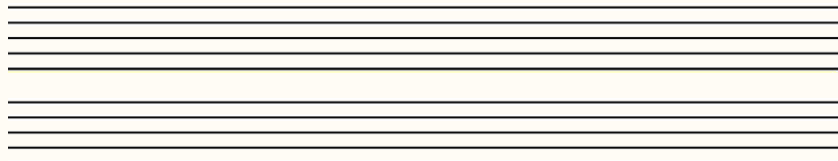
A Double forwards and a Double back once, then take your woman by the right hand and slide two slides and a Double round in armes both ways then a Double forwards and a Double back three times then take y^e woman by the right hand and slide two singles and a Double round in armes both ways and so end.

5th
The old Almane
a round measure.

25 5th
The old Almayne.

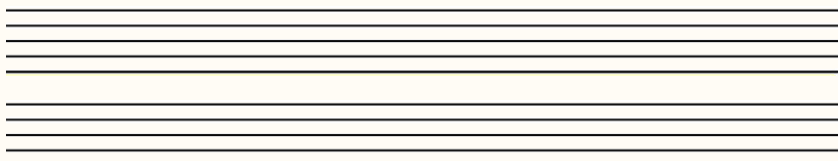
Take both hands and slide two singles and a Double round in armes both ways then slide four Doubles round about the house and close the last Double face to face, then hold both hands and slide two singles and a Double round in armes both ways and so end.

30 6th
The Queens Almayne
a round measure.



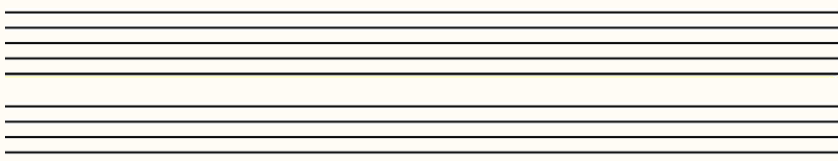
35 A Double forwards and a Double back with the left legg turne face to face and set and turne with the left legg, a Double forward and a Double back with the Right legg turne face to face and set and turne with the right lege, then slide four doubles round about the house and close the last Double face to face, the the first and second part once a piece over againe, and so end.

40 7th
Sissilea Almayne.



45 Two singles and a Double forwards and a single back twice 1 part
and the second time part hands and turne face te face 2 part
then two singles sides the first with the left lege the second wth y^e right
then Hon^r with the left legg and close againe then chang places with
two singles and a Double over into each others place and turne all
face to face and Hon^r with the right legg, then meet with two steps and
embrace, do all this 2^d p^{rt} step for step into y^r own places.

8th
The Black Amaine.



50 Sides 4 Doubles round about the house and Close the last Double face to face
then part your hands and go all in a Double back one from the other and meet a Double againe. Then
go a Double to your left hand and as much back to your right hand, then all ye women stand still
and the men set & turne, then all ye men stand still and the women set and turne, then hold both hands
and change places with a double and slide four french slides to the mans right hand, change places
55 againe with a Double, and slide four french slides to the right hand againe, Then part hands and go
back a Double one from another and meet a Doublt againe, Then all this measure once over
and so end. The second all the men stand still and the women begin set and turne
and then men last. Then after all the measures be done hold hands and dance Snicke a pace
once round about the hearth till you com to your own place againe and so end.

60

Low bow to y^e 1st Bencher
A Hall at y^e last Bencher
Call Musique coming doune by y^e Hearth
Call Musick at the Bottom of y^e Hall
Seate y^e Benchers & go back to y^e North side of y^e Hall

65

The house Measure. — {before & behinde
Sit on y^e South side.
Hon^r

70

Quadrian pavin { left right forwards
 { left right backwards
Essex measure { Forward backward Stop the same again.
 { fall back Set lead up fall back .

Sit down

Song

Quadrian pavin

75

Black Almain / Forwards Stop forwards Stop
 forwards by y^r selfe twice Set & turne single
 Wo: the same Hands halfe round 3 sides up
 Hands halfe round & 3 slides round
 fall back from y^e Wo: & set to her again.

The old Measures of the
Inner Temple London
as they were first bezun and taught by
Robert Holeman a dancing= Master
before 1640 and continu'd ever since
in the Inner-Temple-Hall
M^r Butler Buggins.

Tricatees
Argulius.

<2v>

An Holy Dance
Holy Sister please you to dance
With a Holy Brother for Recreation
Not as the Wicked do nor as
Hemini and Gemini in the Wilderness
But Leading on to virtue and
back from vice retireing
Not on this side nor on that side
Nor profanely turning round
But as the Spirit mooves us.

80

85