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# Cheat Sheet:

# Allemandes

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**Queens Alman**

4 Doubles forwards. Double Forwards & Back, face partner, two singles left & right then change places. Repeat the last part then repeat the whole dance.

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**Lorayne Alman**

4 Doubles forwards. Double Forwards, Backwards, Forwards, then turn. Repeat the last part.

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**Black Alman**

4 Doubles forwards. Face partner. Double back, double forwards, turn left, double away, double back. Men set & turn then ladies. Change places, skip up the line, change places, skip back down the line. Double back & forwards. Repeat.

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**Madam Sosilla  
Alman**

Single, Single, Double, Single back. Repeat.

Single, Single, Reverence. Single, Single, Double, Reverence, Embrace. Repeat.

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**Tinternell**

Double forward & back. Face partner. Set and turn twice. Double forward & back 3 times. Face partner. Set and turn twice.

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**Turkelone**

Double forward & back 4 times. Single left & right, double forward & back, repeat. Double forward & back 4 times again.

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