

# Six Easy Almans

## Queen's Allemande

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<b>Part A</b>	1 - 8	DLh DRh DLh DRh	Four doubles forwards with hops.
<b>Part B</b>	1 - 4	DL DRb	A doubles forwards and a double back, finish by turning to face your partner
	5 - 8	SLs SRs TL	Set and turn, turn to face forwards again.
	9 - 16	Repeat	Repeat bars 1 - 8 as above.
<b>Repeat</b>	The entire dance then repeats until the music runs out.		

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## Lorayne Allemande

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<b>Part A</b>	1 - 8	DLh DRh DLh DRh	4 doubles forwards with hops.
<b>Part B</b>	1 - 8	DL DRb DL T(L/R)	The last turn is a double turning away from your partner -- men turn to the left, ladies to the right.
	9 - 16	DL DRb DL T(L/R)	Repeat the above.
<b>Repeat</b>	The dance then repeats from the beginning, one or several times.		

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## The Earl of Essex Measure

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<b>Part A</b>	1 - 12	DL SRb x 4	Double forwards, single back, 4 times
<b>Part B</b>	1 - 2	SLs SRs	Set (sideways singles left and right)
	3 - 4	DL	Double forwards
	5 - 6	DRb	Double backwards
<b>Repeat</b>	Repeat as often as will.		

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# Madam Sosilla Allemande (Lady Cecilia's Allemande)

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There are a few different variations in wording of this dance in the Inns of Court manuscript, especially the latter section of Part B. This is the reconstruction that fits the music that I have, based on MS Harl 367.

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<b>Part A</b>	1 - 5	SL SR DL SRb	Moving forwards.
	6 - 10	SL SR DL SRb	Moving forwards again, end facing your partner.
<b>Part B</b>	1 - 2	SLs SRs	Two sideways singles left and right.
	3 - 4	Reverance	Reverance on the left foot.
	5 - 8	SL SR DL	Two singles and a double around into your partner's place, passing right shoulders.
	9 - 10	Reverance	Reverance on the right foot.
	11 - 12	Embrace	Step towards your partner and embrace.

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Repeat part B, finishing back in your starting positions and facing forwards.

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# Tinternell

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<b>Part A</b>	1 - 4	DL DRb	Two doubles, then turn to face your partner.
<b>Part B</b>	1 - 4	SL SR TL	Set and turn
	5 - 8	SR SL TR	Set and turn

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The turns are done around your partner into your partner's place.

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The dance sequence is as follows:

- Part A
- Part B
- Part A x 3
- Part B

When part A is done 3 times, partners face each other only at the end of the third time.

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# Turkelone

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This dance is best known in the SCA for providing part of the music for the Mannschaft Pavan.

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**Part A**            1 - 16        DL DRb x 4            Double forwards and backwards 4 times.

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**Part B**            1 - 6        SLs SRs DL DRb        Single left then right, then doubles forwards and back.  
7 - 12        SLs SRs DL DRb        Repeat the above.

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**Part C**            Repeat part A.

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