

Madam Sosilia's Alman

for any number of Couples in a line

A. Single forward Left then Right. Double forward, then Single back. Repeat all that.

B.

1. Face your Partner. Single sideways Left then Right. Reverence (bow).
2. Change places with your Partner using a Pavane Double (Single, Single, Double).
3. Reverence (bow). Single forward toward your Partner and embrace.

Repeat B back to your places.

Note: All Singles and Doubles are Alman style, where the last step pauses in the air rather than closes.

Madam Sosilia's Alman

Old Measures
(Inns of Court)

The musical notation is presented on three staves. The first staff, labeled 'A', contains the first eight measures of the piece. The second staff, labeled 'B', contains the next eight measures. The third staff continues the piece for another eight measures. The key signature is one sharp (F#) and the time signature is 2/4. The notation uses eighth and quarter notes, with rests and repeat signs at the end of each section.

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