

	First Foot		Second Foot		Third Foot		Fourth Foot		Fifth Foot		Sixth Foot	
	Beat 1	Beat 2	Beat 1	Beat 2	Beat 1	Beat 2	Beat 1	Beat 2	Beat 1	Beat 2	Beat 1	Beat 2
		/		/		/				/		
1	When	in	dis-	grace	with	for-	tune	and	mens	eyes,		
		/		/		/		/		/		
2	I	all	a-	lone	be-	weep	my	out-	cast	state,		
		/		/	/ [1]			/		/		
3	And	troub-	le	deaf	heaven	with	my	boot-	less	cries,		
				[2]								
	[3]	/		/		/		/		/		
4	And	look	up-	on	my-	self,	and	curse	my	fate,		
	/ [4]			/		/		/		/		
5	Wish	ing	me	like	to	one	more	rich	in	hope,		
	/ [5]			/		/		/		/		
6	Feat-	ured	like	him,	like	him [6]	with	friends	poss-	essed,		
		/		/		/		/		/		
7	Des-	ir-	ing	this	mans	art	and	that	mans	scope		
		/		/		/		/		/		
8	With	what	I	most	en-	joy,	con-	tent-	ed	least;	[8]	
		/		/		/		/		/		
9	Yet	in	these	thoughts	my-	self,	al-	most	des-	pis-	ing	[9]
	/	[10]		/		/		/		/		
10	Hap-	ly	I	think	on	thee,	and	then	my	state,		
		/		/		/		/		/		
11	Like	to	the	lark	at	break	of	day	a-	ris-	ing	[11]
		/		/		/		/		/		
12	From	sull-	en	earth,	sings	hymns	at	heav-	ens	gate;		
		/		/		/		/		/		
13	For	thy	sweet	love	re-	mem-	ber'd	such	wealth	brings		
		/		/		/		/		/		
14	That	then	I	scorn	to	change	my	state	with	kings.		

[1] Could be Spondee could be Trochee. It is definitely not regular.

[2] Elision: Heaven = Heav'n

[3] Repeated first word: And.

[4] Trochee

[5] Trochee

[6] Repetition and inversion "like him" this little repeat adds intensity to the sonnet.

[7] Antithesis here is interesting: this and that.

[8] The previous three lines (6-8) are ripe with antitheses and repetition and inversion.

[9] Feminine Ending. Rare in the Sonnets.

[10] Trochee

[11] Feminine Ending. Again and in the rhymed couplet with the previous Feminine Ending.