

Gracca Amorosa



This is from Il Ballarino, as taught by Mistress Urraca. I have revised it in a few places.

The name of this dance means “Love's Prattle”. That could possibly be interpreted as “pillow talk”.

Verse 1 – Couple together. Begin standing opposite your partner, facing them and near enough to hold hands.	1 - 2	RvL	Riverenza Minima on the left foot
	3 - 4	SzL SzR	Two spezzati, travelling clockwise to trade places.
	5 - 6	SzL SzR	Two spezzati, circling over your left shoulder to end up facing.
	7 - 8	TbL TbR TbL TbR	4 x trabuchetti
	9 - 10	SzL RvMR	A spezzato on the left foot, moving to your own left, and a meza riverenza on the right foot.
	11 - 12	SzR RvML	As above, but starting on the right foot.
Chorus In the chorus you move away from your partner and then back in towards them. You should end up in the same place at the end of the chorus as where you were at the start of it.	1	SzL	Spezzato on the left foot, moving diagonally backwards to your left.
	2	SzR	Turn your right shoulder away from your partner, and do a spezzato on the right foot, moving diagonally backwards to your right.
	3 - 4	RpL RpL RpL TbL	Three riprese and a trabuchetto to the left, moving back in towards your partner.
	5 - 8	Repeat	Repeat bars 1 - 4 above, starting with the right foot instead of the left.
	Verse 2 – Couple together.	1 - 4	SzL SzR SzL SzR
5 - 6		TbL TbR TbL TbR	4 x trabuchetti
7 - 8		SzL SzR	Two spezzati, circling over your left shoulder to end up facing.
9 - 10		Scambiata L	Scambiata on the left foot.
11 - 12		Scambiata R	Scambiata on the right foot.
Chorus	Both the man and the lady do the chorus, as above.		

Verse 3 – Man alone	1 – 2	SzL SzR	The man approaches the woman with 2 spezzati, flanking forwards left then right.
	3 – 4	TbL TbR TbL TbR	4 x trabuchetti
	5 - 6	SzL SzR	The man retreats away from the woman with 2 spezzati, turning over his left shoulder.
	7 – 8	TbL TbR TbL TbR	4 x trabuchetti
	9 – 10	SzL RvMR	A spezzato on the left foot, moving to your own left, and a meza riverenza on the right foot.
11 – 12	SzR RvML	As above, but starting on the right foot.	

Chorus Both the man and the lady do the chorus, as above.

Verse 4 – Woman alone The woman repeats what the man did in verse 3, finishing with both partners doing the chorus as above.

Verse 5 – couple together	1 - 2	SgL	Seguito ordinario on the left foot, moving to your own left.
	3 – 4	RpR RpR TbR TbL	2 Riprese and 2 trabuchetti, starting to the right.
	5 - 6	SgR	Seguito ordinario on the right foot, moving to your own right.
	7 - 8	RpR RpR TbR TbL	2 Riprese and 2 trabuchetti, starting to the right.
	9 – 10	PsL touch hands	Step forwards to the left, and touch right hands.
	11 – 12	PsR touch hands	Step forwards to the right, and touch left hands.

Chorus Both the man and the lady do the chorus, as above.
