

# Gracca Amorosa

## *Il Ballarino*, Fabritio Caroso, 1581

Taught by Lorenzo Petrucci

Gracca Amorosa is a *cascarda* from Fabritio Caroso's *Il Ballarino*. The dance has a strong verse/chorus structure that makes it easy to learn, though the verses are complex enough to require some practice to memorize them. The set is a single couple, beginning with the man and woman facing, standing close together.

### Steps Used In This Dance

**Passo (pl. passi):** A single step.

**Seguito spezzato (pl. spezzati):** Step forward on lead foot. Bring the trailing foot behind the lead foot, touching the heel, and rise on both toes. Lower the heels to complete the step.

**Seguito ordinario:** An unornamented double: three steps followed by a pause. Each step should bring the foot just in front of the other.

**Trabuchetto (pl. trabuchetti):** A small jump to the side.

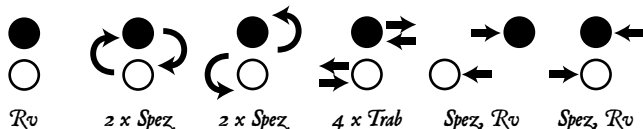
**Reverenza minima:** A two bar reverence.

**Meza riverenza:** A one bar reverence.

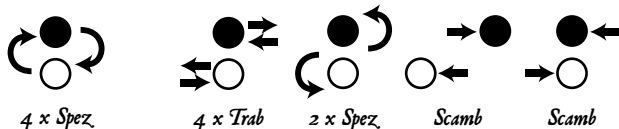
**Ripresa (minima):** With feet side by side and close together, move both heels to the side, then move both toes to the side. The whole step unit takes one beat (half a measure of music).

**Scambiata:** Slide the left foot forward just past the right foot. Slide the right foot around behind the left, touching the right toe to the left heel. Bring the left foot back together with the right and end with a hop.

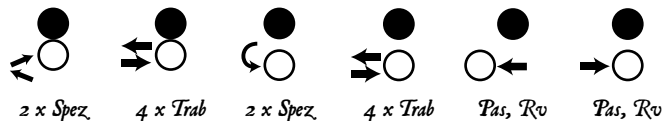
### Verse 1



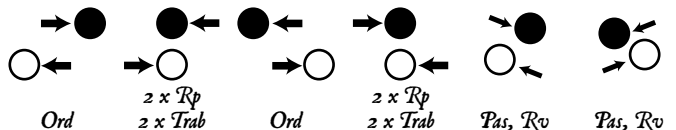
### Verse 2



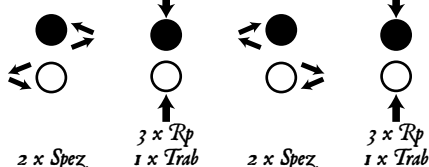
### Verse 3 & 4



### Verse 5



### Chorus



Verse 1 "Honors" (Couple together)	
1-2	Riverenza minima on the left foot.
3-4	2 spezzati, circling clockwise.
5-6	2 spezzati, turning over the left shoulder, to end facing.
7-8	4 trabuchetti, starting to the left and alternating left and right.
9-10	A spezzato on the left foot, moving to your own left, and a meza riverenza on the right foot.
11-12	As above, but starting on the right foot.
Chorus	
1	A spezzato on the left foot, moving diagonally backwards to your left.
2	Turn your right shoulder away from your partner, and do a spezzato on the right foot, moving diagonally backwards.
3-4	3 riprese and 1 trabuchetto to the left, moving back in towards your partner.
5-8	Repeat bars 1-4 above, starting with the right foot instead of the left.
Verse 2 "Circling" (Couple together)	
1-4	4 spezzati, circling clockwise.
5-6	4 trabuchetti as before.
7-8	2 spezzati, turning over the left shoulder, to end facing.
9-10	Scambiata on the left foot.
11-12	Scambiata on the right foot.
Chorus	
Verse 3 "Man's Solo"	
1-2	The man approaches the woman with 2 spezzati, flanking towards the left then right.
3-4	4 trabuchetti as before.
5-6	The man does 2 spezzati turning over his left shoulder.
7-8	4 trabuchetti as before.
9-10	A passo to the left, followed by a meza riverenza on the right foot.
11-12	As above, starting on the right foot.
Chorus (man and woman both do the chorus).	
Verse 4 "Woman's Solo"	
1-12	The woman does the same as the man did in the previous verse.
Chorus (man and woman both do the chorus).	
Verse 5 "Ending Honors" (Couple together)	
1-2	Seguito ordinario on the left foot, moving to your own left. Turn to face forward again at the end.
3-4	2 riprese to the right, followed by a trabuchetto to the right and one to the left.
5-8	Repeat bars 1-4, starting on the right foot.
9-10	A passo diagonally forward to the left, followed by a meza riverenza, touching right hands.
11-12	As above, starting on the right foot and touching left hands.
Chorus	