

# Contentezza d'Amore

This is a balletto and sciolta for two people, one man and one lady. It commences with the couple at the foot of the hall, facing each other, and holding both hands.

The dance itself is in 4/4 time while the sciolta at the end of the dance is in 3/4 time. The balletto music is repeated 5 times, once for each of the parts.

The name of this dance is pronounced:  
CONtenTETSa d'aMOray



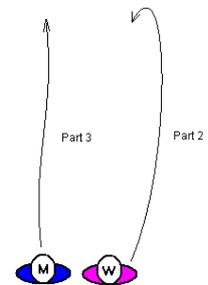
## Figure 1

Do this entire part while facing each other, holding both hands.

1 - 4	RvML	Riverenza to each other in 4 bars.
5 - 8	CnML CnMR	Two continenze in 4 beats.
9 - 12	RpL RpL RpL RpL	Four reprise in 4 beats, travelling around in a circle to the left.
13 - 16	RpR RpR RpR RpR	Four reprise, travelling back around the circle to the right.
17 - 20	CnML CnMR	Two continenze, as above.
21 - 24	RvML	Riverenza.

## Figure 2

In this part the lady begins by travelling forwards away from the man, then at the end she turns around to face him.



1 - 4	PtGL PtGR	Two slow puntate forwards.
5 - 6	PsGL PsGR	Two passi gravi forwards.
7 - 8	SgL	Double step forwards in two beats.
9 - 12	PtGR PtGL	Two slow puntate forwards.
13 - 14	PsGR PsGL	Two passi gravi forwards.
15 - 16	SgR	Double step forwards, finishing by turning around to face the man.
17 - 20	PtGL PtGRb	Both puntata grave forwards on the left, backwards on the right.
21 - 24	RvML	Both riverenza.

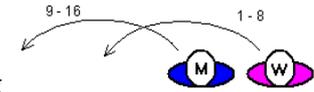
## Figure 3

In this part the man travels forwards to stand next to the lady, repeating the steps she performed in part 2. Both end this section facing forwards.

1 - 16		As 1 - 16 above, with the man travelling forwards. During the seguito, the lady makes a half turn to face forwards next to the man.
17 - 20	PtGL PtGRb	Both puntata grave forwards on the left, backwards on the right.
21 - 24	RvML	Both riverenza.

**Figure 4**

In this part the lady walks across the front of the man to his left, and then the man repeats. Both end up facing forwards again, then do the puntate gravi and the riverenza, and finish facing each other holding right hands.



1 - 4	PsGL PsGR SgL	Lady: Two passi gravi steps and a seguito (double).
5 - 8	PsGR PsGL SgR	Lady: Repeat, starting on the right foot.
9 - 12	PsGL PsGR SgL	Man: Two passi gravi steps and a seguito (double).
13 - 16	PsGR PsGL SgR	Man: Repeat, starting on the right foot.
17 - 20	PtGL PtGRb	Both puntata grave forwards on the left, backwards on the right.
21 - 24	RvML	Both riverenza.

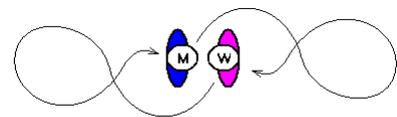
**Figure 5**

Take right hands, and cross over, then walk back down the room, with the lady leading and the man following, then finish by facing each other and holding hands.

1 - 4	PtGL PtGR	Exchange places while holding right hands.
5 - 16	SgL SgR SgL SgR SgL SgR	6 seguiti travelling towards the rear of the room, and meeting.
17 - 20	PtGL PtGRb	Both puntata grave forwards on the left, backwards on the right.
21 - 24	RvML	Both riverenza.

**Sciolta**

This section is in triple time (3/4 played quickly).



1 - 16	SzL SzR SzL SzR SzL SzR SzL SzR	8 spezzati, in a figure of 8, ending up coming back to meet, changing places.
17 - 32	RpL RpL RpL RpL RpL RpL RpL RpL	8 reprise, going around in a circle to the left. As these are done fairly quickly they can be turned into slip steps.
	RpR RpR RpR RpR RpR RpR RpR RpR	8 reprise, going back around to the right.
33 - 36	TbL TbR TbL TbR	Four trabuchetti, alternating left and right.
37 - 40	RvML	Both riverenza minima to end the dance.