

Contrapasso in Due **(with simpler instructions and terms)**

4 measures - Start side by side, holding hands. *Riverenza* to your partner

4m. - Still holding hands *Continenze* left, then right.

4m. - Go forward together, left foot, right foot, then *Seguito Ordinario* (step left, quick right & left).

4m. - Go backwards a single right, single left, then two *Ripresi* to the right.

8m. - Repeat.

CIRCLE ONE:

4m. - Take right hands and circle clockwise: single left, single right, *Seguito Ordinario*

4m. - Take left hands and do the same counter-clockwise.

8m. - Do a flat Figure 8 by circling left (*Seguito Ordinario* left, then right) then circling right (same steps).

CIRCLE TWO:

16m. - Like Circle One, but taking arms rather than hands during the first half.

CIRCLE THREE:

8m. - Like first half of Circle One, but taking both hands.

8m. - Lady does the Figure 8 while the Man zig-zags backwards left, backwards right, then forwards left then right (same step: *Seguito Ordinario* - single, quick, quick)

16m. - Travel around the room with 8 *Seguiti Ordinari*.

4m. - Holding hands, *Riverenza* to your partner

4m. - Still holding hands *Continenze* left, then right.

8m. - Do the Figure 8 again.

4m. - Facing each other, the Man goes forward: single left, single right, *Seguito Ordinario* while the Lady does the same backwards, starting with the right foot.

4m. - Reverse that.

8m. - Do the Figure 8 again.

4m. - Man does a *Riverenza*.

4m. - Lady does a *Riverenza*.

8m. - Lady does the Figure 8 while the Man zig-zags like before.

Honour your Partner.

Contrapasso in Due
(with proper Italian step names)

Count	Steps
1-12	Start proper, holding hands, and do a Riverenza grave with the left foot.
13-24	Do two Continenze, first to the left and then to the right.
1-12	Do two Passi gravi and one Doppio presto, starting with the left foot.
13-24	Do two Passi backward, starting with the right foot, and then two Riprese to the right
25-48	Repeat the sequence.
1-12	Take right hands and do two Passi gravi and one Doppio to the left, starting with the left foot
13-24	Take left hands and do two Passi gravi and one Doppio to the right, starting with the right foot
25-36	Release hands and turn to the left with two Seguiti ordinarii; at the end bend at the knees a little to perform a meza Riverenza
37-48	Do two more Seguiti ordinarii turning to the right
1-48	Same as the previous verse except take arms (up to the elbow) instead of hands when turning your partner
1-12	Take both hands with your partner and do two Passi gravi and one Doppio presto to the left
13-24	Do two Passi gravi and one Doppio presto back to the right
25-48	Releasing hands, the lady turns as in the previous two verses, but the man will do four Seguiti flanked: two back and two forward. At the end, turn to stand proper and take hands
1-48	Walk forward together doing eight Seguiti ordinarii
1-12	Riverenza to your partner
13-24	Do two Continenze gravi, left then right
25-48	Turn to the left with two Seguiti ordinarii; then do two more Seguiti ordinarii turning to the right
1-12	The man does two Passi gravi, and one Doppio presto forward, starting with the left foot: the lady will do the same backward, starting with the right foot
13-24	The lady will do the same forward, and the man back
25-48	Both do turns with Seguiti ordinarii as before
1-12	The man alone will do the Riverenza with the left foot
13-24	The lady alone will do the Riverenza with the left foot
25-48	The lady will do the two said turns as before. The man will do four Seguiti ordinarii: 2 flanked back, and 2 forward