

Presented by Ted Sofios

SOUSTA

Couple Dance

Couple dances are rare in Greece as most of the traditional dances are line dances. Besides this one there is the Karsilamas (Anti-krystos Makedonikos), the Ballos and the Tsiftitelli, more a Turkish harem dance.




This is certainly a courtship dance with its' advances and beckonings and rejections. All the elements of the oldest war in history are present in this flirtatious sousta.

In its' pure form as done in the villages, the man and woman face each other about 6 feet apart and using 8 measure sequences build themselves a dance based on the intensity of their feelings and their virtuosity.

Record: PILPS 940, record 3, side 3, band 5
Panhellenion, Athan Karras and Chris Tasulis, side 2, band 7.
Rhythm: 2/4 quick-quick-slow (quick-quick-drop)

Starting position: Hands on hips, right foot free.




Basic step in placeMeasure

- | | | |
|---|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 1 |  | Step to the right on the Rt. ft. (quick) |
| 2 |  | Step to the right on the L ft. (quick) |
| 3 |  | Step back to the original starting position on the Rt. ft. (slow or drop) |

4-6 Repeat to the left starting on the left ft.

This 2 measure sequence repeats 4 times, for a total of 8 measures.

Traveling step

- | | | |
|---|-------------------------------------------------------------------------------------|--------------------------------------------|
| 1 |  | Step forward on the Rt. ft. (quick) |
| 2 |  | Step forward on the L ft. (quick) |
| 3 |  | Step forward on the Rt. ft. (slow or drop) |

4-6 Repeat above starting on L ft.

Repeat 4 times for a total of 8 measures.

Any number of basic square dance and round dance movements can be used by the couples, including do-si-do, arch, wind-mill, circle clockwise, join hands and pas de basque, or scissors in place, and change places, and 'wring the dishrag'.

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Starting pos, add to beginning of sentence: Free hands....

Under Starting position add the following: Sousta meas spring or bouncing, steps are bouncy throughout. A constant Q,Q, drop.....Arms: When in cpl formation arms are held out to sides at shldr ht and a Q,Q, drop is from shldr..... Steps are done on the balls of the ft.

Add to bottom of page: Additional Fig's - Cpls turns: W turns under in either direction, fast or slow; chase, individual circles, etc.....All figures should be done in 4 or 8 meas phrases with extra emphasis on drop of every 4th meas.