

KRITIKI SOUSTA (kree-tee-KEE SOOS-tah)
(Crete, Greece)







Kritiki Sousta is a couple dance from the island of Crete. The word "sousta" is a noun meaning a spring (as in the chassis of a wagon). This is one of the four most popular Cretan dances and it can be seen at most Cretan affairs in California. Presented by John Pappas at the 1976 Mendocino Folklore Camp.

Bibliography: Elliniki Hori, V. Papahristos (Athens, 1960)
Folk Dances of the Greeks, T. Petrides (N. Y., 1961)
Greek Folk Dances, M. Vouras & R. Holden (N.J., 1965)
Elliniki Hori, A. Bikos (Athens, 1969)

Music: 2/4 meter  Panhellenian LP Nina (45)²⁴ Ta Marra Rouha

Formation: ~~CHOREOGRAPHY 4504~~ ^{SIDE 2 SANDY} This is a cpl dance. M faces W. Each person has hands on hips ^{ELBOWS BENT} (wrist should not be bent). Cpls can be anywhere on the floor - the dance need not be done with cpls in a circle or contra line. Ptnrs should not be too far from one another. Weight on L ft. ~~HANDS CAN BE FREE & SNAP FINGERS~~

Characteristics: This is an improvisational dance, like many of the Greek dances. There is a basic step, and all of the variations are based on this step. Each cpl should do the variations that please them, without referring to any other cpl. The steps are small and many times done on the balls of the ft. (USUALLY FULL FT)

Meas.	Ct.	Pattern
I		Step on R ft in place (slow)
		Step in place on L ft (quick)
		Step in place on R ft (quick)
II		Step on L ft in place (slow)
		Step in place on R ft (quick)
		Step in place on L ft (quick)

This basic step, with the M and W facing each other, can be done as many times as desired. ~~FWD & BACK CHG PLACES~~ ^{KEEP FACING OR TURN AS YOU PASS}

Variation One

Do Basic step in place with R hands joined facing each other. Hands are about shldr height, ^{ELBOWS BENT}

Variation Two

Do basic step in place with M's R hand and W's L hand joined. Hands are about shldr height. (Or M L hand and W R hand joined.) ^{CAN ROTATE CW OR CCW, FAST OR SLOW}

Variation Three

Same posn as variation two - W turns under M arm. (If W is holding with her L hand she turns to L; if with her R hand she turns to R.)

/continued ...

Kritiki Sousta, continued...Meas. Ct. Variation Four




Do basic step with both hands joined and up at sides, turning as a cpl to the R, or to the L.

Variation Five

Ptnrs do basic step toward ea other and away. (You may do two or more basic steps fwd and back.) Hands are on hips.

Variation Six

Do scissors steps in place, facing ptnr with hands on own hips.

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| I |  | Step on R ft in place, thrusting L ft fwd |
| |  | Step on L ft next to R ft, thrusting R ft fwd |
| |  | Step on R ft next to L ft, thrusting L ft fwd |
| II | | Repeat above with reverse ftwork. |

Variation Seven

Do basic steps, hook R arms and turn as a cpl CW. (Or, doing basic steps, hook L arms and turn as a cpl CCW.) (This variation may also be done with R hands joined, or L hands joined at shldr height.)

Variation Eight

Ptnrs may cross over to each other's place. They may pass ea other face to face or back to back, either on the L side or the R side. They may use two or four basic steps to change places.