

# Gaida Poustseno or Amolyti Gaida

## Γκάιντα Πουστσένο or Αμολυτή Γκάιντα

(Alona Florina, Western Greek Macedonia)

This dance is characteristic of the village of Alona in the Florina region. It has the same steps as the ordinary Poustseno, but it moves both to the right and to the left.



Pronunciation: Guy-duh POOS-tse-noh

Music: Christos Papakostas, 2013 Teaching Tour

Formation: Open circle. Hands in W-pos or V-pos

Style: Typical Greek hand hold, dance moves to the right and to the left.

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METER: 16/8

PATTERN

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Meas

**INTRODUCTION:** Wait for 2 or 4 measures before starting dance

- 1 Facing center, lift R, bounce on L(ct 1). Step on R next to L (ct.2). Step on L, behind R (ct. 3). Turning slightly to the R, step on R(ct. 4)
- 2 Step on L across the R (ct. 1). Step on R (ct. 2). Step on L, lift R (ct. 3). Step on R in place, lift L(ct. 4)
- 3 Bounce on R in place (ct. 1). Step on L behind R (ct. 2). Step bkwd on R, lift L (ct. 3). Step fwd on L, lift R in place (ct. 4)
- 4-5-6 The same steps and structure as Poustseno, but moving to the left.