

Poustseno

Πουστσένο

(Florina, Western Greek Macedonia)

This is the most characteristic dance of the Florina region. It is danced to multiple melodies and tunes in villages of Florina and Kastoria prefecture in varying version. The name derives from the Slavic verb 'poutsnam' meaning 'relaxed' or 'untied.' The dance has several alternative names, including lytos, levedikos and tzemos.



Pronunciation: 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.

METER: 16/8

PATTERN

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)