

SOUSTA
(Kalymnos)

The Sousta is probably the most characteristic dance of the Dodecanese Island group in the southeast Aegean. Although there are slight differences from island to island in regard to style, preferred tempo and step syncopation, all Sousta type dances are characterized by a delay in the placement of weight onto the left foot in Meas 1, giving the dance a springing feel (Sousta - Ital. spring of a carriage). The island of Kalymnos is noted for the vitality of its folk music and dance. The faster version of the Sousta, often called here Tripiitos (three steps), is reminiscent of the style of the island of Crete in its quickness and sharpness of movement.

Formation: Open circle, mixed line, Front cross arm or shoulder or open W or crooked elbow hold.

Meter: 2/4

Music: Greek Dances Sum 89 or any good Dodecanese Sousta

MEAS

STEP PATTERN

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|-----------|---|
| 1 | Step R to the R (ct 1); Bouncing from the R knee, lift slightly or drag fwd the L ft toward the R (2); Step L just in front of R (3). |
| 2 | Step R to the R (1); Slight bounce from the R knee, kick low L either fwd or up and back (2). |
| 3 | Small step L fwd (1); Low kick R fwd (and across L) (2) |
| <u>OR</u> | |
| 3 | Small step L fwd (1); Drag R next and behind L (&); Fall back onto L (with slight movement R) (2). ie. Step-Ker-Plunk. |

NOTE: The kicks above can be substituted with touches, in either case accompanied by a characteristic bounce. Occasionally, a Two Step in place (S Q Q) can be substituted for the Step Kick in Meas 2.

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