

SOUSTA
(DODECANESIAN SOUSTA)

SOURCE : Sousta is a dance of the Cyclades, Dodecanese and Crete. These islands have shared similar qualities culturally from ancient times and still retain certain attitudes of life style and thus dance expression. Sousta has a springlike movement and thus its name and the kind of fervor created in these dances where the dancers lose their own sensibilities in a wavelike action that is created from a springlike movement and the undulating waves of the sea.

2/4 holding in a basket hold with right arm over left

meas. A.

- 1 Side step R ft to R, bring L ft together.
- 2 Repeat same as above.
- 3-8 Same.

- 1 B. Step R ft to R then bring L ft together.
Repeat the above.
- 2 Step L ft to L, then bring R ft together.
- 3-8
- 8-12 Repeat

- 1 C. Step R ft to R. Cross L ft front of R.
- 2 Step R ft to R, forward with the L ft to center.
Step forward to center with L ft.
- 3 Step forward to center with R ft.
Step forward to center with L ft together.
- 4 Step backwards with R ft.
Step backwards with L ft.
- 5 Step backwards with R ft.
Step backwards with L ft, touch toe, weight on R ft.
- 6 Step to L with L ft, bring R ft together.

continued...

