

v SUSTAS

(Lithuanian)

Sustas, pronounced Shūstas, was presented by Vyts Beliajus at the College of the Pacific Folk Dance Camp in 1949 and 1958. It is one of the dances included in his book, "Dance of Lietuva".

MUSIC: Record: Folkraft 1049, Sustas
Piano: "Dance of Lietuva", Clayton F. Summy Co., 1951

FORMATION: Eight cpls in a square, two cpls on each side; or a square of four cpls. Cpls with backs to music are cpls 1; those to their R cpls 2; across from cpls 1 are cpls 3; those to L of cpls 1 are cpls 4. Same position numbers apply in the 4-cpl square.
Inside hands joined with own ptr only, elbows bent, hands at about shoulder level.

STEPS: Walk *
Lithuanian polka step: Step on L (ct 1), step on R (ct &), step on L (ct 2), hop on L (ct &); step on R (ct 3), step on L (ct &), step on R (ct 4), hop on R (ct &). Two polka steps per measure.
Lithuanians place the hop on the *last* beat of each meas instead of the first. Ft are close to ground; the three steps are very short ones, almost like runs. With each step the body has a tendency to hop, making an up-and-down movement.

MUSIC 4/4

PATTERN

Measures

1 INTRODUCTION (no action)

I. SQUARE (Salutation)

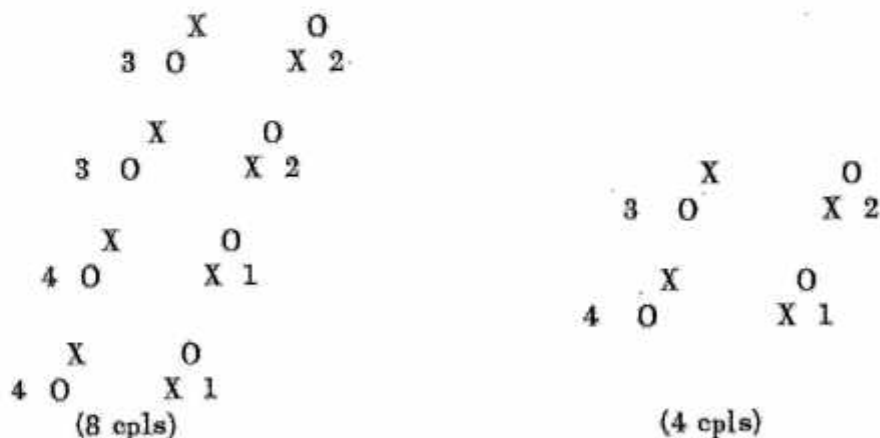
3
OX OX
X O
O X
4 X O 2
O X
XO XO
1
(8 cpls)

3
O X
4 X O 2
X O
1
(4 cpls)

A 1 *Action for head couples:* Beginning on outside ft (ML, WR), walk 3 steps fwd twd opp line of cpls (cts 1,2,3). Pause and face ptr, wt still on outside ft (ct 4).

- 2 Without releasing hand hold, return to original pos with 4 walking steps beginning on M R, W L ft (cts 1, 2, 3, 4).
- 1-2 *Action for side couples:* Place R hand on ptr R shoulder and make 1 turn CW in place with 8 walking steps beginning M R, W L (1 step per ct).
- 3-4 Side cpls dance "action for head cpls" meas 1-2, while head cpls dance "action for side cpls", meas 1-2.
- B 5-6 *Action for head couples:* Inside hands joined with ptr, head cpls exchange places with opp cpls with 4 Lithuanian polka steps, beginning M L - W R, cpls 3 forming arches under which cpls 1 dance. Finish facing ptr (M face CCW, W face CW).
- 5-6 *Action for side couples:* M R arm around ptr waist, L hand on her upper arm; W L hand on ptr R shoulder, R hand on his L shoulder (Lithuanian dance pos), beginning M L, W R, turn CW in place with 4 Lithuanian polka steps.
- 7-8 Side cpls dance "action of head cpls" of Fig I, meas 5-6 (change places) cpls 4 forming the arches; while head cpls dance "action for side cpls" of Fig I, meas 5-6 (turn in place).
- B 5-6 (repeated) Head cpls now return to original lines, repeating their action of Fig I, meas 5-6 with cpls 1 forming the arches; while side cpls repeat their action of Fig I, meas 5-6 (turn in place).
- 7-8 (repeated) Side cpls return to their original lines by dancing action of Fig I, meas 7-8 with cpls 2 forming the arches; while head cpls dance "action of side cpls" of Fig I, meas 5-6 (turn in place).

II. DIAGONAL



- A 1-2 Cpls 1 face cpls 4; cpls 2 face cpls 3. All dance "action of head cpls" of Fig I, meas 1-2.
- 3-4 In Lithuanian dance pos all dance "action of side cpls" of Fig I, meas 1-2 (turn in place).
- B 5-6 All dance "action of head cpls" of Fig I, meas 5-6 with cpls 3 and 4 forming the arches under which cpls 1 and 2 dance (change places).
- 7-8 All dance "action of side cpls" of Fig I, meas 5-6 (turn in place).
- B 5-8 (repeated) Repeat action of Fig II, meas 5-8, with cpls 1 and 2 forming the arches under which cpls 3 and 4 dance. Finish the cpl turn in original pos in square.

III. CIRCLE

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- A 1-4 All hands joined to form a circle, move CW with the following step:
All walk L, R, L, drop onto R at the same time extending L fwd (cts 1, 2, 3, 4). Repeat three more times.
- B 5-8 All face CCW, L still extended, and repeat action of Fig III, meas 1-4, moving CCW.
- B 5-8 In Lithuanian dance pos polka into 2 lines, contra style, head cpls separating thus:
(repeated)

X O
3 O X 3

4 X O 2
O X

X O
4 O X 2

1 X O 1
O X

(8 cpls)

X O
4 O X 3

X O
1 O X 2

(4 cpls)

IV. CONTRA LINES

- AB 1-8 Repeat entire action of Fig II. The line containing cpls 4 form the arches first, under which the line containing cpls 2 dance.
- B 5-8 Finish the dance with a bow.
(repeated)