

^v
SUSTAS
 (Lithuania)

*
 NOT FINISH
 NO ERRATA

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

Music: Record: Folkraft 1049, ^vSustas 2/4
 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 are #2; across from cpls 1 are cpls 3; those to L of cpls 1 are cpls 4. Same pos numbers apply in the four-cpl square. Inside hds joined with own ptr only, elbows bent, hds 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 meas.

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.

Meas Pattern

Introduction (no action).

I. SQUARE (Salutation)

	3				3	
	W M	W M			W M	
M				W		
X				M		
4				2	4	M
						W 2
M				W		M
W				M		
	M W	M W			M W	
	1				1	
	(8 cpls)				(4 cpls)	

A 1 Action for head cpls: 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).

Continued...



SUSTAS (continued)

2 Without releasing hd hold, return to original pos with 4 walking steps beginning on MR, WL ft (cts 1,2,3,4).

1-2 Action for side cpls: Place R hd on ptr R shoulder and make 1 turn CW in place with 8 walking steps beginning MR, WL (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.

5-6 Action for head cpls: Inside hds joined with ptr, head cpls exchange places with opp cpls with 4 Lithuanian polka steps, beginning ML, WR, cpls 3 forming arches under which cpls 1 dance. Finish facing ptr (M face CCW, W face CW).

5-6 Action for side cpls: M R arm around ptr waist, L hd on her upper arm: W L hd on ptr R shoulder, R hd on his L shoulder (Lithuanian dance pos). Beginning ML, WR, 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).

5-6 Head cpls now return to original lines, repeating action of (repeated) meas 5-6 of Fig. I with cpls 1 forming the arches; side cpls repeat their action of meas 5-6, Fig. I (turn in place).

7-8 Side cpls return to their original lines by dancing action of (repeated) meas 7-8, Fig. I, with cpls 2 forming the arches; head cpls dance "action of side cpls" of meas 5-6, Fig. I (turn in place).

II. DIAGONAL

X O
3 O X 2

X O
3 O X 2

X O
3 O X 2

X O
4 O X 1

X O
4 O X 1

X O
4 X X 1

(8 cpls)

(4 cpls)

Continued...

✓
SUSTAS (continued)

- 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 Repeat action of Fig. II, meas 5-8, with cpls 1 and 2 forming (repeated) arches under which cpls 3 and 4 dance. Finish the cpl turn in original pos in square.

III. CIRCLE.

All hds joined to form a circle, move CW with the following step:

- A 1-4 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, (repeated) head cpls separating thus:

X O
3 O X 3

X O
4 O X 2

X O
4 O X 2

X O
1 O X 1

(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 lines containing cpls 2 dance.
B 5-8 Finish the dance with a bow.
(repeated)

Presented by Vyts Bellajus