

SUSTAS

(Shoos-tas)

Folkraft F 1049 B

A square dance for eight (or four) couples. It is named after a guessing game played with a covered hand over object held on the cuff. There are many versions of this dance, all bearing the same characteristics.

**FORMATION:** Eight couples standing in a square formation, two couples to each side (or, a square can be formed of only four couples: the figures are the same for both). Couples with backs to the music will be numbered as Couples 1, those to their right 2, across from Couples 1 are Couples 3, and to the left of Couples 1 are Couples 4. Inside hands are joined with own partner's only.

FIGURE I

Meas. 1: Couples in lines 1 and 3 walk toward each other, men starting with their left, girls with their right, hands are raised about shoulder high. Walk three steps toward opposite line, on fourth count face own partner and pause, weight still on outside foot. Side couples at the same time, place their right hands over partner's right shoulder and in this manner describe one complete circle in place of 8 steps (2 measures -- 1 and 2).

Meas. 2: While side couples still spin, head couples return to their place. Do not release original hand hold, merely turn in the direction they came and retrace their steps with four steps.

Meas. 3-4: Now, side couples repeat figure just completed by the head couples while the head couples, with hands on partners' right shoulders, spin in place with 8 walking steps.

Meas. 5-6: (music b) Head Couples 1 and 3 now change places with polka steps. Couples in Line 3 form arches (2 polka steps to a measure) under which Couples 1 dance. At the same time the side couples turn in place with walking steps, hands over partners' right shoulders.

Meas. 7-8: Now, side couples change places with polka steps, with couples in Line 2 going under the arches formed by Couples 4, while head couples polka in place with right shoulders adjacent in their new places.

Meas. 5-6: (repeated) Head couples now return to original lines with Couples 1 forming the arches as Couples 3 go under. Meanwhile, side couples polka in place.

Meas. 7-8: Head couples polka in place and side couples return to their places, with Couples 2 forming the arches.

FIGURE II

(On the bias) The entire line of Couples 1 will now dance with Line 4, while Line 2 will dance with Line 3.

Meas. 1-2: The "salutation" described above is now repeated by all at the same time with couples in Lines 1 and 2 moving toward 4 and 3 and back to place but forming two diagonal lines.

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Meas. 3-4: Walking turn with right hands over partners R shoulder.

Meas. 5-6: (music b) Change places with polka steps (open position) with Lines 1 and 2 going under the arches formed by 4 and 3.

Meas. 7-8: Polka in the new places in the closed position with right shoulders adjacent.

Meas. 5-8: (repeated) Polka back to places, reversing arches, and finish polka'ing in own places.

FIGURE III

Step for Fig. III. Walk three steps, L, R, L, drop on R foot and at the same time extend L foot forward 1 measure. Always start a new measure with stepping on the left foot.

Meas. 1-4: Form a large single file circle, all hands joined, walk to left doing four sets of the above described step.

Meas. 5-8: (music b) Reverse direction; do above step moving counter-clockwise.

Meas. 5-8: (repeated) Polka and form two lines in a contra style with head lines splitting up, couples nearest Line 2 dance toward their line, those nearest Line 4 polka toward them; finish so that one Couple 1 faces another Couple 1, Couples 2 face Couples 4, and one Couple 3 faces another Couple 3.

FIGURE IV

This entire figure is done exactly as described in Figure II, except that it is performed in two straight lines instead of on the bias. Finish dance with a bow.