

KRITIKÍ SOÚSTA
(Crete, Greece)







Source: Kritikí Sousta (kree-tee-KEE SOOS-tah) is a couple dance from the island of Crete. The word "sousta" is a noun meaning a spring (as in the chassis of a wagon). This is one of the four most popular Cretan dances and it can be seen at most Cretan affairs in California.

Bibliography: Elliniki Hori, V. Papahristos (Athens, 1960).
Folk Dances of the Greeks, T. Petrides (New York, 1961)
Greek Folk Dances, M. Vouras & R. Holden (New Jersey, 1965)
Elliniki Hori, A. Bikos (Athens, 1969)

Music: Panhellenian LP 2/4 meter 
Nina 45

Formation: This is a cpl dance. M faces W. Each person has hds on hips. (Wrists should not be bent.) Cpls can be anywhere on the floor -- the dance need not be done with cpls in a circle or contra line. Ptrs should not be too far from one another. Wt on L ft.

Characteristics: This is an improvisational dance, like many of the Greek dances. There is a basic step, and all of the variations are based on this step. Each cpl should do the variations that please them, without referring to any other cpl. The steps are small and many times done on the balls of the ft.

<u>Meas</u>	<u>ct</u>	<u>Pattern</u>
I		Step on R ft in place (slow).
		Step in place on L ft (quick).
		Step in place on R ft (quick).
II		Step on L ft in place (slow).
		Step in place on R ft (quick).
		Step in place on L ft (quick).

This basis step, with the M and W facing each other, can be done as many times as desired.

VARIATION ONE

Do Basic Step in place with R hds joined facing each other. Hds are about shoulder height.

VARIATION TWO

Do Basic Step in place with M R hd and W L hd joined. Hds are about shoulder height. (Or M L hd and W R hd joined.)

VARIATION THREE

Same pos as Variation Two -- W turns under M arm. (If W is holding with her L hd she turns to L; if with her R hd, she turns to R.)

KRITIKI SOÚSTA (continued)VARIATION FOUR

Do Basic Step with both hds joined and up at sides, turning as a cpl to the R, or to the L.

VARIATION FIVE

Ptrs do Basic Step twd each other and away. (You may do two or more Basic Steps fwd and back.) Hds are on hips.

VARIATION SIX

Do Scissors Steps in place, facing ptr with hds on own hips.

I



Step on R ft in place, thrusting L ft fwd.

Step on L ft next to R ft, thrusting R ft fwd.

II

Step on R ft next to L ft, thrusting L ft fwd.

Repeat above with reverse ftwork.

VARIATION SEVEN

Doing Basic Steps, hook R arms and turn as a cpl CW.

(Or, doing Basic Steps, hook L arms and turn as a cpl CCW.)

(This Variation may also be done with R hds joined, or L hds joined at shoulder height.)

VARIATION EIGHT

Ptrs may cross over to each other's place. They may pass each other face to face or back to back, either on the L side or the R side. They may use two or four Basic Steps to change places.

Presented by John Pappas