

GUIDE TO ZEIBEKIKO DANCING



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Disclaimer

Fred Bolder strongly recommends that you only engage in exercises or dance activities that are appropriate to your own physical condition. There is always the risk of physical injury when dancing. Fred Bolder cannot be held responsible for this.

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Foreword

Of course, it was a little daring to write this book, because “You can not learn how to dance Zeibekiko, there are no steps and it comes all out of your soul”. Hmmm, so somebody without dancing experience, who has never seen or heard a Zeibekiko, will suddenly stand up and dance something from out of his/her soul that is recognizable as a Zeibekiko. If you're one of those who believe that, don't read this book.

Yes, Zeibekiko is a freestyle dance, but that doesn't mean that you can dance whatever you want. There are rules and Zeibekiko has a style and typical movements which you need to learn before you can dance Zeibekiko. Of course these movements have to be in time with the music. Therefore you need to understand the music, which can be difficult at first for people that are not used to music with an irregular time signature.

This book will help you getting familiar with the Zeibekiko music and dance. It contains many dance figures (including video links) that are specially created for this book. They are written in easy to read tables. With the information in this book, you should be able to create your own figures and to develop your own style. The Zeibekiko is a very personal dance. After enough practice, you don't have to think anymore about figures or what to dance next. Yes, then your dancing is the result of the music that you hear and what comes out of your soul and brain.

Keep in mind that after some time the mentioned links might not work anymore.

If this book is helpful to you, please consider donating. This helps me to update the book.
<https://www.dansblad.nl/zeibekiko/>

I wish you good luck learning this amazing dance!

Fred Bolder

Zeibekiko

See chapter Aptaliko Zeibekiko for a predecessor of the Zeibekiko.

Zeibekiko (Ζεϊμπέκικο) is a popular Greek music style and dance. It is an improvisational solo dance that is mostly danced by a man. There are no prescribed steps, but the style is important. The dancer expresses emotions like pain, sadness and love. The dancer is often surrounded by people clapping to the rhythm to give support.

The Zeibekiko originated in Asia Minor. In 1922, the Greeks living there were forced to move to Greece, where they introduced the Zeibekiko.

Here is some advice if you want to dance Zeibekiko:

- Don't dance if there is already somebody dancing, unless you are for example at a party where more people dance Zeibekiko at the same time.
- Adapt your steps to the available space and be careful not to annoy or hurt anyone. Dance small steps on a crowded dance floor and spread your arms only when there is no risk of hurting someone.
- Before dancing Zeibekiko in public, make sure that you are very familiar with the music and the style of this dance. There are a lot of video links in this book.
- Keep it simple. It is really not necessary to drink a glass of wine without using your hands, walk through fire or lift a table with your teeth! In my opinion that has nothing to do with Zeibekiko dancing.
- Dance with confidence and don't worry about making mistakes. If you make a mistake, keep dancing and probably no one will notice.
- Keep in mind that there are many Zeibekiko songs in which not every measure has 9 beats, so your nice 9-beat figure might not fit and you have to adapt it.
- Look down, but not all the time. On the internet I have seen the funny advice "Pretend that you have lost a contact lens and search for it on the dance floor". I have to agree on that! I have also heard that the Zeibekiko should look like you are walking out of the sea on top of the slippery stones. Hahaha!
- Keep your arms mostly up and to the side.
- Dance with slightly bended knees and your feet a little turned out.
- Your steps must look heavy. It is not Ballet.
- Don't make hip movements. It is not Salsa.
- Don't dance too precise. In the past, a man that was dancing Zeibekiko was mostly drunk.
- Dance only one Zeibekiko per evening.

For more tips watch this video!

<http://www.youtube.com/watch?v=Q9DqqMrvArI>

What about women?

Perhaps in the beginning Zeibekiko was only danced by men, nowadays Zeibekiko is also danced by many women. There are also Zeibekiko songs written for women. I am not sure, because I was not there, but from what I have read, the Aptaliko Zeibekiko, which is a predecessor of the Zeibekiko, could also be danced by a man and a woman. We must keep in mind that a dance can evolve. The Zeibekiko that we see nowadays is mostly really different from the old Zeibekiko. Zeibekiko was a dance for yourself, but the modern Zeibekiko is often used for showing off. The modern Zeibekiko is also sometimes danced by a whole group in which everybody dances the same steps. Anyway, there are a lot of people that don't like to see a woman dancing Zeibekiko. On YouTube you can find many videos of women dancing Zeibekiko (and very good, in my opinion). Here are some comments that I literally copied (with spelling mistakes) and translated.

“Ζεϊμπέκικο όχι για γυναίκες”	“Zeibekiko not for women”
“Το ζειμπεκικο, ήταν, είναι, θα είναι, ΑΝΤΡΙΚΟΣ ΧΟΡΟΣ !!!!!!!!!!!!!!!”	“Zeibekiko was, is and will be a MEN'S DANCE!!!!!!!!!!!!!!”
“Ιστορικά, το ζεϊμπέκικο, είναι αυστηρά ανδρικός χορός. Διάβασε τη VIKIPEDIA και θα καταλάβεις. Αλλά δεν πειράζει. Προπολεμικά, οι γυναίκες, δεν φορούσαν παντελόνια..”	“Historically, Zeibekiko is a strictly male dance. Read Wikipedia and you will understand. But it's fine. Before the war, women didn't wear trousers.”
“Το ζειμπεκικο είναι αντρικός χορός..”	“Zeibekiko is a men's dance...”
“Σήμερα οι γυναίκες χορεύουν ζειμπεκικα και οι άνδρες τσιφτετέλια.”	“Today women dance Zeibekika and men Tsiftetelia.”

In my opinion a woman can also dance Zeibekiko, but in that case I prefer it to be danced in a more feminine way, like you can see in other Greek dances. Fortunately, women are very different from men. Here are a few suggestions.

- Dance a tap instead of a stamp.
- Dance more straight up.
- Sweep the floor instead of hitting it.
- Keep your legs together when you are going down.

Rhythm

One measure (bar) in Zeibekiko music has mostly 9 counts (grouping 2-2-2-3). Mostly 9, because there exist also a lot of Zeibekika in which not every measure has 9 counts. A famous example is Ρόζα (Roza) from Δημήτρης Μητροπάνος (Dimitris Mitropanos) which has the following structure: 3 counts intro, 7 x [9 9 7 7 9]

On the internet, you can read discussions whether Zeibekiko music is in 9/4 or 9/8. There is often confusion about time signatures. It makes no difference if you write a Zeibekiko in 9/4 or in 9/8. The bottom number of a time signature indicates which note gets the beat (4 = quarter note, 8 = eighth note). The bottom number does not indicate the tempo. On the following pictures you can see the basic modern Zeibekiko rhythm written in 9/4 and in 9/8.



Let's see how Greek people mostly count the modern (new) Zeibekiko rhythm.

New Zeibekiko rhythm (Καινούργιο, Διπλό, Μοντέρνο, Πεταχτό or Νέο Ζεϊμπέκικο)						
Count	Way to count 1	Way to count 1 (greeklish)	Way to count 2	Way to count 2 (greeklish)	Way to count 3	Way to count 3 (greeklish)
1	έ-	e-	ένα	ena	δι-	di-
&	να	na	δύο	dyo	πλό	plo
2						
&	δύο	dyo	τρία	tria	δι-	di-
3	τρία	tria	τέσσερα	tessera	πλό	plo
&						
4	τέσσερα	tessera	πέντε	pente	μονό	mono
&						
5	πέν-	pen	έξι	eksi	δι-	di-
&	τε	te	εφτά	efta	πλό	plo
6						
&	έξι	eksi	οχτώ	ochto	δι-	di-
7	εφτά	efta	εννιά	ennia	πλό	plo
&						
8	οχτώ	ochto	δέκα	deka	μονό	mono
&						
9	εννιά	ennia	έντεκα	enteka	μονό	mono
&						

I have heard the column Way to count 1 the most. In the next column, you can see the text in greeklish. Greeklish is greek written with latin characters. There is no real standard for greeklish, but it makes it easier for non-Greeks to read and pronounce the words.

Notice that δύο (two) is not said on count 2, but on the & of count 2. Also έξι (six) is said on the & of count 6. For the counts 7, 8 and 9, the last syllable (which has the accent) is said on the count.

The numbers in the column Way to count 2 have nothing to do with the count of the music. For example, τέσσερα (four) is said on count 3. It is just the number of the step.

In the column Way to count 3 there is written διπλό (double) and μονό (single).

For people that don't know Greek, these ways of counting are of course not handy. Here are some ideas to count in English:

- one and and three four five and and seven eight nine
- quick slow quick slow slow quick slow quick slow slow slow

In my opinion, it is better to learn how to count in Greek. It is not that difficult and once you know the Greek numbers, you can easily follow Zeibekiko lessons that are for example on YouTube.

For now, let's listen to the basic modern Zeibekiko rhythm.

<http://www.youtube.com/watch?v=tPAh-9otRfI>

http://www.youtube.com/watch?v=H1CN4F589_s

Try to clap along with the rhythm (X X X X X X X X X X).

Did you notice that the counts 5-8 sound the same as the counts 1-4? Now is a good time to listen to Zeibekiko music and try to recognize the basic rhythm. In the chapter Music titles, under New Zeibekiko rhythm, there are many suitable songs listed that you can easily find on YouTube. To be able to dance Zeibekiko, it is very important to get familiar with the music. The more music you listen to, the better it is.

To start dancing, you have to find count 1 in the music. The rhythm ends with three slow counts, which are often easy to recognize and after that you can start dancing. When you are more experienced, you can of course also start at other counts. Count 5 is also easy. Before the chorus, there is often a drum fill played during the three slow counts, which makes it easy to find count 1. Listen to several songs to hear one of the following fills. If you don't hear any of those fills, try another song.

	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&	
1	X	X			X	X			X	X			X	X	X	X	X	X	
2	X	X			X	X			X	X			X	X	X	X	X	X	X
3	X	X			X	X			X	X			X	X	X	X	X	X	X

Keep in mind that because of the fill, you hear something fast during the three slow counts.

There are also songs in which no drums or percussion instruments are played. This doesn't mean that it is impossible to find count 1. The other instruments are also playing repeating patterns which you will learn to understand.

Don't worry if you find it difficult. Just listen actively to music and after some time your brain will recognize the repeating patterns very fast. At a certain point, you don't have to think anymore.

Now that you know the basic rhythm, it is best first to dance Circular path example 1 in the Circular paths chapter. Dance it first without music and then with music. Try to dance to different songs.

Rhythm variations

When you dance Zeibekiko, it is important that you dance to the Zeibekiko rhythm, but you can make rhythm variations by leaving out steps and/or adding extra steps. Of course your variation has to match with the music.

Leaving out steps

Often there are parts in the music in which it looks better to dance less steps. When dancing less, you have to know which counts are important. In the following table I have written the priority of the counts, but depending on the music there can be always exceptions. Of course, the first count of a measure is the most important. If you want to dance more (most likely you do), you can dance on the first count of each group. The grouping of a 9-count Zeibekiko measure is mostly 2-2-2-3, so then you dance on the counts 1, 3, 5 and 7. If that is too much, you can combine groups and use the grouping 4-5. In that case, you dance on the counts 1 and 5. Normally, the counts 1-4 are repeated from count 5 and then followed by count 9, so count 5 is more important than the counts 3 and 7. When dancing less, you can divide a movement over more counts. For example, you can turn very slow.

	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
1	X																	
2	X								X									
3	X				X				X				X					
4	X	X			X				X	X			X					
5	X	X			X				X	X			X		X		X	
6	X	X			X		X		X	X			X		X		X	
7	X	X		X	X		X		X	X		X	X		X		X	

Now it is a good moment to put on some Zeibekiko music and to clap all the rhythm variations that are written in the table. There are much more possible rhythm variations, but I wanted at every line to add one or more counts that are less important than the line above.

Take a look at the beginning of the Zeibekiko dance scene of the movie “Η κόρη μου η σοσιαλίστρια”.
<http://www.youtube.com/watch?v=DtnbS953NSA>

In the music you can hear very clearly the complete basic Zeibekiko rhythm (line 7 of the table). The people are clapping line 6, which is unusual but nice. Mostly people are clapping like a metronome (1, 2, 3, 4, 5, 6, 7, 8, 9). The first real figure that Δημήτρης Παπαμιχαήλ dances, has the following rhythm variation, which is not in the previous table, but it is for sure a good rhythm variation.

1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
X				X				X				X		X		X	

Adding extra steps.

In Zeibekiko music, you can often hear the drummer playing the bass drum just before the count(s) 4, 8 and/or 9 as a variation. You can also dance an extra step just before one or more of these counts. A count can be divided in four parts as follows:

1	e	&	a	2	e	&	a	3	e	&	a	etc.
---	---	---	---	---	---	---	---	---	---	---	---	------

The extra bass drum hit is mostly played on the ‘a’ of the previous count. Depending on the music and what you dance, you can dance an extra step on the ‘&’ or the ‘a’ of the previous count.

You can also dance an extra step on the ‘e’ of count 1 and/or count 5.

Other common rhythm variation

Here is a common rhythm variation that is for example used in Μια στάση εδώ from Δημήτρης Μητροπάνος. When there is a clear rhythm variation, it is of course better when your steps and movements match with that rhythm.

1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
X		X		X		X		X	X		X	X		X		X	

Examples of figures with a rhythm variation

Rhythm example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side and slightly forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Cross your right foot behind your left foot.
4	3	Step to the side and slightly forward with your left foot.
5	4	Close your right foot to your left foot, but keep the weight on your left foot.
6	5	Step to the side and slightly forward with your right foot.
7	&	Cross your left foot behind your right foot.
	6	-
8	&	Cross your right foot behind your left foot.
9	7	Step to the side and slightly forward with your left foot.
10	8	Bring your hands down, lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).
11	&	Lift your right foot (a little to the right) and hit it with your right hand (see chapter Hits and claps - picture 2).
12	9	Close your right foot to your left foot, but keep the weight on your left foot.

Rhythm example 1A		
Step	Count	Description
Dance first step 1-8 from Rhythm example 1		
9	7	Step to the side and slightly forward with your left foot and start turning counterclockwise on your left foot.
10	8	Make a half turn counterclockwise and step to the side with your right foot.
11	&	Make a quarter turn counterclockwise on your right foot and step forward with your left foot.
12	9	Make a quarter turn counterclockwise on your left foot and close your right foot to your left foot, but keep the weight on your left foot.

<http://www.youtube.com/watch?v=rRW4JyCJ2Tk>

Rhythm example 2		
Step	Count	Description
		Start with your feet together and your weight on your right foot.
1	1	Step to the side with your left foot. The right foot stays at the same place.
2	&	Replace the weight to your right foot while turning 1/8 clockwise. The left foot stays at the same place.
	2	-
3	&	Leap forward on the left foot, lift your right foot to the right and hit it with your right hand at the moment you land.
4	3	Step forward with your right foot.
5	4	Step forward with your left foot.
6	5	Step forward with your right foot.
7	&	Cross your left foot behind your right foot.
	6	-
8	&	Step forward with your right foot.
9	7	Step forward with your left foot.
10	a *	Make a quarter turn counterclockwise on your left foot and step to the side with your right foot.
11	8	Cross your left foot over your right foot.
12	a *	Step to the side with your right foot.
13	9	Cross your left foot over your right foot.

Make a full turn counter-clockwise during these steps.

<http://www.youtube.com/watch?v=MUt2AkXm4h0>

* a is between & and the next count.

7	e	&	a	8	e	&	a	9	e	&	a
---	---	---	---	---	---	---	---	---	---	---	---

Rhythm example 3		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	e	Cross your left foot behind your right foot.
3	&	Step forward with your right foot.
	2	-
4	&	Take a big step forward with your left foot.
5	3	Sit down on your right knee.
6	4	Hit the floor with your right hand (see chapter Hits and claps - picture 4).
7	5	Get up with the weight on your left foot.
8	&	Lift your right heel behind your left leg and hit it with your left hand.
	6	-
9	&	Make a quarter turn counterclockwise and step to the side with your right foot (left foot stays at the same place).
10	7	Make a quarter turn counterclockwise and replace the weight to your left foot (right foot stays at the same place).
11	8	Make a quarter turn counterclockwise and step to the side with your right foot (left foot stays at the same place).
12	9	Make a quarter turn counterclockwise and replace the weight to your left foot (right foot stays at the same place).

* e is between the start of the current count and &.

<http://www.youtube.com/watch?v=zHpauNJlxNw>

Rhythm example 4		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Cross your left foot on the ball behind your right foot. The weight stays on your right foot.
	2	-
3	3	Step to the side with your left foot.
4	4	Lift your right heel in front of your left leg and hit it with your left hand.
5	5	Step to the side with your right foot.
6	&	Cross your left foot in front of your right foot.
	6	-
7	7	Step to the side with your right foot.
8	8	Cross your left foot in front of your right foot.
9	9	Close your right foot to your left foot. The weight stays on your left foot.
		Make a half turn counterclockwise during these steps.

http://www.youtube.com/watch?v=Zy_v5dbaAjc

Rhythm example 5		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Step to the side with your left foot.
4	3	Cross your right foot in front of your left foot, make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together (see Cross turns in the Turns chapter).
5	4	Make a half turn counterclockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, your right foot must be behind your left foot.
6	5	Step back with your left foot.
7	&	Cross your right foot in front of your left foot.
	6	-
8	&	Make a big step forward with your left foot.
9	7	Sit down on your right knee (right hand in front, left hand behind your back).
10	8	Hit on the left knee with the dorsal surface of the right fingers.
11	trip-	Hit on the left knee with palmar surface of the right fingers.
12	let	Hit on the left knee with the dorsal surface of the right fingers.
13	9	Hit the floor with your right hand (see chapter Hits and claps - picture 4).

The triplet divides count 8 in three equal parts. Leave out the steps 11 and 12 if you want to dance the basic Zeibekiko rhythm.

<https://www.youtube.com/shorts/L0oan4whwfk>

Rhythm example 6		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Make a quarter turn counterclockwise and step forward with your left foot.
4	3	Make a quarter turn counterclockwise and step to the side with your right foot.
5	a	Make a half turn counterclockwise and step to the side with your left foot.
6	4	Close your right foot to your left foot, but keep the weight on your left foot.
7	5	Step back with your right foot.
8	&	Lift you right heel in front of your left leg and hit the side of it with your right hand.
	6	-
9	&	Make a small step forward with your left foot.
10	7	Make a small step forward with your right foot.
11	8	Swing your left foot forward.
12	trip-	Swing your left foot back and crossed in front of your right leg.
13	let	Swing your left foot forward.
14	9	Step back with your left foot and swing your right foot back and crossed in front of your left leg.

The triplet divides count 8 in three equal parts.

<https://www.youtube.com/shorts/gkFN5VsrRfM>

Rhythm example 7		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Cross your right foot in front of your left foot.
	&	-
	2	-
2	&	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.
3	3	Step back with your left foot.
4	a	Make a quarter turn counterclockwise and step to the side with your right foot (on the ball). The left foot stays in place.
5	4	Make a quarter turn counterclockwise and replace your weight to your left foot.
6	5	Step back with your right foot.
7	&	Swing your left foot back and crossed in front of your right leg.
	6	-
8	&	Make a big step forward with your left foot.
9	7	Sit down on your right knee (right hand in front, left hand behind your back).
10	8	Hit the floor with the palm of your right hand.
11	9	Hit the floor with the palm of your right hand.

<https://www.youtube.com/shorts/6hDpkrGpkjo>

Rhythm example 8			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Step to the side and a little back with your right foot.	Make a full turn counterclockwise during these steps.
2	&	Cross your left foot in front of your right foot.	
	-		
3	&	Step to the side and a little back with your right foot.	
4	3	Cross your left foot in front of your right foot.	
5	a	Step to the side and a little back on the ball of your right foot.	
6	4	Cross your left foot in front of your right foot.	
7	5	Step to the side with your right foot.	
8	&	Lift your left foot in front of your right knee and hit the right side of your left heel with your right hand.	
9	&	Step to the side and a little back with your left foot.	
10	7	Cross your right foot in front of your left foot.	
11	a	Step to the side and a little back on the ball of your left foot.	
12	8	Cross your right foot in front of your left foot.	
13	9	Close your left foot to your right foot.	

<https://www.youtube.com/shorts/XT3I2h2WeTM>

Rhythm example 9		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Make a quarter turn counterclockwise and step back with your right foot.
2	&	Cross your left foot in front of your right foot.
	2	-
3	&	Step back with your right foot.
4	3	Swing your left foot back and crossed in front of your right leg and hit the heel with your right hand.
5	a	Leap forward on your left foot.
6	4	Cross your right foot without weight behind your left foot.
7	5	Make a quarter turn counterclockwise and step to the side with your right foot. The left foot stays in place.
8	&	Make a quarter turn counterclockwise and replace your weight to your left foot.
	6	-
9	&	Make a quarter turn counterclockwise and step to the side with your right foot. The left foot stays in place.
10	7	Make a quarter turn counterclockwise and sit down on your right knee.
11	8	Hit your left knee by swinging your right hand from right to left.
12	&	Hit your left knee by swinging your right hand from left to right.
13	9	Hit the floor with the palm of your right hand.

https://youtube.com/shorts/Eq4bEY4C_Yk

In Circular path example 3 and in Paddle turn example 1 there is also a rhythm variation.

Old Zeibekiko rhythm

Nowadays you will hear mostly the new Zeibekiko rhythm, but sometimes the old Zeibekiko rhythm is used in new songs.

1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
X		X	X	X		X		X		X	X	X		X		X	

- one two and three four five six and seven eight nine
- slow quick quick slow slow slow quick quick slow slow slow

There is not that much difference between the old and the new rhythm, but when you dance to music with the old Zeibekiko rhythm, it is of course better when your steps and movements match with that rhythm. In the instrumental music piece *To Zeĩmpékiko της Ευδοκίας* both the old and the new rhythm are used.

Dancing without thinking about the rhythm

The rhythm of the Zeibekiko is difficult, especially when not every measure has the same number of beats. Listening and dancing a lot to Zeibekiko music will help, but there are other ways as well.

Example 1

I have seen a Zeibekiko style, in which you step on every count and hop on the ‘&’ of every count. Therefore you can start dancing on every count and as long as you dance in the same tempo as the music, you are fine. You don't have to understand the Zeibekiko rhythm at all to dance this way. To be honest, I don't like this style, because the Zeibekiko rhythm is not visible in the dance, but at least you can dance and get familiar with the music.

When dancing, the step can be in any direction and the hop is in place. As a variation a chasse can be danced. Here are some videos that I found on YouTube.

<http://www.youtube.com/watch?v=fG-b9UVXdEQ>

<http://www.youtube.com/watch?v=fTohC0oDmPU>

This dance has more variation, but it is clearly based on step hop.

<http://www.youtube.com/watch?v=yxAgsl9rtQQ>

Example 2

At a Zeibekiko lesson, I have learned the following basic figure.

5-count figure		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	&	Lift your left foot a little.
3	2	Step forward with your left foot.
4	&	Lift your right foot a little.
5	3	Cross your right foot in front of your left foot.
6	&	Step back with your left foot.
7	4	Step back with your right foot.
8	&	Lift your left foot a little.
9	5	Step back with your left foot.
10	&	Lift your right foot a little.

http://www.youtube.com/watch?v=uwi4fIFny_8

I was confused, because the duration of the figure is only 5 counts instead of 9. I asked my teacher for an explanation and he said that he prefers to teach this way, so that students can dance to all Zeibekiko songs without understanding the rhythm. He paid a lot of attention to the style and I have to admit that his dancing was looking good to me, but for me rhythm is a very important aspect of dancing. Some people confuse tempo with rhythm. I have found another teacher that teaches like him.

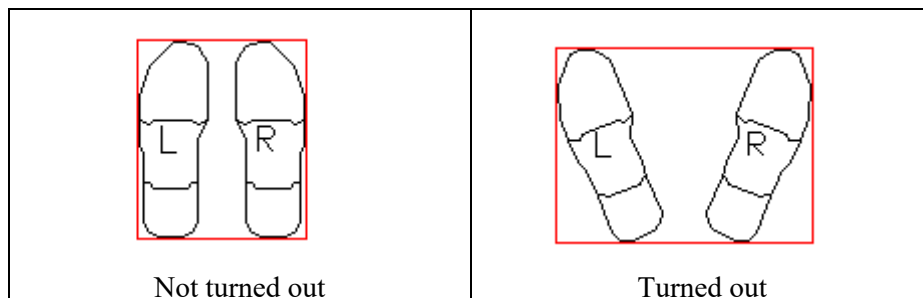
<http://www.youtube.com/watch?v=1INGlZQjAA>

Balance

Here are some tips to keep your balance.

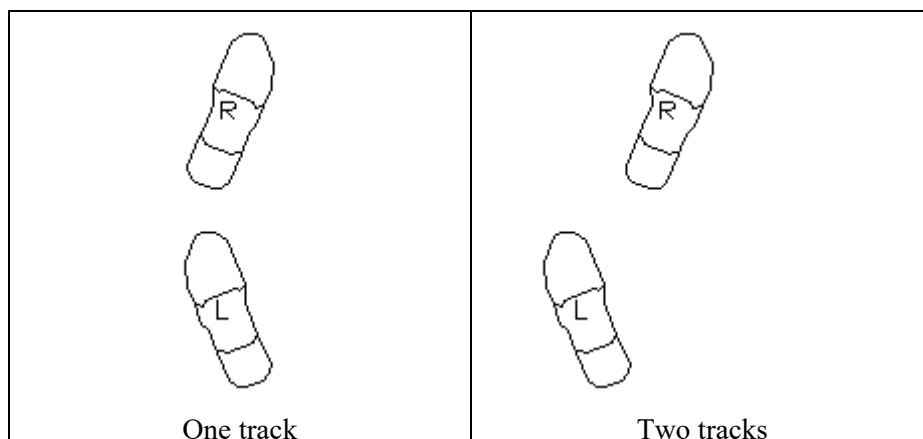
Dance with turned out feet

If you stand with your feet turned out, you stand on a bigger surface which makes it easier to keep your balance.



Walk with your feet on 2 separate imaginary tracks

When you walk on 1 imaginary track, so with one foot exactly in front of the other, it is like walking on a tightrope. When you walk on two tracks, you stand on a bigger surface which makes it easier to keep your balance.



Avoid high decelerations and accelerations

Let's take a look at the formule: $\text{force (N)} = \text{deceleration (m/s}^2\text{)} \times \text{mass (kg)}$

If you stop a moving object (in this case your body) fast, the deceleration will be high and therefore the force will be high, which can make you easily lose your balance.

Spotting

Turning can make you very dizzy. To prevent this, you can use the spotting technique.

Choose a point to look at during the turn. This can be a light, yourself in the mirror or something else. While turning, try to look at the point as long as possible by rotating your head in the opposite direction of the turn. When you can not look at the point anymore, rotate your head very fast in the direction of the turn until you see the point again.

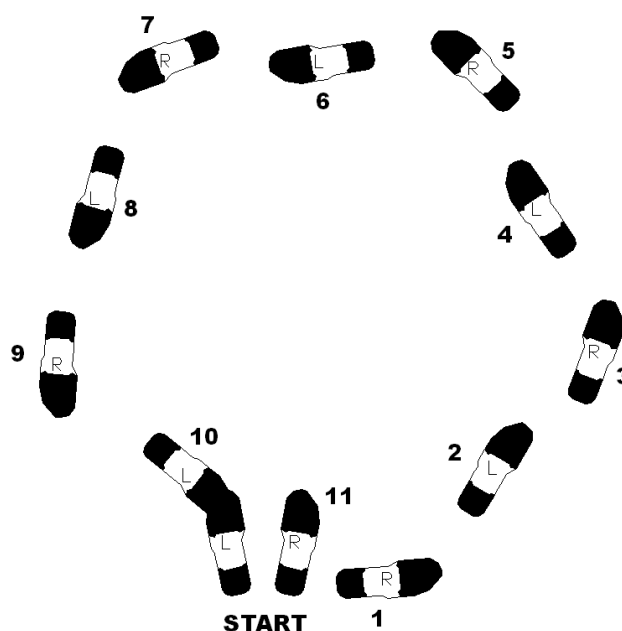
Give yourself time to learn this technique and take it easy. The spotting technique can also improve your balance.

[http://en.wikipedia.org/wiki/Spotting_\(dance_technique\)](http://en.wikipedia.org/wiki/Spotting_(dance_technique))



Circular paths

When you want to learn how to dance Zeibekiko, it is best to first learn the rhythm and then dance simple steps on an imaginary circular path. On the picture you can see how to dance counterclockwise. It looks not exactly like a circle, because you should dance with slightly turned out feet. Of course you can also dance clockwise. In that case you start with your weight on your right foot. Instead of making one full turn during the steps, you can also make two full turns on a small imaginary circle.



Try to dance this figure also with the old Zeibekiko rhythm 1 2 & 3 4 5 6 & 7 8 9.

Circular path example 1		
Step	Count	Description
		Start facing center with your feet together and your weight on your left foot.
1	1	Turn a little clockwise to be able to dance forward on the imaginary circle and step forward with your right foot.
2	&	Step forward with your left foot.
	2	-
3	&	Step forward with your right foot.
4	3	Step forward with your left foot.
5	4	Step forward with your right foot.
6	5	Step forward with your left foot.
7	&	Step forward with your right foot.
	6	-
8	&	Step forward with your left foot.
9	7	Step forward with your right foot.
10	8	Step forward with your left foot.
11	9	Turn counterclockwise to face the center of the imaginary circle again and close your right foot to your left foot. You should end up at the place where you started the figure. Depending on what you want to dance next, you can transfer your weight to your right foot.

Make a full turn counterclockwise during these steps.

<http://www.youtube.com/watch?v=TGsTSX3xy9I>

Circular path example 2		
Step	Count	Description
		Start facing center with your feet together and your weight on your left foot.
1	1	Turn a little clockwise to be able to dance forward on the imaginary circle and step forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step forward with your right foot.
4	3	Leap forward on the left foot, lift your right foot (a little to the right) and hit it with your right hand at the moment you land (see chapter Hits and claps - picture 2).
5	4	Step forward with your right foot.
6	5	Step forward with your left foot.
7	&	Cross your right foot behind your left foot.
	6	-
8	&	Step forward with your left foot.
9	7	Step forward with your right foot.
10	8	Step forward with your left foot.
11	9	Turn counterclockwise to face the center of the imaginary circle again and close your right foot to your left foot. You should end up at the place where you started the figure.

Make a full turn counterclockwise during these steps.

http://www.youtube.com/watch?v=22jF_my4ZsM

Circular path example 3		
Step	Count	Description
		Start facing center with your feet together and your weight on your left foot.
1	1	Turn a little clockwise to be able to dance forward on the imaginary circle and step forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step forward with your right foot.
4	3	Step forward with your left foot.
5	4	Step forward with your right foot.
6	5	Step forward with your left foot.
7	&	Lift your right foot to the right and hit it with your right hand.
	6	-
8	&	Step forward with your right foot.
9	7	Step forward with your left foot and turn counterclockwise to face the center.
10	8	Cross your right foot in front of your left foot.
11	trip- *	Take a small step back with your left foot.
12	let	Step to the side and a little forward with your right foot.
13	9	Close your left foot to your right foot and move your right heel back and up. You should end up at the place where you started the figure.

Make a full turn counterclockwise during these steps.

<http://www.youtube.com/watch?v=0BxQQxyTqO4>

* The triplet (τρίγχο) divides count 8 in three equal parts.

Count	7	&	8	&	9	&
Step	9		10	11	12	13

<http://en.wikipedia.org/wiki/Tuplet>

Circular path example 4		
Step	Count	Description
		Start facing center with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step to the side with your right foot.
4	3	Cross your left foot in front of your right foot.
5	4	Lift your right heel to the left (in front of your left leg) and hit it with your left hand.
6	5	Step to the side with your right foot.
7	&	Cross your left foot behind your right foot.
	6	-
8	&	Step to the side with your right foot.
9	7	Cross your left foot in front of your right foot.
10	8	Step to the side with your right foot.
11	9	Move your left foot next to your right foot, jump on your left foot, lift your right foot (a little to the right) and hit it with your right hand at the moment you land (see chapter Hits and claps - picture 2).

Make a full turn counterclockwise during these steps.


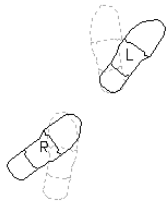
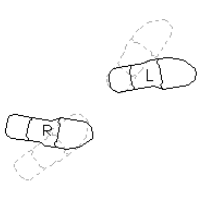
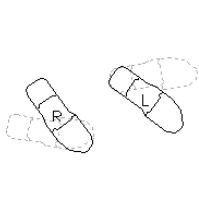
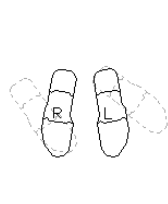

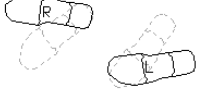
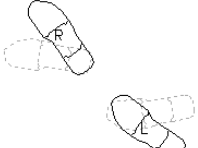
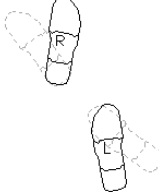
<https://www.youtube.com/shorts/zKGAXS11bew>

Turns

In Zeibekiko you can dance many different turns. Most of these turns exist also in other dance forms like Ballet, Latin dance and Hip-hop, but depending on the dance, the turn can be a little different. While turning, it can be difficult to keep your balance. Make sure that you read the chapter Balance.


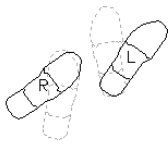
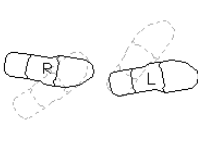
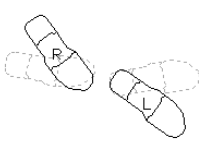
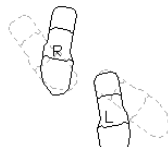
Cross turns

Cross turns are often danced in Zeibekiko. Take a look at the following example. The dashed lines indicate the previous position.

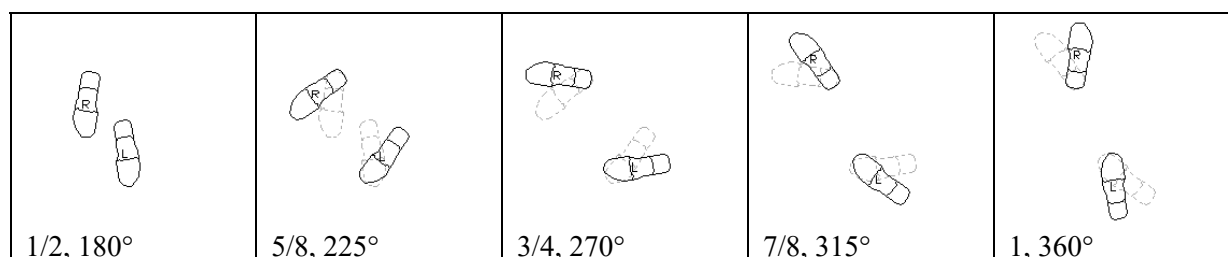
				
Start position	1/8, 45°	1/4, 90°	3/8, 135°	1/2, 180°
				
5/8, 225°	3/4, 270°	7/8, 315°	1, 360°	

This example shows how to make a full clockwise turn. The turn starts with the right foot crossed behind the left foot. During the first half of the turn, you turn on the heel of your left foot and the ball of your right foot. During the second half of the turn, you turn on the ball of your left foot and the heel of your right foot. After the first half of the turn, you end up with closed feet. From there, you don't have to continue with the turn. You can also dance something else.

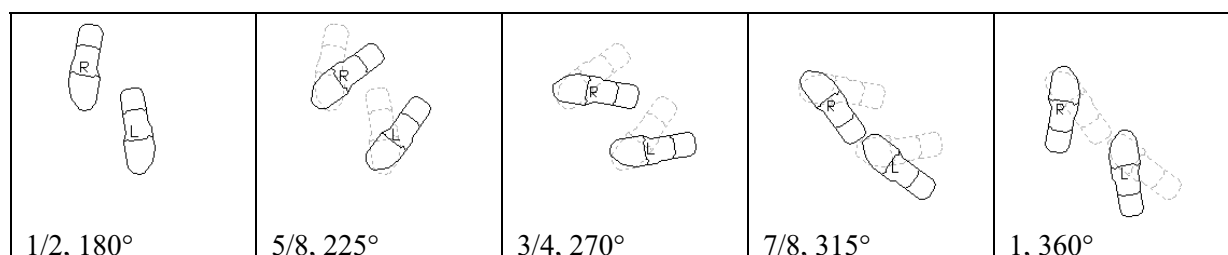
If your start position is different than in the example, your feet will not end up together as you can see in the following pictures.

				
Start position	1/8, 45°	1/4, 90°	3/8, 135°	1/2, 180°

This is not wrong. It depends on what you want to dance next. If you continue with the turn, your feet will end up with a step distance between each other, as you can see on the following pictures and perhaps that is what you want.



If you want your feet to end up closer to each other, you can turn during the second half on the ball of your left foot and the ball of your right foot.



If your left foot is crossed behind your right foot, you can dance a counterclockwise cross turn.

Here are some figures with at least one cross turn.

Cross turn example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot. The left foot stays at the same place.
2	&	Replace the weight to your left foot. The right foot stays at the same place.
	2	-
3	&	Cross your right foot in front of your left foot.
4	3	Step to the side with your left foot.
5	4	Cross your right foot behind your left foot.
6	5	Step to the side with your left foot.
7	&	Cross your right foot in front of your left foot.
	6	-
8	&	Step to the side with your left foot.
9	7	Cross your right foot behind your left foot.
10	8	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.
11	9	Make a half turn clockwise on the ball of your left foot and the heel of your right foot.

<http://www.youtube.com/watch?v=5bkIWHPkk8>

Cross turn example 2		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Step to the side and slightly back with your left foot.
4	3	Cross your right foot in front of your left foot.
5	4	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.
6	5	Step to the side with your left foot.
7	&	Close your right foot to your left foot, but keep the weight on your left foot.
	6	-
8	&	Step to the side and slightly forward with your right foot.
9	7	Cross your left foot behind your right foot.
10	8	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.
11	9	Step back with your right foot and lift your left heel with a slightly bended knee crossed in front of your right leg (right hand in front, left hand behind your back)

http://www.youtube.com/watch?v=_FkiF-Xp2L8

Cross turn example 3		
Step	Count	Description
		Start with your feet together and your weight on your right foot. You can also continue from Cross turn example 2.
1	1	Step forward with your left foot.
2	&	Cross your right foot behind your left foot.
	2	-
3	&	Take a big step forward with your left foot.
4	3	Sit down on your right knee (right hand in front, left hand behind your back).
5	4	Hit the floor with the palm of your right hand.
6	5	Get up with the weight on your right foot.
7	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	6	-
8	&	Step forward with your left foot.
9	7	Cross your right foot behind your left foot.
10	8	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.
11	9	Make a half turn clockwise on the ball of your left foot and the heel of your right foot.

<http://www.youtube.com/watch?v=gjRJcvThAQc>

Cross turn example 4

Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Cross your right foot in front of your left foot.
2	&	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this turn, you must end up with your feet together.
	2	-
3	&	Hop on your left foot and hit your right heel with your right hand.
4	3	Step forward with your right foot.
5	4	Step forward with your left foot.
6	5	Cross your right foot in front of your left foot.
7	&	Step back with your left foot.
	6	-
8	&	Close your right foot to your left foot.
9	7	Step forward with your left foot.
10	8	Lift your right heel and hit it with your right hand.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

Knee turns

Sometimes it can be nice to dance a knee turn. Knee turns are easier than they look, but you have to use the right technique. I strongly advise to **wear knee pads**. Mostly you can wear them under your trousers. For practice, it is better to wear them over your trousers to avoid damaging your trousers.

To dance a knee turn, one knee has to be on the floor (see picture). Mostly a full turn is made. To turn clockwise, your right knee has to be on the floor. Before making the turn, rotate your upper body slightly in the opposite direction so you can create a momentum.



Full turn clockwise

During the first half of the turn, lift your right foot a little, turn on your right knee and lower your left knee. After the first half of the turn, you should end up with your knees and feet together. During the second half, lift your left foot a little, turn on your left knee and bring your right knee up.

Full turn counterclockwise

During the first half of the turn, lift your left foot a little, turn on your left knee and lower your right knee. After the first half of the turn, you should end up with your knees and feet together. During the second half, lift your right foot a little, turn on your right knee and bring your left knee up.

Here is a video with a very good explanation. It is Hip-hop, but that doesn't matter. The turn itself is exactly the same.

<http://www.youtube.com/watch?v=f2l5YsF3lBE>

Here is an example with a knee turn.

Knee turn example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	2	-
3	&	Take a big step forward with your left foot.
4	3	Sit down on your right knee (right hand in front, left hand behind your back).
5	4	Make a knee turn (full turn clockwise) and end up with your left hand in front and your right hand behind your back.
6	5	Get up with the weight on your right foot.
7	&	Lift your left heel crossed behind your right foot and hit it with your right hand.
	6	-
8	&	Step back with your left foot.
9	7	Make a quarter turn counterclockwise on your left foot and step to the side with your right foot.
10	8	Make a quarter turn counterclockwise on your right foot and step forward with your left foot.
11	9	Make a half turn counterclockwise on your left foot and close your right foot to your left foot. The weight stays on your left foot.

Give yourself time to learn the figure. Here is a funny video of me where everything goes wrong. You can see that I didn't lift my left foot during the second half of the turn, my arm position at the end of the turn was wrong etc.

<http://www.youtube.com/watch?v=g6yym3zyirY>

In the following video it goes better.

<http://www.youtube.com/watch?v=ifOWnDXTMBI>

Of course it can be better, but the floor was very rough, I was wearing my knee pads under my trousers and I didn't want to damage my trousers more.

I'm sure you'll do a lot better than me with some practice!

Here are some easier figures with a knee turn.

Knee turn example 2		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Make a quarter turn counterclockwise and step back with your right foot.
2	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	2	-
3	&	Take a big step forward with your left foot.
4	3	Sit down on your right knee (right hand in front, left hand behind your back).
5	4	Make a knee turn (half turn clockwise) and end up with your left hand in front and your right hand behind your back.
6	5	Place your right knee next to your left knee
7	&	Lift your left knee and place your left foot forward (the right knee stays on the floor).
	6	-
8	&	Hit your left knee with the top of the right fingers.
9	7	Hit the floor with your right hand (see chapter Hits and claps - picture 4).
10	8	Get up with the weight on your left foot.
11	9	Make a quarter turn counterclockwise on your left foot and close your right foot to your left foot. The weight stays on your left foot.

<https://www.youtube.com/shorts/QMuEsijds6o>

Knee turn example 3		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Step with your left foot crossed in front of your right foot.
	2	-
3	&	Step to the side with your right foot.
4	3	Make a quarter turn counterclockwise and step forward with your left foot.
5	4	Sit down on your right knee (right hand in front, left hand behind your back).
6	5 &	Make a knee turn (half turn clockwise) and end up with your left hand in front and your right hand behind your back.
	6	-
7	&	Place your right knee next to your left knee
8	7	Lift your left knee and place your left foot forward (the right knee stays on the floor).
9	8	Hit the floor with your right hand (see chapter Hits and claps - picture 4).
10	9	Hit the floor with your right hand (see chapter Hits and claps - picture 4).

<https://www.youtube.com/shorts/W5Fn-7jsdao>

Paddle turns

A paddle turn is a stationary turn that rotates around the predominantly weighted and centralized foot using the other foot to push off or paddle around the stationary foot. Paddle turns are used in many dances. Depending on the dance they can look very different. In Zeibekiko there is often a full turn made with only one push. Here is an example figure.

The turn in this figure can make you **dizzy**. Make sure that you have read the Spotting chapter and take it easy.

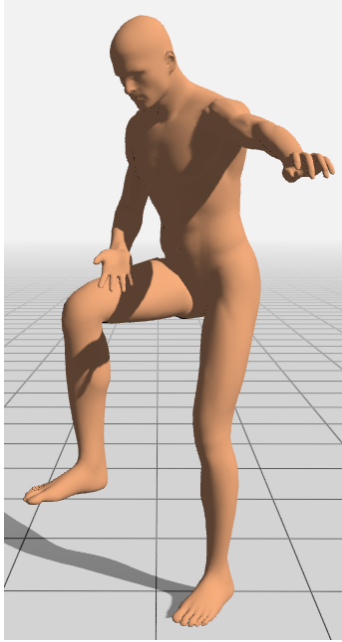
Paddle turn example 1			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Cross your right foot over your left foot.	
2	&	Step back with your left foot.	
	2	-	
3	&	Step to the side with your right foot.	
4	3	Step forward with your left foot.	
5	4	Lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).	
6	5	Step back with your right foot and lift your left heel with a slightly bended knee crossed in front of your right leg.	
7	6	Step forward with your left foot.	
8	7	Make a quarter turn counterclockwise and step with your right foot to the side.	
9	&	Replace your weight to your left foot.	Full turn counterclockwise
10	8	step with your right foot to the side.	
11	&	Replace your weight to your left foot.	3/4 turn counterclockwise
12	9	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.	

http://www.youtube.com/watch?v=_H93nb9A6vc

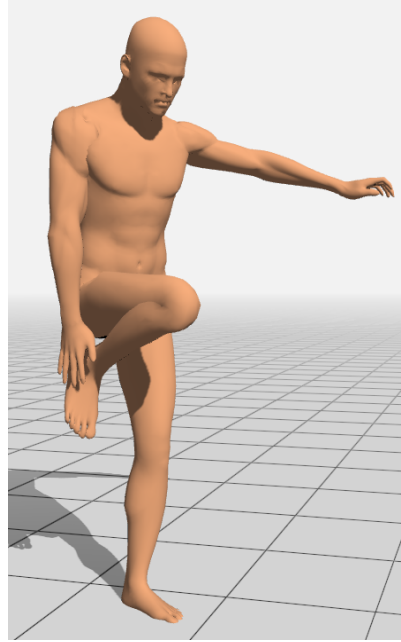
Hits and claps

Here are some hits and claps that you can see in Zeibekiko. If you like, you can also make some pictures by using the following site:

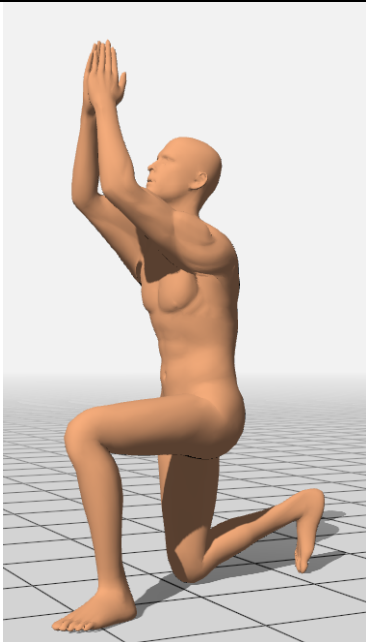
<http://webapp.magicposer.com/>



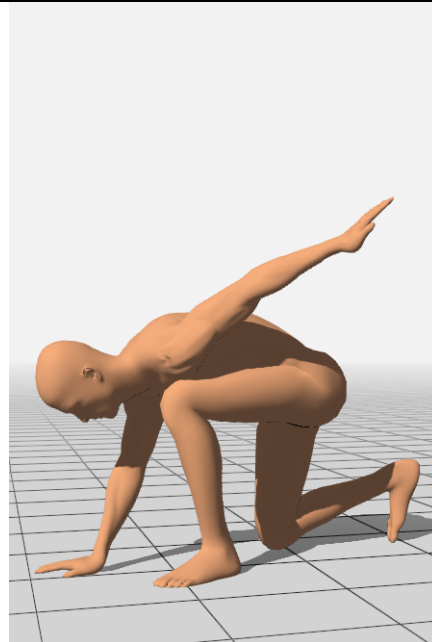
1. Hit on the right knee with the top of the right fingers



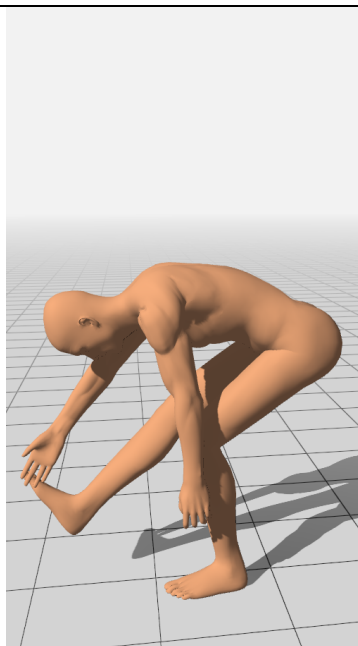
2. Hit on the right foot with the right hand



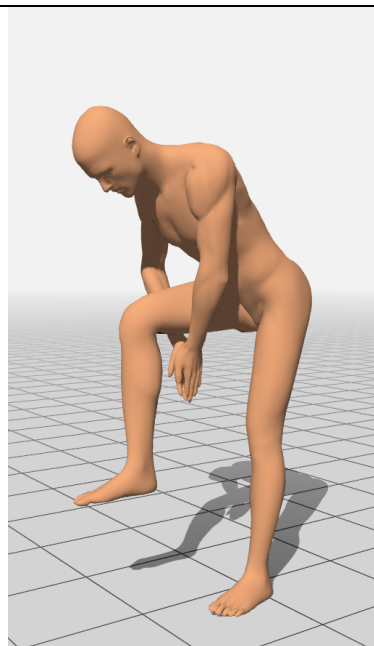
3. Hand clap above the head



4. Hit on the floor with the right hand



5. Hit on the right toes with the top of the right fingers



6. Hand clap under right leg

Hits and claps example 1

Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	&	Cross your left foot far to the right over your right foot.
	2	-
3	&	Step back with your right foot.
4	3	Step to the side with your left foot.
5	4	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.
6	5	Take a big step to the side with your right foot.
7	&	Make a quarter turn counterclockwise and lift your left heel with a slightly bended knee crossed in front of your right leg (right hand in front, left hand behind your back).
	6	-
8	&	Take a big step forward with your left foot.
9	7	Sit down on your right knee.
10	8	Clap your hands above your head (see picture 3).
11	9	Hit the floor with your right hand (see picture 4).

Step 1-5 should look like you are drawing a square with your feet.

<http://www.youtube.com/watch?v=f11GHcq3IP4>

If you like you can continue with the following example, but of course you can also dance something else after this figure (see chapter Improvising).

Hits and claps example 2			
Step	Count	Description	
		Start with the end position of Hits and claps example 1.	
1	1	Get up with the weight on your right foot.	
2	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.	
	2	-	
3	&	Step forward with your left foot.	
4	3	Step forward with your right foot.	
5	4	Make a quarter turn counterclockwise on the ball of your left foot and the heel of your right foot and end with the weight on your right foot.	
6	5	Leap forward on the left foot, lift your right foot (a little to the right) and hit it with your right hand at the moment you land (see picture 2).	Make a full turn counterclockwise during these steps.
7	&	Step forward with your right foot.	
	6	-	
8	&	Step forward with your left foot.	
9	7	Step forward with your right foot.	
10	8	Step forward with your left foot.	
11	9	Lift your right knee and clap your hands under your right leg (see picture 6).	

<http://www.youtube.com/watch?v=49cvoUPDR0Q>

Hits and claps example 3		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Make a small circular counterclockwise movement with your right foot and cross it over your left foot.
2	&	Step to the side with your left foot.
	2	-
3	&	Lift your right knee and hit it with the top of your right fingers (see picture 1).
4	3	Lift your right foot (a little to the right) and hit it with your right hand (see picture 2).
5	4	Move your right foot forward and up (slightly or not bended), bend your left knee and your upper body and hit the toes of your right foot with the top of your right fingers (see picture 5).
6	5	Step forward with your right foot.
7	&	Step forward with your left foot.
	6	-
8	&	Step forward with your right foot.
9	7	Step forward with your left foot.
10	8	Close your right foot to your left foot (weight on both feet).
11	9	Jump in place and make a half turn clockwise while you are in the air.

<http://www.youtube.com/watch?v=qbMRHICwIG8>

If you don't like the jump, you can dance the following or something else that you can think of.

Hits and claps example 3A		
Step	Count	Description
Dance first step 1-9 from Hits and claps example 3		
10	8	Cross your right foot behind your left foot.
11	9	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.

<http://www.youtube.com/watch?v=dxefbQBbbBg>



Fred Bolder in Milos

Stamps

You can stamp with or without weight transfer. Stamps are often done on count 1 and on the & of count 1. You can also stamp when you close one foot to the other (often on count 9). Here is an example figure.

Stamp example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Stamp with your right foot next to your left foot, but keep the weight on your left foot.
2	&	Stamp with your right foot next to your left foot, but keep the weight on your left foot.
	2	-
3	&	Step to the side and slightly forward with your right foot.
4	3	Cross your left foot behind your right foot.
5	4	Step to the side and slightly forward with your right foot.
6	5	Leap forward on the left foot, lift your right foot to the right and hit it with your right hand at the moment you land.
7	&	Step forward with your right foot.
	6	-
8	&	Step forward with your left foot.
9	7	Step forward with your right foot.
10	8	Step forward with your left foot.
11	9	Make a half turn counterclockwise on your left foot and close your right foot to your left foot. The weight stays on your left foot.

Make a half turn counterclockwise during these steps.

<http://www.youtube.com/watch?v=47OHJo3RM9w>

Stamp example 1A		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Stamp with your right foot next to your left foot and transfer the weight to your right foot.
2	&	Stamp with your left foot next to your right foot and transfer the weight to your left foot.
	2	-
Dance step 3-10 from Stamp example 1		
11	9	Make a half turn counterclockwise on your left foot and stamp with your right foot next to your left foot. The weight stays on your left foot.

http://www.youtube.com/watch?v=WL8m_prFU7A

Hops, jumps and leaps

A hop is a light jump that takes off from one foot and lands on the same foot.

A jump takes off from both feet and lands on both feet.

A leap takes off from one foot and lands on the other foot.

Hop example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Hop on your left foot and lift your right knee. You must land exactly on the count. At that same moment, hit your right knee with your right hand.
2	&	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.
	2	-
3	&	Hop on your left foot and lift your right knee. You must land exactly on the count. At that same moment, hit your right knee with your right hand.
4	3	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.
5	4	Take a big step to the side with your right foot.
6	5	Step forward with your left foot.
7	&	Cross your right foot behind your left foot.
	6	-
8	&	Step forward with your left foot.
9	7	Step forward with your right foot.
10	8	Step forward with your left foot.
11	9	Make a half turn counterclockwise and close your right foot to your left foot. The weight stays on your left foot.

Make a half turn
counterclockwise during these
steps.

<http://www.youtube.com/watch?v=NJqucKFoRQw>

Jump example 1		
Step	Count	Description
		Start with your feet together and your weight on both feet.
1	1	Jump and end up with your feet apart.
2	&	Jump and end up with your right foot crossed behind your left foot.
	2	-
3	&	Jump and end up with your feet apart.
4	3	Jump and end up with your right foot crossed in front of your left foot.
5	4	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.
6	5	Step back with your right foot.
7	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	6	-
8	&	Step forward with your left foot.
9	7	Make a quarter turn counterclockwise and step to the side with your right foot.
10	8	Make a quarter turn counterclockwise and step forward with your left foot.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

<http://www.youtube.com/watch?v=BTSnCvrxbf0>

Jump example 2		
Step	Count	Description
		Start with your feet together and your weight on both feet.
1	1	Step to the side and slightly back with your right foot.
2	&	Cross your left foot over your right foot.
	2	-
3	&	Replace your weight to your right foot. The left foot stays at the same place.
4	3	Step to the side with your left foot.
5	4	Lift your right heel to the left and hit it with your left hand.
6	5	Step to the side and slightly back with your right foot.
7	&	Cross your left foot over your right foot.
	6	-
8	&	Replace your weight to your right foot. The left foot stays at the same place.
9	7	Step to the side with your left foot.
10	8	Make a half turn counterclockwise on the ball of your left foot. At the end of this half turn, you must end up with your feet together.
11	9	Jump on the spot and make a half turn counterclockwise while you are in the air. At the end of this half turn, you must end up with your feet together.

https://www.youtube.com/shorts/UrJfn_im7vE

Leap example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side and slightly forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Cross your right foot behind your left foot.
4	3	Step to the side and slightly forward with your left foot.
5	4	Close your right foot to your left foot, but keep the weight on your left foot.
6	5	Step to the side and slightly forward with your right foot.
7	&	Cross your left foot behind your right foot.
	6	-
8	&	Cross your right foot behind your left foot.
9	7	Step to the side and slightly forward with your left foot.
10	a	Leap to the side on your right foot.
11	8	Make a light stamp with your left foot next to your right foot. The weight stays on your right foot.
12	a	Leap to the side on your left foot.
13	9	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.

<http://www.youtube.com/watch?v=G1OSmxZ6IZs>

See Circular path example 2 for a forward leap.

Knee drops and sitting

You can often see a Zeibekiko dancer sitting down on the floor for a moment. While he is sitting, he can for example hit the floor. You can get into a sitting position by doing a knee drop.

I strongly advise to **wear knee pads**. Mostly you can wear them under your trousers. For practice, it is better to wear them over your trousers to avoid damaging your trousers.

Knee drops and sitting example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).
2	&	Lift your right foot (a little to the right) and hit it with your right hand (see chapter Hits and claps - picture 2).
	2	-
3	&	Make a small step to the side with your right foot.
4	3	Bend through your knees and land softly on your knees (knee drop).
5	4	Sit down with your bottom on your heels and bend back a little.
6	5	Hit the floor with your right hand.
7	&	Hit the floor with your left hand.
	6	-
8	&	Get up and step forward with your right foot.
9	7	Cross your left foot in front of your right foot.
10	8	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.
11	9	Make a half turn clockwise on the ball of your left foot and the heel of your right foot.

http://www.youtube.com/watch?v=85pcVd_9aEo

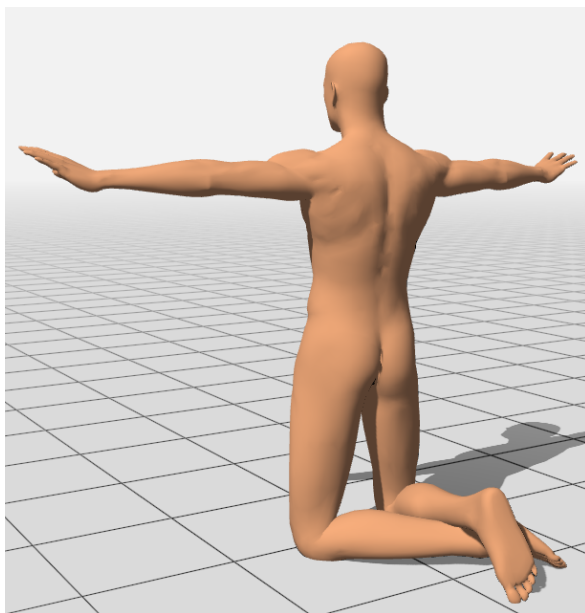
Knee drops and sitting example 2		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Make a quarter turn counterclockwise on the ball of your right foot and lift your left heel with a slightly bended knee crossed in front of your right leg (left hand behind, right hand in front).
	2	-
3	&	Take a big step forward with your left foot.
4	3	Sit down on your right knee.
5	4	Make a half turn clockwise on your right knee and end up with both knees next to each other on the floor (see Knee turns in the Turns chapter).
6	5	Sit with your bottom on your heels, bend back a little and hit the floor with your right hand.
7	&	Hit the floor with your left hand.
	6	-
8	&	Get up and step forward with your right foot.
9	7	Cross your left foot over your right foot. Make sure that your lower legs are touching each other. Otherwise it is not possible to make the following three-quarter turn.

10	8-9	Make a three-quarter turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.
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<http://www.youtube.com/watch?v=-Sbn8R5AVT0>

Knee drops and sitting example 3		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Cross your left foot behind your right foot.
3	3	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together (see Cross turns in the chapter Turns).
4	4	Make a half turn counterclockwise on the ball of your left foot and the ball of your right foot. Bend through your knees during the turn and end up with your knees on the floor (knee drop) and your right knee over your left lower leg (see picture below).
5	5	Clap your hands together.
6	&	Hit the floor with the palm of your right hand.
7	7-9	Make a whole turn clockwise while getting up and end up with your left foot crossed behind your right foot. Give yourself time to learn this movement. For me it is easier to get up when I lean a little back and to the right at the beginning.

<http://www.youtube.com/watch?v=kTzY4lSQPvs>



Knee drops and sitting example 3

Knee drops and sitting example 4		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Cross your right foot in front of your left foot.
2	&	Place your left knee on the floor.
	2	-
3	&	Place your right knee on the floor next to your left knee.
4	3	Sit down.
5	a	Hit the floor in front of you with your left hand.
6	4	Hit the floor in front of you with your right hand.
7	5	Hit the floor behind you with your left hand.
8	&	Hit the floor behind you with your right hand.
	6	-
9	&	Stand up on your right foot.
10	7	Make a little jump on the spot, land on your left foot, lift your right foot and hit your right heel with your right hand.
11	8	Make a half turn counterclockwise and step forward with your right foot. The left foot stays at the same place.
12	9	Make a half turn counterclockwise and replace your weight to your left foot.

From count 5 you can also dance the following:

7	5	Stand up on your right foot.
8	&	Make a little jump on the spot, land on your left foot, lift your right foot and hit your right heel with your right hand.
	6	-
9	&	Make a half turn counterclockwise and step forward with your right foot. The left foot stays at the same place.
10	7	Make a half turn counterclockwise and replace your weight to your left foot.
11	8	Make a half turn counterclockwise and step forward with your right foot. The left foot stays at the same place.
12	9	Make a half turn counterclockwise and replace your weight to your left foot.

<https://www.youtube.com/shorts/11OBYJws0B8>

Knee drops and sitting example 5		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Make a quarter turn counterclockwise and step to the side with your right foot. The left foot stays at the same place.
2	&	Make a quarter turn counterclockwise and replace your weight to your left foot.
	2	-
3	&	Make a quarter turn counterclockwise and take a big step to the side with your right foot. The left foot stays at the same place.
4	3	Make a quarter turn counterclockwise and replace your weight to your left foot.
5	4	Sit down on your right knee (right hand in front, left hand behind your back).
6	5	Hit the floor with your right hand.
7	&	Hit the floor with your right hand.
	6	-
8	&	Stand up on your left foot.
9	7	Make a quarter turn counterclockwise and step to the side with your right foot. The left foot stays at the same place.
10	8	Make a quarter turn counterclockwise and replace your weight to your left foot.
11	9	Make a half turn counterclockwise and close your right foot to your left foot. The weight stays on your left foot.

<https://www.youtube.com/shorts/-fhM1L1jMwg>

Figures for both 8 and 9 counts

There exist a lot of Zeibekiko music in which not every measure has 9 counts. For example the verse measures can have 8 counts and the chorus measures 9. Keep in mind that a measure in Zeibekiko music can also have another number of counts.

Dancing to music in which not every measure has the same number of beats can be difficult. The best way to deal with this is to learn to really listen to music and to learn how to improvise. That step can be too big for now, so here is an easier way which will also help you to take the next step. If you are not sure if the measure will have 8 or 9 counts, you can dance a figure that is suitable for both 8 and 9 counts. At the last moment you can decide what to do. Here are some examples.

8 and 9 count example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Lift your left knee and hit the right side of it with your right hand.
	2	-
3	&	Step forward with your left foot.
4	3	Step forward with your right foot and bend through your knees * (left hand in front, right hand behind).
5	4	Make a half turn counterclockwise on the ball of your left foot and the ball of your right foot while staying low (left hand behind, right hand in front).
6	5	Get up with the weight on your right foot.
7	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	6	-
8	&	Step forward with your left foot.
9	7	Cross your right foot in front of your left foot.
10	8 (-9)	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. How fast you have to turn depends on how many counts there are left. For an 8-count measure there is 1 count left and for a 9-count measure there are 2 counts left. For a 9-count measure you have to turn 2 times slower than for an 8-count measure.

* Decide for yourself how much you want to bend through your knees.

<http://www.youtube.com/watch?v=nOlieN3Wh7k>

8 and 9 count example 2		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side and slightly back with your right foot.
2	&	Cross your left foot in front of your right foot.
	2	-
3	&	Step to the side and slightly back with your right foot.
4	3	Cross your left foot in front of your right foot.
5	4	Make a half turn clockwise on the heel of your left foot and the ball of your right foot.
6	5	Step forward with your right foot.
7	&	Step forward with your left foot.
	6	-
8	&	Step forward with your right foot.
9	7	Step forward with your left foot.
10	8	Close your right foot to your left foot. The weight stays on your left foot.
11 *	9	Lift your right knee and clap your hands under your right leg (see picture 6).

* Dance this step only if the measure has 9 counts. Instead of this step, you can for example also lift your right knee and hit the top of it with your right hand.

<http://www.youtube.com/watch?v=yQiu7AVkKm8>

8 and 9 count example 3		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	&	Cross your left foot far to the right over your right foot.
	2	-
3	&	Step to the side and slightly back with your right foot.
4	3	Cross your left foot far to the right over your right foot.
5	4	Step back with your right foot.
6	5	Make a quarter turn counterclockwise and step forward with your left foot.
7	&	Make a quarter turn counterclockwise and step to the side with your right foot.
	6	-
8	&	Make a half turn counterclockwise and step to the side with your left foot.
9	7	Lift your right knee and hit the top of it with your right hand.
10	8	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.
11 *	9	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.

* Dance this step only if the measure has 9 counts. Instead of this step, you can for example also make a small jump in place.

<http://www.youtube.com/watch?v=CyCi9ABqdo8>

7-count figures

You can use the figures in this chapter for example for the song Ρόζα (Roza) from Δημήτρης Μητροπάνος (Dimitris Mitropanos).

7-count figure 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward and to the side with your right foot.
2	&	Close your left foot to your right foot. The weight stays on your right foot.
	2	-
3	&	Step forward and to the side with your left foot.
4	3	Close your right foot to your left foot. The weight stays on your left foot.
5	4	Step forward and to the side with your right foot and close your left foot without weight to your right foot.
6	5	Step back and to the side with your left foot and close your right foot without weight to your left foot.
7	6	Step back and to the side with your right foot and close your left foot without weight to your right foot.
8	7	Step back and to the side with your left foot and close your right foot without weight to your left foot.

While dancing this figure, it is important to stay on the imaginary zig-zag path.

<http://www.youtube.com/watch?v=IJHNR-L7PhM>

Can you convert this figure into a 9-count figure? That is good for learning how to improvise. After that, you can watch the following video.

http://www.youtube.com/watch?v=Ji_v3_e3wgE

7-count figure 2		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Stamp with your right foot next to your left foot, but keep the weight on your left foot.
2	&	Stamp with your right foot next to your left foot, but keep the weight on your left foot.
	2	-
3	&	Step to the side with your right foot.
4	3	Step to the side with your left foot.
5	4	Move your right foot forward and up (slightly or not bended), bend your left knee and your upper body and hit the toes of your right foot with the top of your right fingers (see chapter Hits and claps - picture 5).
6	5	Cross your right foot in front of your left foot.
7	6	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together (see chapter Turns - Cross turns).
8	7	Make a half turn counterclockwise on the heel of your left foot and the ball of your right foot.

<http://www.youtube.com/watch?v=Zb3pYojK6Dc>

You can also create a 7-count figure by combining the first 4 counts of a figure with one of the following 3-count sequences.

You can combine Rhythm example 1, Hits and claps example 1, Jump example 1 or 8 and 9 count example 2 with sequence 1, 2 or 3.

3-count sequence 1	
Count	Description
5	Step to the side and slightly forward with your right foot.
6	Cross your left foot behind your right foot.
7	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this turn, you must end up with your feet together.

3-count sequence 2	
Count	Description
5	Lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).
6	Lift your right foot (a little to the right) and hit it with your right hand (see chapter Hits and claps - picture 2).
7	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.

3-count sequence 3	
Count	Description
5	Make a big step forward with your right foot. The left foot stays at the same place.
6	Make a half turn counterclockwise on both feet and sit down on your right knee.
7	Hit the floor with your right hand (see chapter Hits and claps - picture 4).

You can also use the sequences 1-3 instead of the counts 7-9 of Cross turn example 3, Knee turn example 1, Hits and claps example 1 or Jump example 1.

Improvising

The first step of improvising is to dance the figures that are in this book in the order you like.

Let's dance the following: Cross turn example 2, Stamp example 1 and Cross turn example 3

When you have danced Cross turn example 2 and you want to continue with Stamp example 1, there is a problem. You are standing on your right foot, but you need to stamp with your right foot. Here are some ways to solve this problem:

- Instead of the first stamp with your right foot, you can stamp with your left foot next to your right foot and transfer the weight to your left foot.
- Instead of both stamps, you can step forward with your left foot and close your right foot without weight to your left foot.
- Instead of the last step of Cross turn example 2, you can lift your right foot to the right and hit it with your right hand.

When you have danced Stamp example 1 and you want to continue with Cross turn example 3, there is again a problem. Now the problem is very easy to solve. At the last step of Stamp example 1, you just have to transfer the weight to your right foot when you close your right foot to your left foot.

The next step of improvising is to combine parts of figures. Mostly, you can easily split a figure in a 4-count part and a 5-count part. Here is an example where the first four counts of Cross turn example 2 are combined with the five last counts of Jump example 1.

Improvising example 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Step to the side and slightly back with your left foot.
4	3	Cross your right foot in front of your left foot.
5	4	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.
6	5	Step back with your right foot.
7	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	6	-
8	&	Step forward with your left foot.
9	7	Make a quarter turn counterclockwise and step to the side with your right foot.
10	8	Make a quarter turn counterclockwise and step forward with your left foot.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

<http://www.youtube.com/watch?v=6azOVduMPWQ>

In this case, it was not necessary to change the parts in order to combine them, but let's change the turn at the end of the figure into a half circular path.

Improvising example 1A			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Step to the side with your right foot.	
2	&	Close your left foot to your right foot, but keep the weight on your right foot.	
	2	-	
3	&	Step to the side and slightly back with your left foot.	
4	3	Cross your right foot in front of your left foot.	
5	4	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.	
6	5	Step back with your right foot.	
7	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.	
	6	-	
8	&	Step forward with your left foot.	Make a half turn counterclockwise during these steps.
9	7	Step forward with your right foot.	
10	8	Step forward with your left foot.	
11	9	Close your right foot to your left foot. The weight stays on your left foot.	

<http://www.youtube.com/watch?v=x-Q5Y8AKwME>

The next step of improvising is to create your own figures, based on the movements that you have learned so far. Of course, it has to match with the music. An idea is to think of a shape that you ‘draw’ with your feet (see the first part of Hits and claps example 1). Here is an example of a triangle.

Improvising example 2			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Step forward and to the side with your right foot.	
2	&	Close your left foot to your right foot, but the left foot must be half a foot length back in comparison to the right foot.	
	2	-	
3	&	Step forward and to the side with your right foot.	
4	3	Close your left foot to your right foot, but the left foot must be half a foot length back in comparison to the right foot.	
5	4	Lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).	
6	5	Step back and to the side with your right foot.	
7	&	Close your left foot to your right foot, but the left foot must be half a foot length forward in comparison to the right foot.	
	6	-	
8	&	Step back and to the side with your right foot.	
9	7	Make a quarter turn counterclockwise and step forward with your left foot.	
10	8	Make a quarter turn counterclockwise and step to the side with your right foot.	
11	9	Make a half turn counterclockwise and step to the side with your left foot.	

<http://www.youtube.com/watch?v=m8g6PFfe2MkE>

Here are some examples of using letters of the Greek alphabet as a shape. Even if you don't want to dance these shapes, it is good to check them out for more movement ideas.

Greek Alphabet - Gamma (Γ)		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step forward with your right foot.
4	3	Step forward with your left foot.
5	a *	Leap to the side on your right foot.
6	4	Close your left foot to your right foot. The weight stays on your right foot.
7	5	Make a quarter turn counterclockwise and step forward with your left foot.
8	&	Make a half turn counterclockwise and step to the side with your right foot.
	6	-
9	&	Step forward with your left foot.
10	7	Cross your right foot behind your left foot.
11	8	Step forward with your left foot.
12	9	Make a half turn counterclockwise and close your right foot to your left foot. The weight stays on your left foot.

* a is between & and the next count (see chapter Rhythm).

<http://www.youtube.com/watch?v=Zeo5XhJ-YoU>

Greek Alphabet - Zita (Ζ)		
Step	Count	Description
		Start with your feet together and your weight on your right foot.
1	1	Step to the side with your left foot.
2	&	Close your right foot to your left foot. The weight stays on your left foot.
	2	-
3	&	Step forward and to the side with your right foot.
4	3	Close your left foot to your right foot. The weight stays on your right foot.
5	4	Step to the side with your left foot.
6	&	Lift your right heel behind your left foot and hit it with your left hand.
7	5	Step to the side with your right foot.
8	&	Close your left foot to your right foot. The weight stays on your right foot.
	6	-
9	&	Step back and to the side with your left foot.
10	7	Close your right foot to your left foot. The weight stays on your left foot.
11	8	Step to the side with your right foot.
12	9	Close your left foot to your right foot.
13	&	Lift your right foot (a little to the right) and hit it with your right hand (see chapter Hits and claps - picture 2).

<http://www.youtube.com/watch?v=k-CwEW0EIts>

Greek Alphabet - Ita (H)		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Step back with your left foot and lift your right heel with a slightly bended knee crossed in front of your left leg.
	2	-
3	&	Step forward with your right foot.
4	3	Make a half turn clockwise and step to the side with your left foot.
5	4	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.
6	5	Step forward with your right foot.
7	&	Tap with the ball of your left foot crossed behind your right foot.
	6	-
8	&	Step back with your left foot.
9	7	Step back with your right foot and lift your left heel with a slightly bended knee crossed in front of your right leg.
10	8	Step forward with your left foot.
11	9	Make a half turn counterclockwise and close your right foot to your left foot. The weight stays on your left foot.

<http://www.youtube.com/watch?v=LFz2UEpuxX8>

Greek Alphabet - Giota (I)		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Lift your left heel with a slightly bended knee crossed in front of your right leg.
	2	-
3	&	Make a big step forward with your left foot.
4	3	Sit down on your right knee (right hand in front, left hand behind your back).
5	4	Sit down on your left knee and drag your right foot forward (left hand in front, right hand behind your back).
6	5	Get up with the weight on your right foot.
7	&	Tap with the ball of your left foot crossed behind your right foot.
	6	-
8	&	Step back with your left foot.
9	7	Step back with your right foot.
10	8	Step back with your left foot.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

<http://www.youtube.com/watch?v=VPnSCakbKXM>

Greek Alphabet - Pi (Π)		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step forward with your right foot.
4	3	Cross your left foot in front of your right foot.
5	4	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.
6	5	Step to the side with your left foot.
7	&	Lift your right heel in front of your left leg and hit it with your left hand.
	6	-
8	&	Step forward with your right foot.
9	7	Step forward with your left foot.
10	8	Cross your right foot behind your left foot.
11	9	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this half turn, you must end up with your feet together.

<http://www.youtube.com/watch?v=YZfbpFy5MxE>

Greek Alphabet - Taf (Τ)		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Cross your right foot in front of your left foot.
2	&	Step back with your left foot.
	2	-
3	&	Cross your right foot in front of your left foot.
4	3	Step back with your left foot.
5	a	Leap forward with your right foot.
6	4	Close your left foot to your right foot.
7	5	Step to the side with your right foot.
8	&	Make a quarter turn counterclockwise and lift your left heel with a slightly bended knee crossed in front of your right leg.
	6	-
9	&	Step forward with your left foot.
10	7	Step forward with your right foot (left foot stays at the same place) and make a three-quarter turn counterclockwise on the ball of your left foot and the ball of your right foot ending with the weight on your right foot.
11	8	Step to the side with your left foot.
12	9	Close your right foot to your left foot. The weight stays on your left foot.

<https://www.youtube.com/shorts/eosJAtAQh0A>

If there is enough space in front of you, you can also dance a higher taf by replacing the first four steps by the following steps:

1	1	Step forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step forward with your right foot.
4	3	Cross your left foot behind your right foot.

Greek Alphabet - Omega (Ω)		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Make a quarter turn counterclockwise and lift your left heel with a slightly bended knee crossed in front of your right leg.
	2	-
3	&	Turn 1/8 clockwise and step forward with your left foot.
4	3	Step forward with your right foot.
5	4	Step forward with your left foot.
6	&	Lift your right foot (a little to the right) and hit it with your right hand (see chapter Hits and claps - picture 2).
7	5	Step forward with your right foot.
8	&	Cross your left foot behind your right foot.
	6	-
9	&	Step forward with your right foot.
10	7	Step forward with your left foot.
11	8	Turn 5/8 counterclockwise and step to the side with your right foot.
12	9	Close your left foot to your right foot.

<http://www.youtube.com/watch?v=AfJFvxi-frE>

When you practice enough making your own figures, you will be able to do that also while dancing. When you are familiar with that, it is good to dance to music in which not every measure has 9 beats, because then you really learn to listen to the music and to anticipate.

More figures

Here are more figures to get ideas.

Figure 1		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Step to the side with your left foot.
4	3	Make a quarter turn counterclockwise and step forward with your right foot.
5	4	Make a half turn counterclockwise and sit down on your right knee (right hand in front, left hand behind your back).
6	5	Hit your left knee with the top of your right fingers (see chapter Hits and claps - picture 1).
7	&	Place your left knee on the floor next to your right knee.
	6	-
8	&	Lift your right knee and place your right foot forward.
9	7	Hit your right knee with the inside of your right fingers (right hand moves from right to left).
10	8	Get up and step forward with your left foot.
11	9	Make a quarter turn counterclockwise and close your right foot to your left foot. The weight stays on your left foot.

<https://www.youtube.com/shorts/VoQkMK4RcS4>

Figure 2		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Step forward with your left foot.
4	3	Close your right foot without weight to your left foot and clap your hands.
5	4	Lift your right knee, hit it with both hands and open your arms.
6	5	Step to the side with your right foot.
7	&	Close your left foot to your right foot, but keep the weight on your right foot.
	6	-
8	&	Step forward with your left foot.
9	7	Step forward with your right foot.
10	8	Step forward with your left foot.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

Make a full turn counterclockwise during these steps.

<https://www.youtube.com/shorts/7yvk0CtCI3M>

Figure 3			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Cross your right foot in front of your left foot.	
2	&	Step back with your left foot.	
	2	-	
3	&	Cross your right foot in front of your left foot.	
4	3	Step back with your left foot.	
5	4	Leap forward with your right foot.	
6	5	Hop on your left foot and hit your right heel with your right hand.	
7	&	Step forward with your right foot.	Make a half turn counterclockwise during these steps.
	6	-	
8	&	Step forward with your left foot foot.	
9	7	Cross your right foot in front of your left foot.	
10	8-9	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this turn, you must end up with your feet together.	

Figure 3 and Figure 4 are combined in one video.

Figure 4		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step forward with your right foot.
2	&	Cross your left foot behind your right foot.
	2	-
3	&	Step forward with your right foot.
4	3	Cross your left foot behind your right foot.
5	4	Cross your right foot behind your left foot and make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this turn, you must end up with your feet together.
6	5	Step forward with your right foot.
7	&	Cross your left foot behind your right foot.
	6	-
8	&	Step forward with your right foot.
9	7	Step forward with your left foot.
10	8	Step to the side with your right foot.
11	9	Close your left foot to your right foot.

<https://www.youtube.com/shorts/--1kZ11YQvQ>

Figure 5		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot, but keep the weight on your right foot.
	2	-
3	&	Make a quarter turn counterclockwise and step forward with your left foot.
4	3	Make a half turn counterclockwise and cross your right foot in front of your left foot.
5	4	Step back with your left foot (on the ball) and place your left knee on the floor.
6	5	Hit the floor with the palm of your right hand.
7	&	Hit the floor with the palm of your right hand.
	6	-
8	&	Get up with the weight on your right foot.
9	7	Make a quarter turn clockwise and cross your left foot in front of your right foot.
10	8-9	Make a half turn clockwise on the heel of your left foot and the ball of your right foot. At the end of this turn, you must end up with your feet together.

<https://www.youtube.com/shorts/ERBPuRv7Iz0>

Figure 6		
Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Swing your left foot back and crossed in front of your right leg.
	2	-
3	&	Step forward with your left foot.
4	3	Lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).
5	4	Lift your right foot (a little to the right) and hit it with your right hand (see chapter Hits and claps - picture 2).
6	5	Step forward with your right foot.
7	&	Make a half turn counterclockwise on the ball of your feet and end with the weight on your left foot.
	6	-
8	&	Step forward with your right foot.
9	7	Make a half turn counterclockwise on the ball of your feet and end with the weight on your left foot.
10	8	Lift your right knee and hit it with the palm of your right hand.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

<https://www.youtube.com/shorts/0X2S3IDs37M>

Figure 7

Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Step back with your left foot.
	2	-
3	&	Leap forward on your right foot.
4	3	Cross your left foot behind your right foot.
5	4	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this turn, you must end up with your feet together.
6	5	Step forward with your right foot. The left foot stays in place.
7	&	Make a half turn counterclockwise and sit down on your right knee.
	6	-
8	&	Hit on the left knee with the top of the right fingers
9	7	Hit the floor with your right hand.
10	8	Stand up, lift your right foot (a little to the right) and hit it with your right hand.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

<https://www.youtube.com/shorts/rZ71ULHFCa0>

https://www.youtube.com/shorts/67G_sh0XYkc

Figure 8

Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Step back with your right foot.
2	&	Swing your left foot back and crossed in front of your right leg.
	2	-
3	&	Step forward with your left foot.
4	3	Step forward with your right foot.
5	4	Lift your left knee and hit it with the top of the right fingers.
6	5	Cross your left foot in front of your right foot.
7	&	Step back with your right foot.
	6	-
8	&	Step back with your left foot.
9	7	Lift your right foot (a little to the left) and hit it with your left hand.
10	8	Move your right foot while lifted to the right and hit it with your right hand.
11	9	Close your right foot to your left foot. The weight stays on your left foot.

https://www.youtube.com/shorts/6fQhXn_K3bs

<https://www.youtube.com/shorts/mCiUqRiwkUM>

Figure 9			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Cross your right foot in front of your left foot.	
2	&	Cross your left foot in front of your right foot.	
	2	-	
3	&	Step back with your right foot.	
4	3	Step back with your left foot.	
5	4	Close your right foot to your left foot. The weight stays on your left foot.	
6	5	Step forward with your right foot.	
7	&	Jump on your left foot next to your right foot, lift your right heel and hit it with your right hand.	
	6	-	
8	&	Step forward with your right foot.	Make a full turn counterclockwise during these steps.
9	7	Step forward with your left foot.	
10	8	Step forward with your right foot.	
11	9	Step forward with your left foot.	

<https://www.youtube.com/shorts/UlSbW4bWfd8>

Figure 10			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Step to the side with your right foot.	
2	&	Close your left foot to your right foot. The weight stays on your right foot.	
	2	-	
3	&	Step to the side and a little back with your left foot.	
4	3	Cross your right foot in front of your left foot.	
5	4	Cross your left foot in front of your right foot.	
6	5	Step to the side with your right foot.	
7	&	Close your left foot to your right foot. The weight stays on your right foot.	
	6	-	
8	&	Step to the side and a little back with your left foot.	
9	7	Cross your right foot in front of your left foot.	
10	8	Make a half turn counterclockwise on the ball of your left foot and the heel of your right foot. At the end of this half turn, you must end up with your feet together.	
11	9	Make a half turn counterclockwise on the heel of your left foot and the ball of your right foot.	

<https://www.youtube.com/shorts/jmFu9Nx9daU>

Figure 11

Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Cross your right foot behind your left foot.
2	&	Step forward with your left foot.
	2	-
3	&	Cross your right foot in front of your left foot.
4	3	Step back with your left foot.
5	4	Close your right foot to your left foot.
6	5	Step forward with your left foot.
7	&	Make a half turn counterclockwise and close your right foot to your left foot.
	6	-
8	&	Step forward with your left foot.
9	7	Cross your right foot behind your left foot.
10	8	Make a half turn clockwise on the ball of your right foot and the heel of your
11	9	left foot. At the end of this half turn, you must end up with your feet together.

<https://www.youtube.com/shorts/cPqw2vUIWh0>



Figure 12

Step	Count	Description
		Start with your feet together and your weight on your left foot.
1	1	Cross your right foot in front of your left foot.
2	&	Step to the side with your left foot.
	2	-
3	&	Cross your right foot in front of your left foot.
4	3	Step to the side with your left foot.
5	a	Leap to the side on your right foot.
6	4	Make a light stamp with your left foot next to your right foot. The weight stays on your right foot.
7	5	Jump and hit your right heel with your right hand.
8	&	Step forward with your right foot
	6	-
9	&	Step forward with your left foot
10	7	Step forward with your right foot
11	8	Step forward with your left foot
12	9	Close your right foot to your left foot. The weight stays on your left foot.

Make a full turn counterclockwise during these steps.

https://www.youtube.com/shorts/UBwUp_mqCxA

Figure 13

Step	Count	Description	
		Start with your feet together and your weight on <u>both feet</u> .	
1	1	Turn clockwise on both heels, so that both feet point in the diagonal direction right and front.	
2	&	Turn counterclockwise on both balls, so that both feet point in the diagonal direction left and front.	
	2	-	
3	&	Cross your right foot behind your left foot.	
4	3	Step to the side with your left foot.	
5	4	Lift your right knee and hit it with the top of your right fingers (see chapter Hits and claps - picture 1).	
6	5	Step to the side with your right foot.	
7	&	Make a quarter turn counterclockwise on the ball of your right foot and swing your left foot back and crossed in front of your right leg.	
	6	-	
8	&	Step forward with your left foot.	
9	7	Cross your right foot in front of your left foot. To be able to make the following turn correctly, the lower legs must touch each other.	
10	8	Make a three-quarter turn counterclockwise on the heel of your right foot and	
11	9	the ball of your left foot. At the end of the turn, you must end up with your feet together.	

If you don't like the first two steps, you can dance the following instead:

		Start with your feet together and your weight on your left foot.
1	1	Step to the side with your right foot.
2	&	Close your left foot to your right foot.

<https://www.youtube.com/shorts/71ra2SGEAyQ>

Figure 14			
Step	Count	Description	
		Start with your feet together and your weight on your left foot.	
1	1	Turn 1/8 counterclockwise and step forward with your right foot.	Zig zag
2	&	Turn 1/8 clockwise and step to the side with your left foot.	
	2	-	
3	&	Turn 1/8 clockwise and step back with your right foot.	
4	3	Turn 1/8 counterclockwise and step to the side with your left foot.	
5	4	Close your right foot to your left foot, lift your left heel and hit it with your left hand.	
6	5	Turn 1/8 clockwise and step forward with your left foot.	Zig zag
7	&	Turn 1/8 counterclockwise and step to the side with your right foot.	
	6	-	
8	&	Turn 1/8 counterclockwise and step back with your left foot.	
9	7	Turn 1/8 clockwise and step to the side with your right foot.	
10	8	Lift your left knee and hit it with the palm of your right hand.	
11	9	Close your left foot to your right foot.	

<https://www.youtube.com/shorts/UfWmINb6bOE>

Music titles

Here are some famous Zeibekika, but there exist many more. Be sure to listen to the studio version of the mentioned artist, as a song can be played differently by another artist or at a live performance. If there is a number, it indicates the tempo in bars per minute. You get the tempo in beats per minute, if you multiply the number by 9.

New Zeibekiko rhythm (Καινούργιο, Διπλό, Μοντέρνο, Πεταχτό or Νέο Ζεϊμπέκικο)		
Αθήνα μου	Κωνσταντίνος Αργυρός	6,8
Άκουσα	Νίκος Οικονομόπουλος	7,5
Απόψε θέλω να πιω	Χάρις Αλεξίου	6,7
Αυτά τα χέρια	Μανώλης Μητσιάς	7,2
Βρέχει φωτιά στη στράτα μου	Στράτος Διονυσίου	6,7
Δεν θα ξαναγαπήσω	Στέλιος Καζαντζίδης	7,7
Δεν θέλω τέτοιους φίλους	Πασχάλης Τερζής	7
Δεν ξέρω πόσο σ' αγαπώ	Βίκυ Μοσχολιού	6,9
Δεν πάω πουθενά	Βασίλης Καρράς	7,6
Δεν υπάρχουν άγγελοι	Κατερίνα Κούκα	7,7
Δημήτρη μου, Δημήτρη μου	Αλίκη Βουγιουκλάκη	8,3
Δραπετσώνα	Γρηγόρης Μπιθικώτσης	7
Εγώ τα σπάω	Πέγκυ Ζήνα	7,3
Επιστροφές καταστροφές	Πασχάλης Τερζής	7,1
Έρωτας αρχάγγελος	Δημήτρης Μητροπάνος	6,4
Έχει ένα φεγγάρι απόψε	Πασχάλης Τερζής	6,8
Θα τα βροντήξω	Πίτσα Παπαδοπούλου	7
Θύμισέ μου τ' όνομά σου	Λευτέρης Πανταζής	7,4
Κατάσταση εκτάκτου ανάγκης	Νίκος Μακρόπουλος	7,3
Μα εγώ είμαι Έλληνας	Νότης Σφακιανάκης	7
Μακρύ ταξίδι	Γιώργος Νταλάρας	6,9
Μέθυσε απόψε το κορίτσι μου	Γιάννης Πουλόπουλος	6,9
Μέχρι να βρούμε ουρανό	Γλυκερία	6,8
Μέχρι το τέλος	Νατάσσα Μποφίλιου	7,2
Μη μου ξαναφύγεις πια	Σωτηρία Μπέλλου	8,4
Μια ζωή μέσα στους δρόμους	Δημήτρης Μητροπάνος	7,2
Μια στάση εδώ	Δημήτρης Μητροπάνος	6,7
Μόνος μου	Αντώνης Ρέμος	7,4
Νυχτολούλουδο	Δέσποινα Βανδή	7,5
Νύχτωσε χωρίς φεγγάρι	Γιάννης Πουλόπουλος	7,5
Ο αετός	Νότης Σφακιανάκης	7,2
Παλιόκαιρος	Πασχάλης Τερζής	6,7
Πάρ' τον δρόμο	Νότης Σφακιανάκης	6,7
Παράλληλη αγάπη	Άντζυ Σαμίου	7,2
Παρασκευή πρωί	Κωνσταντίνος Αργυρός	7
Παραστράτημα	Πασχάλης Τερζής	7,1
Πρώτη φορά	Ρένα Κουμιάτη	6,9
Σ' αναζητώ στη Σαλονίκη	Δημήτρης Μητροπάνος	6,3
Σε βλέπω στο ποτήρι μου	Τζένη Βάνου	6,9
Σιγά σιγά	Γιάννης Πλούταρχος	7
Στο άδειο μου πακέτο	Φίλιππος Νικολάου	8
Στο κελί τριάντα τρία	Γιώργος Μαργαρίτης	6,9

Συννεφιές	Μαρινέλλα	9,3
Το άγαλμα	Γιάννης Πουλόπουλος	6,6
Το ωραιότερο πλάσμα του κόσμου	Λευτέρης Πανταζής	7,3
Τρένο	Άννα Βίτση	6,9
Φεύγοντας	Πασχάλης Τερζής	7,3
Φωτιά στα Σαββατόβραδα	Αντζελα Δημητρίου	7,7

Old Zeibekiko rhythm (Παλιό, Μονό or Κλασικό Ζεϊμπέκικο)		
Δυο πόρτες έχει η ζωή	Στέλιος Καζαντζίδης	6,9
Πριν το χάραμα	Σωτηρία Μπέλλου	7,1
Πρώτο φθινόπωρο	Δημήτρης Μητροπάνος	6,4
Σαν απόκληρος γυρίζω	Γιώργος Μαργαρίτης	7

Mixed old and new Zeibekiko rhythm		
Ο άσωτος	Δημήτρης Μητροπάνος	6,9
Της γερακίνας γιος	Γλυκερία	6,7
Το Ζεϊμπέκικο της Ευδοκίας	Μάνος Λοΐζος	7,3

Music in which not every measure has 9 beats		
Βραδιάζει	Στέλιος Καζαντζίδης	
Έκπτωτος άγγελος	Νίκος Οικονομόπουλος	
Μα που να πάω	Θέμης Αδαμαντίδης	
Μόνο εγώ σ' αγαπάω	Γιάννης Πλούταρχος	
Ωρες μικρές	Γιώργος Μαζωνάκης	
Ρόζα	Δημήτρης Μητροπάνος	
Σ' αγαπάω όσο ποτέ	Νίκος Κουρκούλης	
Τα λαδάδικα	Δημήτρης Μητροπάνος	
Υπήρχαν όρκοι	Γιάννης Πλούταρχος	

To Zeibekiko tis Evdokias

To Zeibekiko tis Evdokias (Το Ζεϊμπέκικο της Ευδοκίας) is a very famous instrumental piece of music. It was composed in 1971 by Manos Loïzos (Μάνος Λοΐζος) for the movie Evdokia (Ευδοκία) by Alexis Damianos (Αλέξης Δαμιανός). The music was used for a scene in which a young sergeant is dancing a Zeibekiko. For the recording of that scene, the amateur actor was dancing to Atakti (Ατακτη) by Markos Vamvakaris (Μάρκος Βαμβακάρης), because Alexis Damianos had not yet found a composer for the music in the movie.

When the composer Manos Loïzos asked Lefteris Papadopoulos (Λευτέρης Παπαδόπουλος) to write the lyrics, he refused. He said that lyrics would spoil the beautiful music. Manos Loïzos was convinced and they didn't add lyrics.

In Zeibekiko tis Evdokias both the old and the new Zeibekiko rhythm are used.

At Greek weddings, it is common for the groom to dance a Zeibekiko for his wife. The lyrics of most Zeibekiko songs are not suitable for a wedding. You can understand why To Zeibekiko tis Evdokias is often used at weddings. At our wedding, I have danced a Zeibekiko to the instrumental piece To Zeibekiko tou Peiraia (Το Ζεϊμπέκικο του Πειραιά) by Manolis Karantinis (Μανώλης Καραντίνης).

[http://en.wikipedia.org/wiki/Evdokia_\(film\)](http://en.wikipedia.org/wiki/Evdokia_(film))

Aptaliko Zeibekiko

The Aptaliko Zeibekiko (Απτάλικο Ζεϊμπέκικο) from Mytilini (Μυτιλήνη) is a predecessor of the Zeibekiko. It is danced mostly by two men. They dance face to face similar steps in a circle. While dancing they don't hold each other.

The music is written in 9/4 or 9/8 with a 3-2-2-2 grouping. There are two different rhythms.

Aptaliko Mono																	
1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
X		X		X		X		X	X	X		X		X		X	X

Aptaliko Diplo																	
1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
X		X		X		X	X		X	X		X		X	X		X

The dancers step mostly on the counts 1, 3, 4, 6, 7, 8. Therefore it makes no difference for dancing whether the rhythm is Mono or Diplo.

Here are some figures to help you start dancing the Aptaliko Zeibekiko. They can be danced in the order that you like. The amount of turning during the steps depends on the radius of the imaginary circle.

Aptaliko Zeibekiko figure 1		
Step	Count	Description
		Start facing the center with your feet together (or a little apart) and your weight on your right foot.
1	1	Take a big step to the side with your left foot.
2	3	Step to the side with your right foot.
3	4	Cross your left foot in front of your right foot.
4	6	Take a very small step to the side with your right foot (alternatively you can cross your right foot in front of your left foot).
5	7	Step backward with your left foot.
6	8	Take a very small step to the side with your right foot.

http://www.youtube.com/watch?v=JAc_dErEw3w

Aptaliko Zeibekiko figure 2		
Step	Count	Description
		Start facing the center with your feet together (or a little apart) and your weight on your right foot.
1	1	Take a big step to the side with your left foot.
2	3	Step to the side with your right foot.
3	4	Cross your left foot in front of your right foot.
4	6	Step forward with your right foot.
5	7	Step forward with your left foot.
6	8	Take a very small step to the side with your right foot.

Make a full turn
counterclockwise
during these steps.

Aptaliko Zeibekiko figure 3		
Step	Count	Description
		Start facing the center with your feet together (or a little apart) and your weight on your right foot.
1	1	Turn only your lower body a quarter counterclockwise and sit down on your right knee.
2	2	Hit the floor with the palm of your right hand.
3	3	Turn only your lower body a quarter clockwise and get up with the weight on your right foot.
4	4	Cross your left foot in front of your right foot.
5	5	Lift your right foot to the right and hit it with your right hand.
6	6	Take a very small step to the side with your right foot.
7	7	Tap backwards with your left toes.
8	8	Kick forward with your left foot and a bended knee.

Music titles

Aptaliko Mono		
Μα τι να κάνω σ' αγαπώ	Γιώργος Τζώρτζης	12
Πώς θα περάσει η βραδιά	Σωτηρία Μπέλλου	10,4
Τέτοια ζωή με βάσανα	Αγάθωνας Ιακωβίδης	9,7
Aptaliko Diplo		
Αντιλαλούν οι φυλακές	Γρηγόρης Μπιθικώτσης	7,5
Έμαθα πως είσαι μάγκας	Ρίτα Σακελλαρίου	7,8
Κάφτονε Σταύρο κάφτονε	Απόστολος Νικολαΐδης	10,3
Κάτω στα λεμονάδικα	Ρίτα Σακελλαρίου	12
Τα δυο σου χέρια πήρανε	Γρηγόρης Μπιθικώτσης	7,3
Ψύλλοι στ' αυτιά μου	Τόλης Βοσκόπουλος	11,8

Kamilieriko Zeibekiko

The Kamilieriko Zeibekiko (Καμηλιέρικο Ζειμπέκικο) is danced mostly by two people. They dance face to face similar steps in a circle. While dancing they don't hold each other.

The music is written in 9/4 or 9/8 with a 2-2-2-3 grouping.

Kamilieriko Zeibekiko																	
1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	&	9	&
X		X	X	X		X	X	X		X	X	X		X		X	

The dancers step mostly on the counts 1, 3, 5, 7, 8, 9. If you like, you can count slow slow slow quick quick quick.

Here are some figures that I have found on YouTube to help you start dancing. The Kamilieriko Zeibekiko can be danced in different ways. The figures that have the same number (1A, 1B etc.) match with each other and can be danced in the order that you like. If the start direction of the next figure is different, you can after the last step turn to the new direction. The amount of turning during the steps depends on the radius of the imaginary circle.

Kamilieriko Zeibekiko figure 1A		
Step	Count	Description
		Start facing the line of dance* with your weight on your right foot.
1	1	Step forward with your left foot.
2	3	Step forward with your right foot.
3	5	Step forward with your left foot.
4	7	Step forward with your right foot.
5	8	Step forward with your left foot.
6	9	Step forward with your right foot.

* The line of dance is counterclockwise on an imaginary circle.

Kamilieriko Zeibekiko figure 1B		
Step	Count	Description
		Start facing the line of dance with your weight on your right foot.
1	1	Step forward with your left foot.
2	3	Cross your right foot behind your left foot.
3	5	Step forward with your left foot.
4	7	Step forward with your right foot.
5	8	Cross your left foot behind your right foot.
6	9	Step forward with your right foot. *

* Make a quarter turn counterclockwise, if you want to continue with figure 3.

Kamilieriko Zeibekiko figure 1C		
Step	Count	Description
		Start facing the center with your weight on your right foot.
1	1	Cross your left foot far to the right over your right foot.
2	3	Step to the side with your right foot.
3	5	Cross your left foot far to the right over your right foot.
4	7	Step to the side with your right foot. The left foot stays at the same place. *
5	8	Replace your weight to your left foot. The right foot stays at the same place. *
6	9	Replace your weight to your right foot.

* You may lift the free foot a little.

Instead of the last three steps, you can also dance the following.

4	7	Step to the side with your right foot.
5	8	Cross your left foot behind your right foot.
6	9	Step to the side with your right foot.

Kamilieriko Zeibekiko figure 1D		
Step	Count	Description
		Start facing the center with your weight on your right foot.
1	1	Cross your left foot far to the right over your right foot.
2	3	Cross your right foot far to the left over your left foot.
3	5	Step back with your left foot.
4	7	Step to the side with your right foot. The left foot stays at the same place.
5	8	Replace your weight to your left foot. The right foot stays at the same place.
6	9	Replace your weight to your right foot.

Kamilieriko Zeibekiko figure 2A		
Step	Count	Description
		Start facing the center with your weight on your left foot.
1	1	Step to the side with your right foot.
2	3	Cross your left foot behind your right foot.
3	5	Step to the side with your right foot.
4	7	Step to the side with your left foot.
5	8	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.
6	9	Make a light stamp with your right foot next to your left foot. The weight stays on your left foot.

Kamilieriko Zeibekiko figure 2B		
Step	Count	Description
		Start facing the center with your weight on your left foot.
1	1	Make a quarter turn clockwise and step forward with your right foot.
2	3	Make a quarter turn clockwise and step to the side with your left foot.
3	5	Make a half turn clockwise and step to the side with your right foot.
4	7	Step to the side with your left foot.
5	8	Cross your right foot (on the ball) behind your left foot, bend over a little, bend your left knee a little and hit the right side of it with your right hand. The weight stays mostly on your left foot.
6	9	Hit the left side of your left knee with the top of your right fingers.

Kamilieriko Zeibekiko figure 2C		
Step	Count	Description
		Start facing the center with your weight on your left foot.
1	1	Step to the side with your right foot.
2	2	Cross your left foot behind your right foot.
3	3	Step to the side with your right foot.
4	4	Cross your left foot behind your right foot.
5	5	Step to the side with your right foot.
6	6	Tap with your left foot next to your right foot.
7	7	Step to the side with your left foot.
8	8	Cross your right foot (on the ball) behind your left foot, bend over a little, bend your left knee a little and hit the right side of it with your right hand. The weight stays mostly on your left foot.
9	9	Hit the left side of your left knee with the top of your right fingers.

Music titles

Η ζωή μου όλη	Στέλιος Καζαντζίδης	15,5
Τα ματόκλαδα σου λάμπουν	Μάρκος Βαμβακάρης	15,1
Το βαπόρι απ' την Περσία	Γιώργος Μαργαρίτης	16,3
Του Βοτανικού ο μάγκας	Νένα Βενετσάνου	16,1

Links

<http://www.youtube.com/watch?v=1iDJZxY8pu4>
<http://www.youtube.com/watch?v=S14svYobFT4>
<http://www.youtube.com/watch?v=XrxLevRx8EY>
http://www.youtube.com/watch?v=ZTzY_CfBp2c
<http://www.youtube.com/watch?v=vlFroEHI2xw>

Did you know?

9 April is the World Zeibekiko day (Παγκόσμια ημέρα Ζεϊμπέκιου). Nowadays the Zeibekiko is often written in 9/4, so 9 April is very well chosen

Zeybek is a Turkish folk dance that is very different from the Greek Zeibekiko, but they have things in common.

Word lists

Numbers (αριθμοί)									
1	2	3	4	5	6	7	8	9	10
one	two	three	four	five	six	seven	eight	nine	ten
ένα	δύο	τρία	τέσσερα	πέντε	έξι	εφτά / επτά	οχτώ / οκτώ	εννιά / εννέα	δέκα
ena	dyo	tria	tessera	pente	eksi	efta / epta	ochto / okto	ennia / ennea	deka

English (Αγγλικά)	Greek (Ελληνικά)
balance	ισορροπία
back	πίσω
behind	πίσω
clockwise	δεξιόστροφος
counterclockwise/anticlockwise	αριστερόστροφος
dance, dances	χορός, χοροί
dance figure, dance figures	φιγούρα χορού, φιγούρες χορού
dance lesson	μάθημα χορού
foot, feet	πόδι, πόδια
forward	μπροστά
hand, hands	χέρι, χέρια
in front of	μπροστά απο
knee, knees	γόνατο, γόνατα
left foot	αριστερό πόδι
lesson, lessons	μάθημα, μαθήματα
music	μουσική
rehearsal, rehearsals	πρόβα, πρόβες
rhythm, rhythms	ρυθμός, ρυθμοί
right foot	δεξί πόδι
step, steps	βήμα, βήματα
to count	μετράω
to dance	χορεύω
to the side	στο πλάι
triplet	τρίηχο
turn, turns	στροφή, στροφές
zeibekiko, zeibekika	ζεϊμπέκικο, ζεϊμπέκικα

Greek (Ελληνικά)	English (Αγγλικά)
αριστερό πόδι	left foot
αριστερόστροφος	counterclockwise/anticlockwise
βήμα, βήματα	step, steps
γόνατο, γόνατα	knee, knees
δεξί πόδι	right foot
δεξιόστροφος	clockwise
ζεϊμπέκικο, ζεϊμπέκικα	zeibekiko, zeibekika
ισορροπία	balance
μάθημα, μαθήματα	lesson, lessons
μάθημα χορού	dance lessons
μετράω	to count
μουσική	music
μπροστά	forward
μπροστά απο	in front of
πίσω	behind / back
πόδι, πόδια	foot, feet
πρόβα, πρόβες	rehearsal, rehearsals
ρυθμός, ρυθμοί	rhythm, rhythms
στο πλάι	to the side
στροφή, στροφές	turn, turns
τρίγχο	triplet
φιγούρα χορού, φιγούρες χορού	dance figure, dance figures
χέρι, χέρια	hand, hands
χορεύω	to dance
χορός, χοροί	dance, dances

Dancers

Βάνια Αποστολίδου (Vania Apostolidou)

<https://www.youtube.com/@vaniaapostolidou>

<https://www.tiktok.com/@vaniaapost>

Κατερίνα Καρατζά (Katerina Karatza)

<https://www.youtube.com/user/katrinakaratza>

Παναγιώτης Κατσίκης (Panagiotis Katsikis)

<https://www.youtube.com/watch?v=k5zJUQQhEPo>

Θωμάς Κολοβός (Thomas Kolonos)

<https://www.youtube.com/channel/UCIOiq9AvimVYcFDwyJTVIbg>

Μαρία Κωσταρά (Maria Kostara)

https://www.youtube.com/channel/UC3_uwzyH7elquvKLgv1UP8w

Φώτης Μεταξόπουλος (Fotis Metaksopoulos)

<https://www.youtube.com/watch?v=xjqNjnJ2mY0>

<https://www.youtube.com/watch?v=7eruGQUcwQA>

Αλέξανδρος Μούσουλος (Alexandros Mousoulos)

<https://www.youtube.com/@amousoulos>

https://www.tiktok.com/@amousoulos_zeibekiko

Δημήτρης Πετρόπουλος (Dimitris Petropoulos)

<https://www.youtube.com/channel/UC5kYhPxaJIUAmkKhq7qyCvA>

Ιγνάτιος Πιπίνης (Ignatios Pipinis)

https://www.youtube.com/watch?v=OSEhG-7a_i4

Έλενα Σιακαλλή (Elena Shakalli)

<https://www.youtube.com/watch?v=csKJNHA1SnA>

Χρίστος Σιακαλλής (Christos Shakallis)

<https://www.facebook.com/ChristosShakallis2>

<https://www.youtube.com/user/Shakallisdanceschool>

https://www.youtube.com/watch?v=90HUApi_dsM

<https://www.youtube.com/watch?v=CcghtEqAhas>

Στράτος

https://www.youtube.com/@Simply_Stratos

https://www.tiktok.com/@simply_stratos

Niko (My Zeibekiko Journey)

<https://www.facebook.com/profile.php?id=61552268697764>

Kaan Temizel

<https://www.facebook.com/Kaan-Temizel-Yunan-Danslar%C4%B1-776969445825043/>

<https://www.youtube.com/watch?v=amKDZXGXpre>

<https://www.youtube.com/watch?v=pvrKjMCL1pQ>

<https://www.youtube.com/watch?v=AsLQAnOD7Uc>

Ebru Zorlutuna

<https://www.youtube.com/channel/UCjjHlhcYmqM5YXz3RO0AgvA>

Useful links

Dance lessons

<https://www.youtube.com/watch?v=eVhSY4oq5Bk>
<https://www.youtube.com/watch?v=C66USjIEtYE>
<https://www.youtube.com/watch?v=QTAJXeagIVU>
<https://www.youtube.com/watch?v=gfl9PNUI6qc>

<http://www.youtube.com/watch?v=u3ASrIVWfR8>
<http://www.youtube.com/watch?v=GlxDw8ri6DE>
<http://www.youtube.com/watch?v=X0jQ1IqeHco>
<http://www.youtube.com/watch?v=VAGZSXk9oKM>

<http://www.youtube.com/watch?v=kpqdjTUXImo>
<http://www.youtube.com/watch?v=b2w2AKp0US0>
<http://www.youtube.com/watch?v=6oyn-X4WDck>

<http://www.youtube.com/watch?v=Jr76b0O9ZpA>
<http://www.youtube.com/watch?v=ejYpNbNXruM>
<http://www.youtube.com/watch?v=F095PhgnSwk>
<http://www.youtube.com/watch?v=n7z7QqG2dqI>
<http://www.youtube.com/watch?v=po6F3Z0YVbc>

<http://www.youtube.com/watch?v=TqzBB9IKdq4>
<http://www.youtube.com/watch?v=s2-W3Ou4O6M>
<http://www.youtube.com/watch?v=NDQD2JMTe8c>
<http://www.youtube.com/watch?v=E3FqTMq6bEE>

<http://www.youtube.com/watch?v=hKJ5-qmZINw>
<http://www.youtube.com/watch?v=RZoHtsBbY7Y>
<http://www.youtube.com/watch?v=cIw1T4JQwM0>

http://www.youtube.com/watch?v=9UBvfaj2_NU
<http://www.youtube.com/watch?v=yCTNnMH-FZU>

http://www.youtube.com/watch?v=q_lTRCAWUdk

<http://www.youtube.com/watch?v=NUe-LWTGkms>
<http://www.youtube.com/watch?v=8J-tZqp0oXs>

<https://www.youtube.com/watch?v=mOHRQiSWB6s>
<https://www.youtube.com/watch?v=sd7uvWUViOA>
https://www.youtube.com/watch?v=5LeN_QY2LPk

<http://www.youtube.com/watch?v=lvTQhuJ4ZYU>
http://www.youtube.com/watch?v=RusO_C_kA2Q
<http://www.youtube.com/watch?v=076LVdvEokg>
<http://www.youtube.com/watch?v=MRe5cSzU7Vvk>
http://www.youtube.com/watch?v=phzD_CBCzmQ
<http://www.youtube.com/watch?v=7cYwYaZattU>

<http://www.youtube.com/watch?v=MHoSzHCbSI4>
<http://www.youtube.com/watch?v=1bE--wyVcYs>
<http://www.youtube.com/watch?v=0GbJLQ--Atw&list=PLf2-SMm3vt9zxDuSXvrLcqMR1LgEIDzPh>
<http://www.youtube.com/watch?v=jomWirUX2PQ>

Performances

http://www.youtube.com/watch?v=5dyGvF_4XmQ
<http://www.youtube.com/watch?v=0qQRONghRpk>
<http://www.youtube.com/watch?v=bBT7RAxs08Q>
<http://www.youtube.com/watch?v=Fx1X5ln9aVY>
<http://www.youtube.com/watch?v=lmNDdTCtqyI>
<http://www.youtube.com/watch?v=HtBfA9OrxAI>

Zeibekiko dancing in movies

Λατέρνα, φτώχεια και φιλότιμο (1955)
Είμαι άντρας - Φωτόπουλος, Αυλωνίτης, Χάρμας
<http://www.youtube.com/watch?v=NWUXt9EiUdQ>

Στέλλα (1955)
Ο μήνας έχει δεκατρείς - Σοφία Βέμπο
http://www.youtube.com/watch?v=PPy_kxDImR4

Αγάπη και θύελλα (1961)
Είμαι αητός χωρίς φτερά - Διαμαντής Πανάρετος
http://www.youtube.com/watch?v=mzBTWVUaz_E

Το ταξίδι (1962)
Έξω φυσάει και βρέχει - Σταύρος Ξαρχάκος (composer)
<http://www.youtube.com/watch?v=LeZLZq6Tg6M>

Η κόρη μου η σοσιαλίστρια (1966)
Δημήτρη μου, Δημήτρη μου - Γιώργος Ζαμπέτας (composer)
<http://www.youtube.com/watch?v=DtnbS953NSA>

Μιά κυρία στα μπουζούκια (1967)
Του αγοριού απέναντι - Μαίρη Χρονοπούλου
<http://www.youtube.com/watch?v=1LnqXZXcMRc>

Γοργόνες και μάγκες (1968)
Ανοιξε πέτρα - Μαρινέλλα
<http://www.youtube.com/watch?v=4KChQexi72w>

Γυμνοί στο δρόμο (1969)
Το ξεϊμπέκικο του θανάτου - Σταύρος Ξαρχάκος (composer)
<http://www.youtube.com/watch?v=gblHuXLqPMA>

Ένα αστείο κορίτσι (1970)
Αυτά τα χέρια - Μανώλης Μητσιάς
<http://www.youtube.com/watch?v=o712UvyDGgg>

Ευδοκία (1971)

Το Ζεϊμπέκικο της Ευδοκίας - Μάνος Λοΐζος (composer)

<http://www.youtube.com/watch?v=XGCjVshSdNg>

Μαριχουάνα stop! (1971)

Το φεγγάρι πάνωθ'έ μου - Τόλης Βοσκόπουλος

<http://www.youtube.com/watch?v=xNScQ68p7Lo>

Εφοπλιστής με το ζόρι (1971)

Ο πενηντάρης - Γιώργος Ζαμπέτας

<http://www.youtube.com/watch?v=2FoUI6Esb1Q>

Facebook groups

Hellenic Zeibekiko

<http://www.facebook.com/groups/1798373393658407>

Zeibekiko and women's affair!!!!

<http://www.facebook.com/groups/2983728995237652>

The power of ζεϊμπέκικο

<https://www.facebook.com/profile.php?id=100064396195629>

Analysis

<http://dancedb.eu/main/performances>

http://www.researchgate.net/publication/295080072_Aesthetic_perception_and_dance_The_case_of_the_urbanized_Zeibekiko_dance

History

<http://www.youtube.com/watch?v=flyRyyMTl3g>

Relax

Learning how to dance Zeibekiko can be hard. It is important not to learn everything at once. Give yourself time to learn and to get used to Greek music. Feel free to ask me a question

(fgh.bolder@gmail.com). Sometimes you just need a break.

Here are some Zeibekiko (or other Greek dance) related videos that you can watch for fun. Promise me that you are not going to study them!

Different Zeibekiko dances

http://www.youtube.com/watch?v=C5M0fa-g_7g

On holiday

<http://www.youtube.com/watch?v=Q9DqqMrvArI>

Different types of Zeibekiko dancers

<http://www.youtube.com/watch?v=9Qw7ktKPRVM>

Dance lesson

<http://www.youtube.com/watch?v=cQQ1vD0Olag>

Different types of dancers

<http://www.youtube.com/watch?v=gy7ty1Ix3lY>

In the shoe store

<http://www.youtube.com/watch?v=UAbj6tPg--A>

Very young

<http://www.youtube.com/watch?v=n2svyEToETM>

Zeibekiko on hoverboard

<http://www.youtube.com/watch?v=mA3XxMzRdrU>

How Greeks fight off muggers

<http://www.youtube.com/watch?v=fDErSrHqVM8>

Zeibekiko in the snow

<http://www.youtube.com/watch?v=Mbv6j8Q4yo>

Robot

<http://www.youtube.com/watch?v=kUPM6l4whKQ>

Funny Zeibekiko dancing on stage with Anna Vissi

<http://www.youtube.com/watch?v=gRsUXGfWnFY>

Different Zeibekiko audience styles

<https://www.tiktok.com/@54thirty/video/7031179756661935365>

I finally learned Tsifteteli

<https://www.tiktok.com/@54thirty/video/7120981962570976554>

Tsifteteli moves as everyday activities

<https://www.tiktok.com/@54thirty/video/7038615628151885103>

When you spot a Greek at the gym

<https://www.tiktok.com/@54thirty/video/7102042564680879402>

Greek workout (Tsamiko)

<https://www.tiktok.com/@54thirty/video/6821192610179304709>

The Greek man home workout

<https://www.tiktok.com/@54thirty/video/6815317445520149765>

Greek stair challenge

<https://www.tiktok.com/@54thirty/video/6816722338390772998>

How Pontians dry their hands

<https://www.tiktok.com/@54thirty/video/6809730200788536581>

Zeibekiko styles

<https://www.tiktok.com/@anastasia26.12/video/7134296447746428165>