

Greek Folk Dance Curriculum First Draft

1. **Kalamatiano** – [7/8 time signature](#) beats 1, 4, 6; or [4/4 time signature](#) 1, 2&, 3, 4&; or syncopated, 1, a, (2) &, 3, a, (4) &. “Slow, quick quick.” 12 basic steps. Steps 1-6 travel to R, steps 7-12 in place, forward & back. Possible variations are endless. Here are a few:
 - Turn CCW on 4-6 or 10-12, or CW 1-3, 7-9.
 - Squat on 7, followed by 2 hops on R foot on 8 & 9.
 - Lift L leg on 7-9, striking foot on 8 with hand or handkerchief
 - Lift & turn CCW on L, steps 10-12
 - Squat & turn CCW on L, steps 10-12
 - Ladies' variations – triangular handkerchiefs,

2. **Tsamiko** - 3/4 time signature. Step on 1 & 3. 12 steps in the sequence. Steps 1-6, move R. Step 8 is a lift of the L leg across the R, changing direction to the L. Step 12 is a lift of the R leg across the L, changing direction back again to the R. Instead of simply stepping on the 1st & 3rd beat of each measure, two extra LR steps may be taken on the & of 1, and 2. Rhythm, “1&2, 3, 1&2, 3.” [Here's a crazy example](#). A few possible variations:
 - Turn CCW 10-11, finishing with the same R leg lift as without.
 - Lift – strike foot on 8, as in Kalamatiano
 - Squat on step 7, hop back up on 8.
 - Kicks – RRLR. The L kick happens during the last R. Hop twice on R foot to give L leg time to wind up for the kick. With a L hook behind the R leg as a prep or windup for the next kick, RRLRR. Rely on dancer to your L for stability. The kick is on the downbeat. It feels like a Swiss Triplet with feet, RRL RRL RRL RRL with the L kick happening on the downbeat, on 1.
 - Lift & turn: Lift on 8, turn CCW on 10-11.
 - Squat & turn: squat on 7, hop back up on 8, turn CCW on 10-11.
 - Ladies' variations – low modest kicks.

3. **Nisiotiko** – Similar to Kalamatiano. Island dance, mimics wave movement. 12 steps. No cross-step behind. More subdued. 4/4 time, 1, 2&, 3, 4&. Here are a couple of videos of a Nisiotiko glendi from the Spring of 2012, [one](#) and [two](#). Variations:
 - 6 steps forward, 6 in place
 - In & out
 - Turn on the 4th, 7th, or 10th step

4. **Hasapiko** – the “Zorba” dance. 4/4 time signature. 21 steps covering 30 beats or 7 ½ measures. Here is [the famous “teach me to dance” scene](#) from the film Zorba the Greek. Other interesting clips:
 - [Guinness World Record, largest Hasapiko dance in Cyprus, October 2011](#)
 - [Nicely choreographed by three guys in Chicago](#)
 - [Three guys having fun in a restaurant](#)

Obviously this is a highly interpretive dance and everyone does it a little differently, with different variations; but the following table, which I reverse-engineered from the instructional video, should provide a good beginning:

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Hasapiko Steps Cheat Sheet

Beat	Step	Call	Clarification	Foot	Weight on	Count
1	1	Right	Slide right	R	R	1
2					R	2
3	2	Together	Step together	L	R	3
4					R	4
5	3	Left	Slide left	L	L	1
6					L	2
7	4	Together	Step together	R	L	3
8					L	4
9	5	Right	Slide right	R	R	1
10					R	2
11	6	Together	Step together	L	R	3
12					R	4
13	7	Step	Step forward	L	L	1
14	8	Tap	Tap behind L foot	R	L	2
15	9	Brush	Move right foot forward, brushing left	R	L	3
16	10	Lift	Lift right leg in front of you	R	L	4
17	11	Step	Step backward with right foot	R	R	1
18	12	Lift	Lift left leg in front of you	L	R	2
19	13	Step	Step backward with left foot	L	L	3
20	14	Sweep	Sweep right leg across left	R	L	4
21	15	Side	Step diagonally with the right foot	R	R	1
22	16	Forward	Step forward with the left foot	L	L	2
23	17	Rock back	Rock back on right heel, swinging left foot across right	R	R	3
24			Move left leg forward	L	R	4
25	18	Heel	Touch left heel to ground	L	R	1
26			Swing left foot across right again	L	R	2
27	19	Step	Step forward and bear weight on L leg	L	L	3
28	20	Tap	Tap right toe against L heel	R	L	4
29		Brush	Swing right leg forward	R	L	1
30	21	Lift	Lift right leg	R	L	2

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Variations:

- Sidestep
- Lunge
- Grapevine
- Grapevine with kick (heel slap)
- Knee kick
- Turn right – turn left

5. **Hasaposerviko** – easy. Time signature, fast 4/4. Right, cross, step, kick, step, kick. Variations in the video:
- Hook kick
 - Grapevine
 - Heel kick
 - Turn right

In addition [here is a Greek instructional video](#) that shows how the dance is not limited to the popular six-count form, and includes some interesting heel- and thigh-slapping ornamentation.

6. **Zeimbekiko** – A solo, improvised, free-style dance done to music with a consistent eighth note pulse, that sounds like it's in alternating measures of 8/8 and 10/8, like this (emphasis in bold). Try clapping this.

8/8 measure: **1 2 3 4 5 6 7 8**

10/8 measure: **1 2 3 4 5 6 7 8 9 10**

The dance consists mainly in walking and turning according to this beat forward, back, and circular. Add claps, lifts, kicks, heel slaps and clicks, hops, drops, turns, twirls, cartwheels, and other acrobatics & antics as inspired. Improvise.

Example video:

[Example 1](#) – Greece

[Example 2](#) – Argentina

[Example 3](#) – some fun ornaments from London

[Example 4](#) – Shakallis, see recap beginning 8:20.