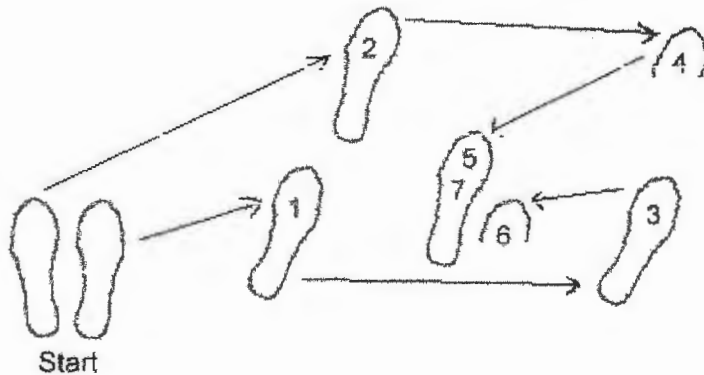
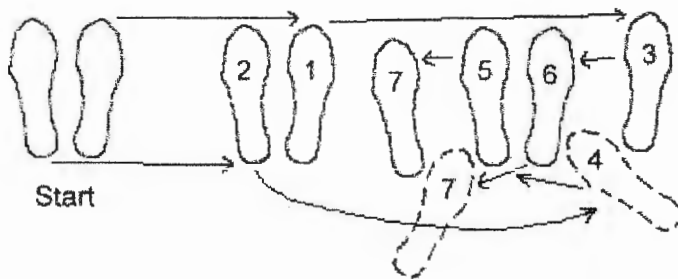


Aptaliko Zeybekiko

I. Feet together facing obliquely Right.		
Step	Tempo	Traveling Step to the Right.
1	slow	Step to the Right on the right foot.
2	slow	Step to the Right on the left foot in-front of right
Pausing Step to the Right.		
3	quick	Step to the Right on the right foot.
4	quick	Touch ball of left foot on ground in-front of right
Pausing Step to the Left.		
5	quick	Step to the Left on the left foot
6	quick	Touch ball of right foot on ground near arch of left of left, with right knee bent.
7	quick	Lift up and down on balls of both feet, weight mostly on left.
Repeat as often as desired.		



II. Starting position. Feet together facing front.		
Step	Tempo	Traveling Step to the Right.
1	slow	Step to the Right on the right foot
2	slow	Step to the Right on the Left foot next to right
Pausing Step to the Right		
3	quick	Step to the Right on the right foot
4	quick	Swing left foot with knee bent up behind right about calf high.
Pausing Step to the Left		
5	quick	Step to the Left on the Left foot
6	quick	Step to the Left on the right foot next to left.
7	quick	Step to the Left on the left foot, and at the same time swing right foot with knee bent up behind right about calf high.
Repeat as often as desired.		



III. Starting position. Feet together facing either front or obliquely Right		
Step	Tempo	Traveling Step to the Right Doubled
1	quick	Step to the Right on the right foot.
2	quick	Step to the Right on the left foot next to right.
3	quick	Step to the Right on the right foot.
4	quick	Step to the Right on the left foot next to right.
		Complete with I or II, steps 3, 4, 5, 6, 7.
Repeat as often as desired.		

