

OBEREK - A Simple Polish Ballroom Dance

Record - Continental C 751 - B Preferred (or any Oberek)

Source: This dance was taught to Madelyne Greene by Bud Grotzinger who danced it with Polish people in Los Angeles.

Couples stand side by side in no particular formation. Man's R arm around W's waist, her L hand on his R shoulder. Outside hands on hips.

Music A - 3/4 Rhythm

Meas.

Step I

1

ct. 1 - Step on outside foot

" 2 - Bend out knee (in preparation for chug) lift inside foot across supporting leg (below knee).

" 3 - Chug backwards on outside foot

Meas.

2.

ct.

1,2,3 - Three small steps moving fwd. starting with the inside foot.

Meas. 3-4 - Repeat 1-2

5-6 - repeat 1-2

7-8 - repeat 1-2 4 times in all.

9-10 - Repeat above but W dances

11-12 backwards; man forward thus

13-14 revolving clockwise

15-16 in place.

Music B

Meas.

Step II - Couples turn clockwise in ballroom position

1

Man's step

ct. 1 - Man steps on L ft.

& 2

" 3 - Man hops on L

Meas.

2

ct. 1-2 Man steps on R ft.

" 3 Man clicks heels together

(Body sways slightly toward man's L on measure 1 and sways R on measure 2)

Meas.

3-4 Repeat measures 1 & 2

4-6 " " 1 & 2

7-8 " " 1 & 2

9-16 Repeat 1-8

Woman's Step

Woman dances same but begins the heel click on her R ft. measure 1 and the step hop on measure 2 thus alternating the step with the man.

The dance can be done to any Oberek music. The man leads the steps and may, depending on the phrasing of the music, dance step 1 or 2 in any counts he wishes.