

Presented by Morley Leyton &  
Monique Lagaré

OBEREK VARIATIONS  
Poland

The oberek is the one National Dance that remains improvisational. There are many many variations ranging from the simplest to some of the most spectacular.

NOTE: It is necessary to KNOW the basic oberek step and the basic turn with ptr before attempting variations. The basic step, basic turn and some variations will be taught each day during the exercises presented at the beginning of each class. Knowing the step is not enough; it is necessary to be able to relax and sustain the step, it is necessary to be able to work with your ptr to turn, to jump and to lift. The class on Friday will assume a certain amount of previous knowledge which will be available to those attending classes during the week.

MEN'S JUMPS WITH PTR

1. Vertical jump to knee
2. Horizontal jump to knee
3. Horizontal jump with slap
- \* 4. Diamond heel click
5. Both ft
6. Grand fouette
- \* 7. O pocznyiński solo
8. Grand fouette without ptr

MEN'S FLOOR STEPS WITH PTR

9. Turn on R leg to both ft.
- \* 10. Turn on R leg to one ft
11. Turn on L leg with ronde de jambe
- \* 12. Turn on R leg to turn on L leg.
- \* 13. Step-hop, step-hop, basic, ronde de jambe
14. W spin and drop to knee

WOMEN'S LIFTS AND JUMPS

15. Vertical
16. Vertical with turn
- \* 17. Horizontal
18. Throw over shldr
- \* 19. W over head upside down.
- \* 20. W over head in tuck (KIO)

STEPS WITH PTR

21. 6 ct spin
22. Clicks & spin
23. Step, hold, hop turns
- \* 24. Bear hug
25. Down (in), up (out), turn
- \* 26. Same with spin over knee
27. Yo-yo turns

*continued...*

ENDINGS

- \*27. Smooth turn to knee
- \*28. Wind up
- \*29. W tuck and finish on knee

MISCELLANEOUS

- 30. Head shake
- 31. Lublin basic
- 32. W turn by self
- 33. Heel clicks
- 34. Men's step, hop, stamp
- \*35. Pinwheel
- \*36. Basket lift.

We will present what ever time and abilities will permit. Individual corrections will be offered.