

OBEREK JANUSZA
(Polish)

7

SOURCE: The oberek is always an exciting and strenuous dance, with its leaps and whirls, but should achieve a satisfactory feeling regardless of age. The dance name means John's oberek and was choreographed by John Hancock and presented at the Idyllwild Workshop in 1973.

MUSIC: RECORD: MUZA NPO6

FORMATION: Cpls in large circle with W on the M's right facing LOD. The M's R arm around W waist, while her L hand is on M's R shoulder. The free hand is on the hip (M's fist - W's fingers fwd) unless otherwise indicated. Cpl will always be on opposite feet with M starting R and W starting L.

STEPS: Oberek Steep; Heel Clicks; Butterfly Turn

MUSIC: 3/4 FAST PATTERN

Meas.

1-4 Hold for Introduction

PART I FORWARD, TURN AND LEG DROPS

1 Moving fwd with 1 oberek step in LOD with free arms (M's L - W's R) flowing in at chest height with palm down. "Basic Oberek fwd" Body remains in a slight crouch pos. bending slightly at waist, but head still level. Footwork is indicated for man while woman does opposite. Step fwd and down onto R ft (ct 1), step fwd and rising onto ball of L ft (ct 2), step fwd onto ball of R ft (ct 3). Action is very light and flowing with a "down-up-up" movement.

2 Repeat PART I (meas 1) with opposite footwork while swinging arms out with palm up.

3-16 Repeat PART I (meas 1 & 2) alternating for 14 more times.

17-24 Turning twd ptrn with free hands on hips, revolve CW with 8 turning oberek steps while progressing LOD around room.

Basic Turn: Same footwork as Basic Forward except it is turning and the M starts by stepping R twd his ptrn while she steps back on her L. As you revolve there is a tendency to cross the foot on the third count in front of the other.

25-27 Continue with 3 more basic turn steps.

28 Man now performs a "Leg Drop" by stepping down onto L ft (ct 1), remaining on L ft in crouch pos as the R leg swings in a wide circular arc at R side (toe remaining close to the floor) and bringing it up beside L ft (ct 2), small jump twd ptrn onto both feet (knees bent) keeping weight controlled on L (ct 3). W continues with one more basic turn step. This drop should not spoil the effect of the

continued.

basic turn as it is only a modification to it.

29-32 Repeat PART I (meas 25-28).

BREAK

1-4 Take 4 walk steps with free hands on hips, away from ptr. in small circle to end facing ptr. M turns L CCW starting R - W turns R CW starting L.

PART II TURN AND HEEL CLICKS

1-4 Repeat 8 basic turn as in PART I (meas 17-24)

9 Perform 1 heel click while still revolving with the M stepping R (ct 1) hop off the R ft (ct 2) click L ft to R while still in air (ct 3). W does opposite.

10 Repeat PART II (meas 9) with opposite footwork.

11-12 Repeat PART II (meas 9-10) four heel clicks in all.

13-24 Repeat PART II (meas 1-12)

BREAK

1-4 Same as first break except end up side by side as in the start of the dance with free hands on hips.

PART III FORWARD AND KNEE DROP

1-6 Repeat 6 basic forward steps as in PART I (meas 1-8) except hands remain on hips.

7 M starts to perform "knee drop" by stepping twd and in front of W onto R (ct 1), leap into the air (CW) while turn progresses (ct 2&3). W will have the tendency to step L (ct 1) and hold (ct 2&3) while she "brings" M around to face ctr. W can shift hand hold to place both hands on man's upper R arm (L hand above R).

8 M finishes "knee drop" by landing on L ft and dropping on R knee while facing ctr (ct 1), hold pos (cts 2&3). W again will tend to step R (ct 1), and hold (cts 2&3).

9-10 M rises to standing pos with weight on L ft with inside hands joined (M's R - W's L), free hands on hips. W retains pos with weight still on R.

PART IV BALANCE, LEAP ACROSS AND BUTTERFLY

1-2 With 2 oberek steps in place balance twd and away from ptr while facing ctr (M start R, W - L).

3 W steps across in front of M onto L ft (ct 1), leap into the air (ct 2), land on R ft turning to again face ctr (ct 3). Man helps W across while continuing 1 more oberek step.

Continued...

- 4 W stamps L (ct 1), hold (ct 2), stamp R - no weight (ct 3).
M stamps L (ct 1), hold (ct 2), stamps R - takes weight (ct 3). New inside hands are rejoined.
- 5-8 Repeat PART IV (meas 1-4) with opposite footwork.
- 9-16 Perform butterfly turn with 8 oberek steps turning CW (M fwd, W back) this turn is a fast turn in place with knees well bent, and M's right arm around W's waist and her L hand on his R shoulder or across his back to rest on his L shoulder. The free hands are out to side and low and slightly back.
- 17-32 Repeat PART IV (meas 1-16).
- BREAK
- 1-4 Same as the second break.
- Repeat PART I, II, III, and IV.
- PART V FORWARD, BACKWARDS AND HEEL CLICKS
- 1-8 Repeat 8 basic fwd steps as in PART I (meas 1-2) except on last meas turn twd each other facing RLOD with M's L arm around W's waist and her R hand is on M's L shoulder.
- 9-16 Repeat 8 basic oberek steps going bkwd in LOD with free arms fwd and curved in at chest height (palm down).
- 17-24 Repeat 8 basic turn steps as in PART I (meas 17-24)
- 25-26 Repeat 2 heel clicks as in PART II (meas 9-10)
- 27-28 Repeat 1 leg drop as in PART I (meas 27-28)
- 29-32 Repeat PART V (meas 25-28).
- BREAK
- 1-4 Same as first break
- PART VI TURN AND KNEE DROPS
- 1-8 Repeat 8 basic turn steps as in PART II (meas 17-24), W can shift hand hold to the same as knee drop in PART III (meas 7) for remainder of dance.
- 9-10 Continue with 2 more basic turn steps but preparing for knee drop.
- 11-12 Perform 1 knee drop as in PART III (meas 7-8).
- 13-24 Repeat PART VI (meas 1-12) hold pos for final pose with free arms at 45° above shoulder and away from ptr with palm up.

continued...

VARIATION I LEG SLAP AND DROP USE IN PART I (meas 25-28)

25-26 Continue with 2 more basic turn steps as before.

27 M steps R (ct 1), raises L leg (ct 2), slaps L hand to inside of L leg and above knee (ct 3).

28 Repeat 1 leg drop as before.

VARIATION II SIDE LAY OUT- USE IN PLACE OF KNEE DROP PART ...
IV MEAS (11-12) or (23-24)

11 Same as knee drop PART III (meas 7) except when man is in the air both legs are pulled up into the air, so that the whole body is parallel to the floor and leaning twds the W. IMPORTANT: The M must perform the leap by himself with only that split-second support from the W on count 3, which allows him to bring the R leg up to meet the L. WOMAN DO NOT try to lift the M off the floor.

12 Same as knee drop PART III (meas 8).

Presented by John Hancock
Idyllwild Weekend - 1973