

SKOCZNY OBEREK

(Lively Oberék) - Poland

Oberék is a nickname for "Obertas" which means to turn so fast you get dizzy. This is an arrangement of oberek steps first presented by Morley Leyton in Washington, D.C. in September 1965.

Record: Stella LP 904, Side 2, Band 9. "New York City Oberék."

Music: 3/8

Formation: Cpls, M inside, facing LOD in open Mazur pos.

NOTE: All steps start on inside ft.

All parts end with last meas done 1,2,hold.

Each Sequence consists of 16 meas, 16 meas, and 8 meas.

The second 16 meas (Part B) is the chorus (basic turn) each time.

Sequence IMeas Part A. Leap, Run.

- 1 M (W opp) step on R ft (ct 1). Bring L knee up high (ct 2),
Swing free arm up. Hop on R ft (ct 3).
2 Basic Mazur step fwd, L,R,L.
3-14 Repeat meas 1-2 six times.
15 Repeat meas 1.
16 Step L, close R, hold.

Part B. Basic Turn, Chorus

- 1-15 Do 15 basic Mazur steps with ptr, turning CW.
16 Step L, close R, hold.
It is here that the M have the opportunity to show off and
numerous variations and feats are performed.

Part C. Repeat Part A meas 1-7 and 16.Sequence II Part A. Backward Turn.

Do 16 basic Mazur steps turning CCW.

Part B. Chorus*continued...*

SKOCZNY OBEREK (continued)

Part C. One hand run.

Join R hands and do 8 basic Mazur steps in a CW circle on own spot. Free arms out.

Break. Four meas to catch breath and return to open Mazur pos. Do 4 basic steps in place and do Polish head shake.

Sequence III, Part A.

Repeat Sequence I, Part A.

Part B. Chorus.Part C. Two hand run.

Take cross hand grip, R to R, L to L, facing ptr. Do six fast Mazur steps CW. On seven, release R hands, M turns W with L hand one turn over her head and half turn down to finish with W on M L side and his L hand on her L hip.

Presented by Morley Leyton

KUJAWIAK WESELNY OF OSIECINA

(Kujawiak with Oberek)

As often happens, the slow tender Kujawiak has a fast chorus, either a Mazur, or, as in this one, an Oberek.

Record: Buccaneer "Polish Dances." BC-1000.

Formation: Cpls in circle, facing LOD, M inside. M has arms crossed in front of chest, W hands on hips.

MeasPart I. Diamond.

Progress in a diamond pattern along LOD. Movements are stately.

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|-----|---|
| 1 | Away from ptr, M (W opp) step L,R,L. |
| 2 | Close R, hold, click heels. |
| 3-4 | Same thing twd ptr, starting with R ft. |
| 5-8 | Repeat meas 1-4. |

FOLK DANCE CAMP - 1968