

Presented by Morley Leyton

WESOLY WACUŚ OBEREK
Poland

Pronounced: "Veh so' we- Vah' tcush" Happy Wally Oberek

The oberek is the most vigorous and exciting of the National dance forms (Tanc Narodowy). It is a free-style dance consisting of fast turns and jumps, lifts and other fancy variations. This is a version arranged for folk dancers by Morley Leyton. Proper execution requires mastery of the basic oberek step and good partnering technique.

RECORD: ZA GÓRAMI, ZA DOLINAMI BR 1000

FORMATION: Cpls spread around room. Face ptr, join inside hands. Free hand or fist on hip.

STEPS & STYLING OBEREK STEP: Step down onto R ft with soft knee bend (ct 1) close L to R, bending knees a little deeper. Wt is equal on both ft, ft and knees close together (ct 2). Straighten knees and push off from both ft (ct 2&) jump down onto R ft with knee almost straight. Dancer may brush the free pointed ft back (ct 3). Next step starts with the other (L) ft.

NOTE: All steps in this oberek begin on inside ft. Each phrase ends with 2 stamps (ct 1,2) hold (ct 3). Throughout dance M and W are on opp ft.

MUSIC: 3/4

PATTERN

Meas INTRODUCTION: 4 meas-no action

PART I: HOP AND TURN:

- 1 Hop on inside ft (MR,WL) (ct 1) bending standing leg further, stamp free ft on floor (ct 2) hop on inside ft (ct 3).
- 2 Do one basic oberek step, starting ML,WR, sweeping joined hands through a big curve during the first 2 cts and turning to face back to back with ptr.
- 3-4 Repeat action of meas 1-2 on opp ft. End facing ptr.
- 5-16 Repeat meas 1-4 three times

PART II: OBEREK TURN WITH PTR

- 1-8 Starting with inside ft turn CW in place. M place R arm around W waist, W place L hand on M R shoulder. Bend slightly fwd from waist and look at ptr. Free hand or fist on hip.
- 9-15 Continue turn, but join outside hands in front
- 16 Do stamp,2, hold, ending up facing original direction

PART III: HOP AND TURN

- 1-8 Repeat Part I, meas 1-8

continued...

PART IV: BREAK

- 1-4 Do 4 Oberek steps with hand shake. Bend fwd at waist so that noses almost touch. Hands on hips.

PART V: WIND-UP TURNS

M stays in place doing basic oberek steps for 16 meas, but help the W turn.

- 1-3 Join inside hands, W makes 2 complete CCW turns in 3 meas, doing basic oberek steps. Hand goes over head for first turn and around waist for 2nd turn. End up next to ptr.
4 Do steps in place, close to ptr, with W all wound in.
5-7 Reverse pattern of turn, W does 2 CW turns in 3 meas, first with hand down and 2nd with arm over head.
8 Stamp, 2, hold. Joined inside hands held high.
9-16 Repeat meas 1-8

VI: MAN'S JUMP

Turning CW, W does 16 Oberek steps and helps M. M R arm around ptrs waist. W L hand under M R upper arm and supporting him.

- 1 M steps across in front of ptr onto R ft (ct 1) bend R knee in preparation to jump (ct &) jump in air to horizontal pos if possible, away from ptr, still holding on. Click heels in air. Legs form a diamond shape in air (ct 2) land on R ft (ct 3). M may go down to R knee on ct 3.
2 Step M-L,R,L, W-R,L,R
3-4 Do 2 basic Oberek steps turning CW
5-16 Repeat meas 1-4 three times

PART VII: BREAK

If dance is repeated do 4 basic Oberek steps in place facing ptr, inside hands joined, then repeat Parts I through VI.

If dance ends here, do 2 Oberek steps in place, wind in W in 2 meas, and pose, with M L hand in air to side and back.

NOTE: Other variations may be substituted in Part VI.

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PART IV, meas 1-4, delete the word "hand" and change to "head"