

1967 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Eugene R. Ciejk

OBEREK
(Poland - Intermediate)

PRONUNCIATION: O-Beh-Rek

SOURCE: Eugene Ciejk

RECORD: Polish dance melodies, Side 1, Band 4, ABC Paramount 289

STYLE: Free and athletic, more up and down movement than forward.

FORMATION: Couples, circle, mixer.

TIME: 6/8

BASIC STEPS IN THE OBEREK:

Each measure of the Oberek contains three beats which are taken on alternate feet. Under ordinary conditions the first beat of the first and all the following odd measures is accented. The three beats of the second and all the even measures are used for recovery steps. That is, to regain or maintain your balance, or to get into position for the next step. On occasion, in a particular piece of music, you will hear a two beat measure. This is the option of the music arranger and cannot be avoided. The choreographer generally uses these two beat measures for accents at the end of a phrase and before starting a new figure.

TURNING OBEREK IN BALLROOM POSITION:

Man: steps onto accented left foot and, sort of, around woman; then on to right foot, crossing it behind the left; then on to left so that feet are about two feet apart. All this is done while turning C.W. with partner. The next measure consists of stepping on the right and then the left and then the right again without crossing feet but continuing the turning process. The first measure is done with a severe bend at the knees while the second measure is performed in a more upright position.

Woman: the lady does the same step but moves back on the right foot, then takes a step on her left and then her right without crossing over. On the second measure she steps on her left foot, sort of, around the man, then crossing her right leg behind her left for Ct. 2. Then steps on to her left so that her feet are about one foot apart.

Remember the feeling of the Oberek is one of jumping down into a step rather than up into a step. This gives the dance a heavier and stronger character in addition to an athletic quality. Remember to keep the knees slightly bent when using the legs for direct support on a down beat. This will minimize the shock of the step and make the dance less energy draining.

continued..

OBEREK (CONT'D)

These basic step explanations cannot take into consideration every possibility. Many variations can be achieved, the choreographer is only limited by the ability of the dancers. There are no written instructions for Polish dances prior to the last century, except for the few children's dances which may or may not be from as early a period as the 15th century.

Now on with the show.

POSITION: Man and woman side by side with woman on man's right both facing L.O.D. Man's R. arm encircles woman's waist and rests on her right hip. His left hand is on the left hip with the fingers clenched but not in a fist. The woman's left hand passes behind the man's back and up over the shoulder (the R. one) so that the hand curves over the top of shoulder. The woman's R. hand is holding her skirt in a relaxed and free manner.

Meas.**FIGURE 1:**

- 1 Knee lift step. (looking at partner)
Both step forward onto R. foot, Ct. 1
Ct. 2 brush the left forward beyond the R. allowing the toe to drop.
Ct. 3 bring the left foot up sharply so that the thigh is almost parallel to the floor while taking a slight hop on the R. foot.
- 2 Man and woman take three small running steps in L.C.D. L.R.L. (looking straight ahead)
- 3-6 Repeat Meas. 1 and 2, two more times.
- 7 Repeat Meas. 1.
- 8 Stamp left, then right and do not take the weight on the right foot.
- 9-14 Repeat Meas. 1-6
- 15 Repeat Meas. 1 while wheeling to face center of circle C.C.W.
- 16 Stamp L.R. in place, do not take weight on R. foot

FIGURE 2:

- Moving into Center of Circle. Move straight in, move out on left diagonal.
- 1-2 Taking two basic oberek run steps to center of circle R.L.R., L.R.L.
- 3 Woman takes basic oberek step in place. Man jumps onto R. foot in front of woman in C.W. direction, Ct. 1. He turns woman so that she faces out of circle. Man takes Cts. 2 and 3, L.R. to complete the turn.
- 4 Meas. 4 is taken in place. L.R.L., Cts. 1,2,3.
- 5-8 Repeat Meas. 1-4, finishing to face center. On meas. 8 stamp L.R. and do not take the weight on the R. foot.
- 9-16 Repeat meas. 1-8.

Continued...

OBEREK (CONT'D)

FIGURE 3:

Waist Turn

- 1 Starting by stepping onto right foot, woman takes one measure in place. Man starts by stepping on right and moves around woman in C.W. direction on first measure. Free arm is curved and held high.
- 2-7 Both turn in waist hold position starting by stepping on L. foot, finishing 7th measure so that man faces L.O.D. and woman faces R.L.O.D.
- 8 Man stamps L.R. and does take weight.
Woman stamps L.R. and does not take the weight.

FIGURE 4:

Oberek in ballroom position

- 1 Man starting on L., woman on R. take one oberek measure in place while assuming ballroom position.
- 2-3 Man and woman turn in place finishing so that man again faces L.O.D. turn in C.W. direction.
- 4 Man lifts L. arm while holding woman's R. and does one oberek step in place. Woman does one oberek step while turning under C.W. to face center of circle.

FIGURE 5:

Separation step (Man's Part) MOVING OUT

- 1 Man raises R. arm, curved and held high, L. hand is on L. hip. Ct. 1 extend R. leg to side (straight) and push off on L. leg bringing instep of L. foot to heel of R. foot and dropping down on L. foot again.
Ct. 2 step onto R. foot to R.
Ct. 3 step on L. foot bringing it next to R. foot.
- 2 Repeat Meas. 1 - Moving Out
- 3 Man executes Rhonde de Jhomb (R. leg pivot) C.W. direction in place stepping onto R. leg to R. side. Ct. 1
Ct. 2 swing straight L. leg around C.W.
Ct. 3 finish turn as above to face L.O.D. with weight on R. foot (man uses L. arm to assist in turning while moving R. arm down to R. hip. Man takes slight hop on R. for balance.).
- 4 R. hand stays on R. hip and L. hand is raised and curved moving in. Man takes one heel click to center of circle. Hop on R. while bringing R. instep to L. heel, Ct. 1 and dropping down to R. foot.
Ct. 2 step to left on left and
Ct. 3 bring R. to L. foot and putting weight on the R. foot.
- 5-6 Repeat Meas. 4 twice moving in.
- 7 Repeat Meas. 3 in reverse making it a L. leg pivot to face L.O.D. in place.
Ct. 1 step to L. on L.
Cts. 2 & 3 swing straight R. leg around C.C.W. to face L.O.D. taking slight hop on L. leg on Ct. 3 for balance.
- 8 Man stamps R.L. on Cts. 1 & 2 and holds Ct. 3.
- 9-16 Repeat Meas. 1-8

FIGURE 6:

Man's knee lift step

- 1 Repeat opening step, a little more vigorously. Both hands are on the hips. L. shoulder is to the center of the circle.

Continued...

OBEREK (CONT'D)

- Mans head turns to watch girls in center of circle.
 Ct. 1 step R. Ct. 2 Bring Left Foot up, while Hopping on right, Ct. 3 drop onto right foot.
- 2 Take basic Oberek step, L.R.L. while turning C.C.W. to face R.L.O.D.
- 3 Repeat measure 1 while facing R.L.O.D.
- 4 Repeat meas. 2 while turning C.W. to face L.O.D.
- 5-16 Repeat meas. 1-4 three more times, on measure 16 turn to face center of circle, while stamping L.R. and taking weight on right foot. Mans arms should also move up during stamp to assume ballroom position with new woman who has come to him from center of circle.

GIRLS ADVANCE STEPTHIS IS DONE WHILE MEN ARE DANCING THEIR PARTS.

- 1-3 Starting by stepping on right foot, woman takes three basic Oberek steps into center of circle. Right hand holds skirt and moves forward on odd meas. and back to side of body on even meas.. Left hand remains on left hip.
- 4 Woman moves right hand to right hip. Throws shoulders slightly forward while bending slightly at waist. On Ct. 1 Stamps L., and Ct. 2, stamps right and does not take weight on right foot.
- 5 Woman turns $\frac{1}{2}$ turn C.W. to face out of circle on Ct. 1, and moves out of center of circle while advancing toward next man in outer, mens, circle. Cts. 2 & 3 stepping L & R.
- 6-7 Beginning on left foot woman takes two basic Oberek steps toward next man. (The one just ahead of the man she just left) The left hand is still on the left hip while the right hand has returned to her skirt. Still moving R. Hand forward on odd meas. and out on even meas. (WOMAN TRIES TO GET CLOSE TO MAN BY THE 7TH MEAS.)
- 8 Woman stepping L.R.L. turns $\frac{1}{2}$ turn C.W. to face center of circle.
- 9-32 Repeat meas. 1-8 three more times. On 32 meas. she does not turn in front of man she has moved forward to. (Not counting her original partner she had advanced to the fourth man) She stamps L.R. and stands facing man, she does not take weight on the right foot. Hands move up to assume ballroom position with new partner.

OBEREK WALTZ

- 1-4 Starting M. on left forward, W. on R. backward dance 4 basic waltz steps with man finishing with back to center of circle, woman facing man. On last meas. (4) partners release leading hands, M. Left, Womans right and assume position of beginning of dance next to each other. On count 3 of last measure man does not take weight on R. foot, and woman does not take weight on left foot.

RHONDE DE JOMB

- 1 Ct. 1 man jumps onto right foot, Ct. 2 swings left foot forward while turning C.W. on right foot, Ct. 3 hopping slightly on right foot. Woman does the same step but jumps onto left foot Ct. 1, Swings right foot back while turning C.W. with man., Hopping slightly on left foot Ct. 3.

Continued.

OBEREK (CONT'D)

RHONDE DE JOMB (CONTINUED)

Retaining the same position man and woman dance one basic Oberek step in place while turning. Woman traveling backward and man traveling forward. Free arms, mans left and womans right can be extended for balance or held on hips with hands clenched.

- 3-8 Repeat meas. 1 & 2, 3 more times, except on meas. eight stamp outside foot (Mans left, womans right) Ct. 1, Stamp inside feet and do not take weight (mans right & ladies left) Ct. 2, Hold Ct. 3.
- 9-16 Repeat measures 1-8. On meas. eight during stamp finish up with mans back to center of circle and woman facing man. At same time stepping away from each other to allow for room for next step.
WOMAN MUST TAKE WEIGHT ON SECOND STAMP CT. 2. ON LEFT FOOT. HOLD CT. 3.

DOWN UP TURN STEP

- 1 Both man and woman do same step. Lunging forward onto right foot Ct. 1, foot flat on floor. Arms free and moving in large circle back, up, around and down in front nearly touching the floor in front while body bends severly at the waist. Ct. 2 step left in place, arms start up and beginning opening to sides, while body begins to straighten up, Ct. 3 step right in place, arms fully open and to sides, body still in half bent position.
- 2 Ct. 1 Bring left foot forward and place left heel on floor. While holding arms open and continuing to straighten up, step R. in place. Ct. 2. Step on left foot and take weight on left foot, Ct. 3
- 3-4 Placing both hands on hips, hands clenched. Turn C.C.W. in place. Stepping R.L.R., L.R.L. finishing to face partner. ONE OR TWO TURNS MAY BE MADE DEPENDING ON YOUR PROFICIENCY IN TURNING.
- 5-8 Repeat measures 1-5, except on meas. 8, Ct. 1 Stamp left, Ct. 2 stamp right and do not take the weight.
- 9-16 Repeat measures 1-8

HOP SKIP WITH WAIST TURN

- 1-2 Stepping forward on right foot, toward partner, and assuming a right arm waist turn position, left arm held high and curved. Dance opening step with partner, Turning C.W. in place. Step R Ct. 1, Hop on R. while lifting left leg Ct. 2, Coming back down on right foot Ct. 3. and stepping L.R.L. in basic Oberek step while turning C.W. in place.
- 3-8 Repeat measures 1 & 2, three more times. On last measure woman turns C.W. in place while man is still holding her waist. She finishes by making $\frac{1}{2}$ turn to face same way as man and in same position as beginning of dance. Stepping L.R.L. on counts 1,2,3, woman does not take weight.
- 9-16 Both man and woman continue same step while man is traveling forward and woman is traveling backwards. On last meas. (16) both man and woman stamp left then right. No weight is taken on right foot.

Continued...

OBEREK (CONT'D)

SKATERS JUMP STEP

- 1-2 While wheeling around C.W. and stepping R.L.R. Cts 1,2,3. Taking $\frac{1}{2}$ turn to face R.L.O.D. Then stepping L.R.L. Cts. 1.2.3. taking $\frac{1}{2}$ turn to face L.O.D. Free arms extended for balance.
- 3 Step R forward CT. 1, Swing left foot forward and up while springing off right foot CT 2, and making $\frac{1}{2}$ turn in air and coming down on right knee facing R.L.O.D. for count 3.
- 4 Springing up quickly take R.L.R. turning $\frac{1}{2}$ turn C.W. to face L.O.D. Do not take weight on right foot.
- 5-6 Repeat measures 1-2
- 7 Man repeats measure 3, while woman starts turning C.W. in place R.L.R. Hands on hips. Man attempts to jump into place held by man in front of him.
- 8 Man landing on right knee holds measure 8 with arms outstretched toward partner, facing R.L.O.D.
 Woman continues turn L.R.L. and finishes facing partner with right toe pointed on floor. Left arm and hand held high in arc, right arm and hand straighter and lower with right shoulder toward partner..