

OBEREK
(Polish Couple Dance)

Music: Monitor MP 598 Band 4, Side 2. (If unavailable, other Obereks will do)
 Meter: 3/4
 Formation: Circle of Couples
 Style: Springy, with "down" accent on 1st beat.

Measure	Description
	Figure 1 (Balance and Figure 8)
1	Without moving forward balance toward partner (cts 1-3).
2	And away, stepping 1 step per beat (M: L,R,L-R,L,R)
3-4	Repeat meas 1-2.
5-12	Both partners execute a "figure 8", M passing behind W towards outside of circle (W to center). On 4th meas. turn clockwise into R and by 5th meas. be facing LOD. Now M is moving towards center and W out. M again passes behind W on about meas 6 or 7. Continues to center turning counter clockwise on about meas 8 or 9. Comes back to side of partner by meas 12.
	Figure 2 <u>Couples in open shoulder-waist position</u> (Out and In Figure) (Steps written for Men opposite for Women)
1	Step L turning slightly from partner (ct 1). Step R being nearly back to back (ct 2). Step L (ct 3).
2	Reverse meas 1 coming nearly face to face. (cts 1-3).
3-8	Repeat meas 1-2.
	Figure 3 <u>Couples in closed ballroom position</u> (Turning figure)
1-8	Turn counter clockwise progressing around room in LOD using the Oberek step wich resembles a very bouncy waltz. End by opening with both partners facing LOD.
	"Heel Clicks" (Variation for 8 meas break)
	Both partners start with own R to right moving sideways, M on inside of circle, W on outside.
1	Step R (ct 1), Close L (ct 2), Hop on L and beat R heel to L in air (ct 3).
2	Repeat meas 1.
3	Repeat meas 1.
4	Step R,L,R. This frees L foot to reverse and to go back to partner (cts 1-3).
5-8	Reverse meas 1-4.
<u>PATTERN:</u>	Do figures 1,2 and 3 in order Repeat 8 Bar Break (see variation) Figures 1,2 and 3 Only Figures 1 and 2 4 Bar Break (variation) Figures 1, 2 and 3 Only Figures 1 and 2