

(Oh-beh'-rehk)

Poland

- SOURCE:** Polish National Dance in 3/4 time, fast temp; originating in the Province of Mazowsze. The name means "to spin". Choreography by Jan Sejda.
- MUSIC:** BRUNO BR-50136, Side B, band 6.
- STEPS:**
- OBORKOWY (Oo-bear'-koow-vee) - Oberek Step: Step onto L, full ft; touch just ball of R ft to floor beside L, giving sl push as stepping; L - full ft. Knees always bent. Step (ct 1), Touch (ct 2), Step (ct 3).  
Next meas: opposite ftwk.
- OBEREK Stamp step 2: Stamp (ct 1), Stamp (ct 2), Hold (ct 3).
- OBEREK Stamp step 3: Stamp (ct 1), Stamp (ct 2), Stamp (ct 3).
- BIEZNY (Bee-a-zha'-nee) - Running Step: One step for each ct, 3 steps for a meas. Run leaning slightly bkwd, lifting ft quickly off floor after each step.  
Run (ct 1), Run (ct 2), Run (ct 3).
- BIEZNY CICHY (Bee-a-zha'-nee Chee'-hee) - Quiet Running Step: Upper body bent fwd, knees bent; run (heel to toe) quickly & quietly. Run(ct 1), Run (ct 2), Run (ct 3).
- SPACER (Spah'-tzer) - To Walk: An elegant walk, very graceful. Bend L knee & extend R ft fwd, straight knee, pointed toe. Step (ct 1), Slowly bring opposite foot through (cts 2,3).  
Next meas, use opposite ftwk.
- PRZYPUKIWANY (Pshee-poo-kee-vah'-nee) - Tapping Step: With bending knees, step L while turning sl to L; hit R heel close to L ft; hop on L; hit R heel close to L ft. Step (ct 1), Heel (ct 2), Heel (ct 3).  
Next meas, use opposite ftwk.
- KROK STUK (Croak Stook) - Step Stamp Step: With bending knees, step on L ft to L (ct 1), bring R ft to L & stamp on it (ct 2), hold (ct 3).  
Step (ct 1), Stamp (ct 2), Hold (ct 3).  
Next meas, use opposite ftwk.
- AKCENTOWANY (Ahk-sen-toe-vah'-nee) - Accent Step: M's step; Feet tog, bent knees. Jump with a stamp, arms extended fwd & sl to side, palms inwd.  
Jump (ct 1), Hold (ct 2), Jump (ct 3).

*continued -*

BUJANY (Boo-yah'-nee) - Swing Step: Step onto L, swing R leg up; relax pos, hop on L while holding R up; step back on R, step L in place, step R in place. The step moves fwd & bkwd. The body bends fwd from the waist during the 4 thru 6 cts. Step (ct 1), Swing (ct 2), Jump (ct 3), Step (ct 5(1)), Step (ct 6 (2)), Stamp (ct 7 (3)).  
 Arms: R arm swings up naturally on Cts 1-3, & swings down on cts 4-6. Palm down when hand comes up, palm up as hand is lowered. L hands on hips, fingers fwd.

PALCE ZA PIETA (Pall-tzah Zah Pien-tone) - Toe behind Heel: Moving to the side & sl fwd; Leap to the L on L ft, touch R toe behind L heel, hop on L, touch R toe behind L heel just after landing from hip. Leap (ct 1), Touch toe (ct 2), Hop toe (ct 3). Next meas, use opposite ftwk.

OBROT SOLO (Oo-broo'-tee) - Spinning: Feet tog, knees bent, L hand on hip, fingers fwd; R hand extended fwd, rounded. Turn to R. With opp hand pos, turn to L. Turn R or L on the spot - very smoothly & as fast as possible. 3 steps per meas.

OBROT PARY - Turning for the cpl:

Cpl turning 1: W's L hand on M's sho, M's R arm around W's waist. Bent knees. Outside arms rounded below waist level. In this pos turn with several steps, but always M goes bkwd, almost in place, W fwd. Step as described in dance pattern.

Cpl turning 2: R hips adj, R arms around ptr's waist. L hands fwd, waist level, arms rounded. Knees bent. Step as described in dance pattern.

STARTING POSITION: Two circles, an inner circle & an outer circle. M face LOD, W face ptr. Hands on hips.

MUSIC: 3/4

PATTERN

Meas

PART A:

- 1 - 8 M do 4 BUJANY (Swing Step) for his ptr. W stands watching ptr. M hold last (3(6)) ct of step.
- 9 - 16 W do 3 Meas OBROT SOLO (Spinning), start with R ft. OBEREK STAMP 2 - 1 Meas. W repeat in reverse direction. M holds his last pos rhythmically watching his ptr for 7 Meas. On Meas 8, straighten body & do OBEREK STAMP 2.

*Continued...*



OBEREK (con't)

7

17 - 24 Cpls in closed pos, looking at each other, use SPACER (Walking Step) for 8 Meas.

25 - 32 Cpls in Escort pos, use 7 PRZYPUKIWANY (Tapping Step). On Meas 8, use KROK STUK (Step Stamp Step). On this step ptrs face each other, knees bent, heads very close tog.

BRIDGE:

33 - 36 OBROT PARY (Cpl Turning), turn twice around (or once) using BIEZNY CICHY (Quiet Running Step).

PART B:

1 - 8 Outside Circle; keep above cpl pos but use OBERKOWY (Oberek Step), 8 Meas, in LOD.  
Inside Circle; take cpl turning 2 pos, but use OBERKOWY (Oberek Step), 8 Meas.

9 - 16 Outside Circle; Cpls take turning 2 pos, use OBERKOWY Step, 8 Meas.  
Inside Circle; Take closed pos using SPACER (Walk) in LOD, 8 Meas.

17 - 20 Outside Circle; Open into semi-circle, facing front stage. Cpls in closed pos, moving bkwd, using BIEZNY (Running Step), 4 Meas.  
Inside Circle; Cpls use face to face pos; use BUJANY (Swing Step) for 2 Meas. Then use AKCENTOWANY (Accent Step), 2 Meas (M). W use OBORT SOLO (Spin) to the L for 2 Meas, then OBERKOWY (Oberek Step), 2 Meas. W moves bkwd as circle moves in LOD.

21 - 24 Semi-Circle; Cpl in Escort pos - use 3 PRZYPUKIWANY (Tapping Step) in place. 4th is step-stamp facing each other.  
Inside Circle; repeat above 4 meas (17 - 20).

25 - 32 Semi-Circle; Repeat above Step (Meas 21-24).  
Inside Circle; Take closed pos, use BIEZNY (Running Step) in LOD, 4 Meas. Now cpls take cpl turning pos & turn 4 Meas using BIEZNY CICHY (Quiet Running Step).

33 - 40 Semi-Circle; Cpls take turning 1 pos & use OBERKOWY (Oberek Step) very quietly, close circle, 4 meas; Then use OBROT PARY (Turning Step) in same position 4 Meas.  
Inside Circle; Repeat Meas 25 - 32, finish turns facing LOD.

41 - 48 Outer Circle; LOD, in same position use OBERKOWY (Oberek Step), 8 Meas.  
Inner Circle; RLOD, in closed pos use BIEZNY (Running Step), 8 Meas.

49 - 52 Using OBERKOWY (Oberek Step), W move fwd to form an inner W's circle.

BRIDGE: M use OBERKOWY moving bkwd, form semi-circle facing front stage. All hands on hips.

*continued...*

## PART C:

- 1 - 8 W use PRZYPUKIWANY (Tapping Step) for 2 Meas & single turn to R using OBERKOWY (Oberek Step) for 2 Meas. Repeat.  
M use PRZYPUKIWANY for 3 meas. Hands on hips, start to R; on 4th meas step, stamp, hold. Repeat.  
(Be very noisy with feet & voice here).
- 9 - 16 W join hands, use BUJANY (Swing Step) 4 times (8 meas). M repeat above Meas 1-8.
- 17 - 24 W form 2 circles; (every second W moves to inside). Inside circle use BIEZNY (Running Step) in LOD 8 meas. Outside circle facing out, use 2 BUJANY (Swing Step) & 2 meas OBROT SOLO (Spin) using OBERKOWY (Oberek Step). Repeat.  
M repeat as above.
- 25 - 32 W OBROT SOLO to R, use OBERKOWY for 8 meas. M repeat as above.

## BRIDGE:

- 33 - 36 W return to ptr in semi-circle using OBERKOWY (Oberek Step), hands on hips. Move bkwd, finishing to R of M.  
M use OBERKOWY in place, open arms (inviting) to W.

## PART D:

- 1 - 4 Cpls in closed pos, looking at each other, use BIEZNY (Running Step) for 4 meas. (Follow middle 2 cpls of semi-circle). Leaders move straight fwd to front of stage, causing two lines of cpls to form down ctr of floor.
- 5 - 8 Cpl pos as turning 1, but do not turn...use BIEZNY CICHY (Quiet Running Step) for 4 meas. Divide the lines - one line of cpls going L, the other to their R, back into the original semi-circle position.
- 9 - 16 Repeat Meas 1-4 in step & pos, & Meas 5-8 again in step & pos, with leaders meeting in orig semi-circle pos.
- 17 - 32 Repeat Meas 1-16.
- 33 - 40 Every other cpl take turning pos 1, using OBERKOWY (Oberek Step); turn into semi-circle in front of orig semi-circle formation.  
Other cpls, sho-waist pos, turn CW using OBERKOWY for 3 meas, ending with OBEREK Stamp 3. Each 4 meas is one slow turn - a 1/4 turn per step - . Repeat CCW.
- 41 - 48 Front semi-circle - same cpl pos - use OBERKOWY (Oberek Step) to form a circle; (Do Not Turn), 4 meas. Same

*continued...*



cpl pos but use PALCE ZA PIETA (Toe behind Heel Step) for 4 meas, facing ctr of circle. Back semi-circle use OBROT PARY (Turning 2), using BIEZNY CICHY (Quiet Running Step) for 8 meas.

BRIDGE:

49 - 52

Semi-circle turning 1 pos, do not turn; using OBERKOWY (Oberek Step) close to a circle. Circle, cpls, turning 1 using OBEREK.

PART E:

1 - 16

Both circles in Escort pos, use BIEZNY (Running Step) for 2 meas; open into two semi-circles. Remaining 14 meas same pos, using PRZYPUKIWANY (Tapping Step) in place. Front two cpls in each circle come fwd to form line of 4 cpls in front of semi-circles. These cpls use open pos - outside hands on hips; Use 2 meas of PRZYPUKIWANY to get to place. Sho-waist pos, M lift W up - 1 meas; down - 1 meas. 4 cpls repeat this 3 more times. Two times the W goes straight up & down, the last 2 times M turn around on the lift.

17 - 20

4 cpls use Escort pos facing audience for 2 meas. Hold pos 3rd meas, smiling, take a bow, 4th meas. straighten up.

21 - 24

Use closed pos (4 cpls); 2 R cpls join 2nd semi-circle on R end using BIEZNY (Running Step). L cpls join L end semi-circle & using same movement described below.

17 - 32

Back semi-circle, sho-waist pos - use OBERKOWY (Oberek Step) for 3 meas, ending with OBEREK Stamp 3; slow single turn per 4 meas. Front semi-circle, cpls side by side, W's L hand holding under M's R arm just below sho; moving bkwd use OBERKOWY 16 meas. W hand on hip, M's R arm around W's waist - L arm rounded as in turning position. Move 1/4 turn at a time around W. Kneeling pos R knee 1st, change to L knee. Change comes on each meas accenting the kneeling. (Her face is prettier than her feet!)

BRIDGE:

33 - 36

4 cpls (2 at end of back semi-circle) come fwd to make ctr circle. Front semi-circle close to form a second circle. Back semi-circle close to form an outer circle (3 circles in all). Join hands, using OBERKOWY Step, 4 meas, to form circles.

PART F:

1 - 8

Outer circle use OBERKOWY (Oberek Step) LOD, joined hands bending fwd & sl twd circle ctr. Use step for 7 meas, ending with an OBEREK Stamp 2. 2nd circle do same in RLOD.

*continued.*

- Inside circle (4 cpls) standing straight, use OBERKOWY step for 8 meas, without stamps.
- 9 - 16 Outside circle, repeat in reverse; (RLOD). 2nd circle, repeat in reverse (LOD). 4 cpl circle, con't above without stopping (LOD).
- 17 - 24 Outside circle reverse again (LOD). 2nd circle keep going (LOD). 4 cpls keep going as above (LOD) without stamps.
- 25 - 28 Circles break, ctr front, going bkwd with the OBERKOWY step, forming 3 lines, holding hands. Lines as far back and as close together as possible.
- 29 - 32 W's hands on hips, M's arms rounded using AKCENTOWANY (Accent Step) fwd for 4 meas. W use PRZYPUKIWANY (Tapping Step). W's L elbow just in front of M's chest, M's R hand in back of W, W start with R ft.
- 33 - 36 Keeping cpl pos, M kneel changing knees as in PART E, Meas 17 - 32; only in place. Start with R knee down (4 meas). W using OBERKOWY (Oberek Step) are spinning to R standing straight, hands on hips.
- 37 - 40 All lines using OBERKOWY, 4 meas, bkwd. All hands on hips.
- 41 - 44 Everybody Escort pos, moving fwd in straight lines. M start L, W with R ft. 4 PRZYPUKIWANY (Tapping Step).  
YELL IF YOU POSSIBLY CAN!
- 45 - 48 1st line: 4 cpls repeat kneeling pattern as in PART E, Meas 27-32, turning once around in 3 meas. End M in rounded arms, bent knees pos; W hands on hips, bent knees. OBEREK Stamp 2 ending with a yell - OO HA!  
2nd line: take pos as cpl turning 1, & hold with OBEREK Stamp 3 - 3 meas, 2 turns. Hold this pos, OBEREK Stamp 2, & yell OO HA!  
3rd line: cpls open pos, use 2 PRZYPUKIWANY (Tapping Step) in place, away, tog. Then sho-waist pos, lift W up, turn once around & place W down in front of M. Hold. (Sides to front stage).

Presented by Jan Sejda  
Idyllwild Workshop - 1968

This material cannot be reproduced in any form without permission of Jan Sejda.