

OBEREK OGOLNOPOLSKI

A general Polish Oberek, arranged and taught by
Ada Dziewanowska.

MUSIC: Muza XL-0203, "Farewell to My Country", side B, band 5
(Z Janowa)

FORMATION: Cpls facing LOD. LH joined, MR arm around ptr waist, WRH
on R hip.

Basic Oberek

Step: Leap onto R (ct 1); step on L next to R, wt on BOTH feet,
knees bent (ct 2); push up with L (ct &); small leap onto
R, flicking L up in the back (ct 3). Next step begins with L.

3/8 Meas.

1-4 IntroductionI. Forward and Open Turn

- 1-7 With 3 smooth steps to a meas, knees bent, accenting first
ct, move fwd in LOD, beginning MR, WL.
8 2 stamps, M L,R (no wt), in place, changing to Open Position,
MR arm around ptr waist, WLH on MR shoulder, WRH holds
MRH at her waist, MLH fist on hip. Elbows are held in
twd ptr. Ptrs are turned slightly in twd each other,
giving the position a rounded feeling.
9-15 In open position turn CW in place with 7 basic oberek steps,
beg MR, WL.
16 2 stamps ML,R (no wt) changing to shoulder-waist pos, M
facing LOD.

II. Couple Turn

- 1-7 With 7 basic oberek steps, beg MR, WL, turn CW, moving
fwd slightly in LOD.
8 2 stamps ML,R (no wt), ending M facing LOD.
9-16 REPEAT Meas 1-8.

III. Open Turn

- 1-8 In open pos, repeat Fig. I., meas 9-16. At end, change to
a modified open position, same as before except W hold
MR upper arm with LH under forearm for support on kneel
and jump figures.

IV. Turn & Kneel

- 1-4 In modified open position, do 4 oberek steps, turning CW
and moving slightly fwd in LOD. 2 turns, M begin R, W,L.
5-7 M does 3 kneel steps, moving around W. Step R, bending knees
so L knee is almost touching floor. Wt is taken on the R
and on the top of LF. Repeat with R "knee", then L.
W must support ptr strongly.
8 2 stamps
9-16 REPEAT Meas 1-8.

continued...

OBEREK OGOLNOPOLSKI (continued)V. Click Turns

- Keep same hand position. M step is described. W does
7 oberek steps in place, supporting ptr.
- 1 M step R fwd (ct 1); hold (ct 2); hop on R, clicking L to
R in air (ct 3). Legs are straight on click. Don't try
to go too high.
- 2 1 oberek step on RF continuing the turn.
- 3-6 REPEAT Meas 1, 2 two more times.
- 7 REPEAT Meas 1
- 8 Both do 2 stamps
- 9-16 REPEAT Meas 1-8

VI. Turn and Lift

- 1-6 In shoulder-waist pos do 6 basic oberek steps, beginning
ML, WR, turning CW and moving fwd in LOD.
- 7,8 Lift W: Prepare (ct 1,2), lift (ct 3). W must jump as high
as possible, pressing down with both hands. W knees are
bent, picking both feet up in back.

REPEAT ENTIRE DANCE once. Second repeat is of Figs. I, II
& III only.

Music repeats include 4 meas introduction music. This is
used to change hand positions to get ready for Fig. I.
Dance 3 basic steps and 2 stamps in place.

Presented at the 1977 Folk Dance Federation Teacher Training Program
by Ned & Marian Gault.