

OBEREK OPOCZYNSKI II

Poland

Pronounced "O-ber'-ek O-po-chin'-ski." Oberek from Opoczno.

This is an oberek danced in the National style. The music is by Mazowsze and the dance is their version, minus the spectacular (and demanding) solos.

Record: Muza XL 0141. Monitor Mazowsze, Vol. I./Monitor MF 360
Note: The Bruno BR 50017 or Vanguard VRS 6001 or 9016 are from an earlier recording by Mazowsze, played slowly and arranged differently.

Formation: Couples in a circle, inside hands joined, free fists on hips, men with backs to the center.

Introduction: 4 measures.

PART 1

- 1 Step forward and away from partner on outside foot.(ct 1)
Brush inside heel away from partner. (ct 2)
Jump forward and down onto both feet with a strong stamp.(ct 3)
Movement is along LOD, but away from partner.
- 2 Movement is now toward partner and in LOD.
Step onto inside foot. (ct 1)
Cross outside in front and step down onto it. (ct 2)
Step on inside foot in place. (ct 3)
- 3-4 Repeat measures 1-2.
- 5-8 Repeat measures 1-4.
- 9 Change to Open Mazur position. Men's right arm around partner's waist, women's left hand on men's right shoulder. In this step keep knees close together. Run forward in LOD, doing basic oberek step:
Begin with men left, women right.
Step softly onto outside foot. (ct 1)
Step onto inside foot approximately next to place of first step on a deeper bent knee than on first step. (ct 2)
Rise. (ct 2,&)
Brush inside foot pointed back and land on outside foot.(ct 3)
- 10 Continue to run forward, but on opposite foot.
- 11-12 Repeat measures 9-10
- 13-15 Repeat measures 9-11, except run is backward in RLOD.
- 16 Continuing backward, stamp inside foot (ct 1), stamp outside foot (ct 2), hold (ct 3).

PART 2

- (Flat footed turn 8-L, 8-R. Head.)
- 1-8 Turn clockwise in place, doing small flat footed walk with the same bounce as in basic step, but very subdued. Do a maximum of one turn.
- 9-16 Assume open ballroom position, continue same walk as in measures 1-8, but turn counter clockwise. Woman leans head on man's shoulder. Maximum of one turn.

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BREAK -4 measures

- 1-2 Men step right, then left in place guiding women into the center as she steps right, then left.
3-4 Women turn counter clockwise to face partner and both do flat footed basic step to right. Women do small step with no body turn; men do larger step with slight body turn.

PART 3

Man's part

- 1 Step on right and turn slightly to right (ct 1)
Stamp left foot. (ct 2) Step on right foot. (ct 3)
2 Same as measure 1, but on opposite feet and opposite direction
3 Duck under woman's arms with one basic step. Pass left shoulders.
4 Making $\frac{1}{2}$ turn clockwise, stamp left (ct 1), stamp right (ct 2), hold (ct 3).
5-8 Same as measures 1-4 except duck under hands. Pass women's left shoulders with men's right.

Woman's part

- 1 Do small basic step to right, almost in place.
2 Do small basic step to left.
3 Do small basic step forward.
4 Bend forward at waist, bring arms down, stamp left (ct 1), stamp right (ct 2), hold (ct 3).
5-8 Same as measures 1-4, except step 3 is backward. Start by bringing arms back up.

Both men and women

- 9 Hook right elbows. Do basic step, begin right foot, couple turning clockwise.
10-11 Repeat measure 9 twice.
12 Stamp left, release hands (ct 1), clap hands, stamp right foot (ct 2), prepare to reverse.
13-16 Same as measures 9-12, but opposite hands and turn counter clockwise.

PART 4, LIFT

- 1-2 Same as in part 3, man steps for measures 1-2, each to own right.
Lift:
3-4 women jump onto both feet as a preparation (ct 1). Place hands on man's shoulders and press up while jumping straight up (ct 2). Bring feet up under you. Sustain until ct 3 of next measure, and then land on both feet. Men prepare with a good plie (ct 1). Hands on partners waist, lift her over head (ct 2). Turn $\frac{1}{2}$ turn counter clockwise and set her down on ct 3 of next measure. Women on outside facing in.

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OBEREK OPOCZYNSKI (cont.)

- 5-6 Same as measures 1-2, but men are now in the center.
7 Do one basic step, passing left shoulders to change places turning $\frac{1}{2}$ turn clockwise. Lean body to left while turning.
8 Stamp left (ct 1), stamp right (ct 2), facing partner.
9-16 Same as measures 1-8. Finish close to partner.

PART 5

- 1-16 Do basic oberek step turning clockwise in shoulder-waist position, lean upper body toward LOD, doing $\frac{1}{2}$ turn each measure. Men begin with right, women with left.

BREAK

- 1-4 Changing to open mazur position, walk 2 steps, beginning men right, women left, and follow with 2 small basic steps. Gradually turn clockwise in place to end facing LOD.

PART 6, JUMPS

- 1 Open Mazur position. *Women place left hand under man's upper arm, thumb back. Man leaps off of right foot (ct 1). Keep head low and arch back in air (cts 2,3).
2 Man lands on left foot. (ct 1) Prior to leap man steps right, in front of partner, landing on left, leaping on cts 2-3, (may go down on right knee.) Woman helps to lift man and guide turn.
3-4 2 basics completing one clockwise turn.
5-8 Repeat measures 1-4.
9-15 Woman places left hand around partner's neck and outside hands joined. Begin on inside foot. Do basic step very small, and level, arms rounded, in a plie, making a $\frac{1}{2}$ turn each time.
16 Finish in pose in full plie, arms rounded and hands joined.

Presented by Morley Leyton

* optional position for woman: with hand fisted, hook left forearm under man's right upper arm.