

OBEREK ZVICAINY--Simple
(Polish)

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LET'S DANCE

This dance was introduced by Anatol Joukowsky at the 1954 Folk Dance Camp, College of the Pacific, Stockton, California.

MUSIC: Record: Harmonia 1015A "Oberek"

FORMATION: Circle of cpls. facing CCW, inside hands joined at waist level, M L hand in fist on his L hip. W takes skirt 8 or 10 inches below the waist (in R) and holds it up (waist level) on front of R hip (palm out, fingers bwd). This is the skirt hold whenever R is free. Steps are indicated for M; W steps are counterpart unless otherwise indicated. Pas de basque*, Walking step*, Waltz Balance*

STEPS: Mazur Step: An accented running step to 3/4 time. Accent the first beat, bringing the opposite foot up sharply in back with a knee bend. On ct. 2 the step is small and unaccented and a heavy accent on ct. 3.
Step-Close with Heel Clicks: Step to own R on R (ct. 1), close L to R (ct. 2), jump on L ft., clicking heels together in air (ct. 3).
Dish-Rag Turn: Ptrs. facing, both hands joined straight across; retaining both hand holds, M turns L under his L arm while W turns R under her R arm, to end facing ptr. in original position. Variation: W only turns once completely to R (or L), while M assists her in her turn as he dances in place.

MUSIC: 3/4

PATTERN

Measures

1-4 INTRODUCTION: Face ptr. and bow

1-8 1. PAS DE BASQUE, STEP-STAMP, DISH-RAG TURN.
Starting outside ft. (M L, W R), cpl. progresses fwd. in LOD with 8 pas de basque steps (in a reaching manner), turning out on outside ft., and in twd. ptr. on inside ft., swinging joined hands fwd. and bwd. (1 pas de basque step to each meas.).

9 Cpl. facing (M back to center of circle), join both hands straight across. M step L (ct. 1), bring R to L with small stamp (ct. 2), hold (ct. 3).

10 Repeat meas. 9 starting M R.

11-12 Cpl. does dish-rag turn moving CCW in Scuff as follows:
Step twd. LOD (M L, W R), scuff heel (M R, W L) twd. LOD and complete turn pivoting on M L, W R. Momentum of the scuff carries you through on the pivot.

13-16 Repeat action of meas. 9-12, moving CW (starting M R, W L).

1-8 Repeat action of meas. 1-8.

(repeat)

(more)

II. PIVOT-TURN (OBEREK STEP)

- 1 Cpl. in semi-open pos.*, except M L hand is extended outward at shoulder level, and W R hand holds her skirt. M steps L with heavily accented dip, pivoting to R turning CW (cts. 1,2,3); W takes 3 small steps R,L,R while turning to her R.
- 2 M takes 3 small steps R,L,R to recover from dip of meas. 1, while W pivots R on heavy dip on L ft. (cts. 1,2,3).
- 3-16 Repeat meas. 1-2 for 7 more times (8 in all). End facing CCW. Change pos. on last meas. to starting pos., inside hands joined.
- Note: During the M dip on his L ft., he may insert heel-clicks if he prefers, as follows: Dip on L (ct. 1), click R heel against L twice (cts. 2,3) in air. This variation is done only by the M.
- 1-8 Repeat action of Fig. 1, meas. 1-8
- (repeat)

III. WALK WITH DISH-RAG TURN.

- 1-4 Cpl. facing CCW, inside shoulders together, W L arm in back of M joined in his L hand over, or slightly above his L shoulder; M R arm extended across in front of W, chest high, holding W R hand. Cpl. moves fwd. with 3 reaching pas de basque steps, both starting R, and reverses direction with 4th pas de basque. Reversal of direction is performed by turning in twd. ptr. without breaking hand hold. Cpl. now faces CW, M L hand in back of W, joined with her L hand over her L shoulder.
- 5-8 Moving bwd. cpl. repeats meas. 1-4, turning inward on 8th meas. to face CCW once more. During meas. 8, both take 2 steps only, L R (cts. 1,2) holding ct. 3, leaving L ft. free to start next fig. M places R hand behind W at her waist, W holds skirt with R.
- 9-16 Cpl. makes 2 turns almost in place CCW (both moving fwd. in very small circle) with following step: M step L (ct. 1), tap R heel beside L (ct. 2), step R (ct. 3). W step L (ct. 1), brush ball of R ft. slightly fwd. beside L (ct. 2), step R (ct. 3). Repeat step 7 times, making 8 in all. During meas. 16 both take 3 steps (L,R,L) ending with weight on L ft.
- 1-8 Repeat action of Fig. III, meas. 1-8, both completing 8 pas de basque steps.

IV. CIRCLE TURN (BUTTERFLY)

- 1-7 Cpl. in open pos.*, bend deeply at waist (heads of ptrs. adjacent, nearly touching). Outside arms are extended sdwd. at shoulder level. Starting outside ft. cpl. turns twice in small circle CW, M moving fwd., W bwd. using 7 small pas de basque steps.
- 8 M changes W to his L side by taking 3 quick steps (R,L,R) moving slightly to his R. W makes a complete L turn in 3 steps (L,R,L) changing to M L side.

(more)

9-16 In new pos., cpl. makes two turns CCW (M again moving fwd.) with 8 small pas de basque steps, starting inside ft.

INTERLUDE

1-4 W spins to her L away from ptr., to join hands in center and form a circle with all other W, facing out; M form circle facing in, fists on hips.

V. HEEL CLICK STEP

1-3 Both circles move to R using step-close with heel click steps. Repeat step 2 more times (3 in all).

4 Take 3 stamps in place (R,L,R).

5-7 Repeat meas. 1-3 moving to L, starting L ft.

8 M takes 2 stamps (cts. 1,2) hold ct. 3, wt. on R ft. W takes 3 stamps, L,R,L (cts. 1,2,3), wt. on L ft.

9-11 Facing ptr., hands joined in cross-hold pos.,* take 3 mazur steps (beginning M L, W R) moving out of center (M bwd., W fwd.).

12 W turn to R once without breaking hand hold (dish-rag) using 1 mazur step (L,R,L) while M does 1 mazur step in place (R,L,R).

13-16 Repeat meas. 9-12, returning to center (W bwd., M fwd.), with W turning L on 16th meas. while M takes 2 stamps (R,L) cts. 1,2, holding ct. 3, wt. on L.

1-8 Repeat action of Fig. V, meas. 1-8.

(repeat)

9-12 Repeat action of Fig. V, meas. 9-11. On meas. 12 change to Back Hold Pos.* (no dish-rag turn for W).

13-20 Cpl. turn CW (twice) in own circle with 8 mazur steps, M starting L, W R. End in cross-hold pos.

21-24 Beginning M L, W R (M fwd., W bwd.), return to center with 4 mazur steps. W does not dish-rag turn; M takes 2 stamps (R,L) ending with wt. on L.

1-8 Repeat action of Fig. V, meas. 1-8, both starting R and moving R.

(repeat)

9-16 Moving out of center in cross-hold pos., repeat action of Fig. V, meas. 9-12 two times (8 mazur steps) omitting the dish-rag turns for W.

Note: On last 3 meas. M maneuvers W (CW) to outside of circle.

VI. PIVOT-TURN (OBEREK)

1-16 Repeat action of Fig. II, meas. 1-16 only. Join inside hands on meas. 16.

VII. MAZUR HEEL-CLICK AND TURN

1-2 Cpl. facing, inside hands joined, free hand in fist on hip. Beginning M L, W R, dance 2 mazur steps (slightly back to back and face to face).

(more)

- 3-4 Moving in LOD, M starts L and does 2 heel-click steps, with L fist on his hip and his R arm swinging down and up in a circle flicking W skirts (as W turns alone). W with fists on hips, takes 2 turns to her R with Scuff steps (same step as in Fig. I, meas. 11-12).
- 5-6 Cpl. facing, inside hands joined, dance 1 mazur step to M L (LOD) and 1 mazur step to M R (RLOD).
- 7-8 With both hands joined straight across, cpl. does a dish-rag turn to M L (LOD), using scuff step. Cpl. bends low and close to each other on the turn.
- 9-32 Repeat action of Fig. VII, meas. 1-8 three more times (4 in all).

VIII. PAS DE BASQUE AND POSE.

- 1-6 Repeat action of Fig. I, meas. 1-6.
- 7-8 Ending pose: M drops to R knee, with L knee up and fwd. in LOD. W turns under their joined hands (CW) with 3 steps (L,R,L) and sits on M L knee, L hand in lap, R hand holding skirt at side, facing out of center. M R arm extended out from shoulder, L arm at W back.

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