

(Poland)

Poznan Oberek was taught to Eugene Ciejka by the directors of the Śląsk National Dance Co. of Poland in 1973. This particular dance comes from the town of Poznan, which is located east and slightly south of Berlin, Germany. As a result there are many sections in the dance which have a Germanic influence, much as the Obereks from southeastern Poland have a Ukrainian flavor.

RECORD: Polska Kapela Ludowa (Polish Folk Band), Muza Record #XL 0746, Side A, Band 6.

STYLING: The oberek is done in 3/4 time, with constant up and down action originating in the ankles and knees. The degree of this up and down movement varies from one area to another and from one dance, or orchestration, or even the vitality with which the individual dance is played as a musical form, to another. The trick is to stay within the parameters of of the particular area in question. The oberek demands a greater deal of body movement, or english, than the Polka or Kujawiak. The movements are strong, because the dance is technically, and originally, a dance in which men were supposed to excel and show their strength and ability. The woman should not get carried away by the excitement of the dance and perform as men, but should strive to retain their feminine qualities, while avoiding performing without tension and purpose.

MUSIC 3/4

PATTERN

Meas.

INTRODUCTION

- 1-3 Walk ptr into pos on floor. At end of meas 3 both face LOD (CCW) with M on inside of circle, W to R of M.
- 4 W-R and M-L hands joined, held fwd almost chest high, with aslight bend in the elbow. Free hand is placed on the hip with closed (not clenched) fist. M R arm is close behind W back and WL arm is close to and in front of M chest. Wt is on outside ft, M-L, W-R.

I. ARC & TURN

- 1 Turn head away from ptr and look down twd floor. Step fwd on inside ft (M-R, W-L) bending leg, and extend outside ft to the side, touch floor with toe (ct 1). Outside ft is brought fwd in an arc in front of body, toe is still touching floor (ct 2-3).
- 2 Looking LOD, wt is transferred fwd to M-L, and W-R (ct 1). While rising on outside ft (M-L, W-R), raise inside leg almost parallel to floor, ft and leg below knee hanging down vertically (ct 2). On outside ft (M-L, W-R) drop from toe to heel with slight bend of knee. Inside leg remains lifted (ct 3).

Continued..

POZNAN OBEREK (continued)

- 3-4 Looking at ptr, M raises joined hands and moves LOD, stepping R,L,R-L,R,L. W turns 1 turn CCW under joined hands while M leads W LOD, W steps L,R,L-R,L,R. Finish in starting pos. M time their steps to close behind W as soon as her elbow has passed.
- 5-16 Repeat meas 1-4, 3 more times. During the last meas (meas 16), M dances in place while W completes turn to face M who has turned back to ctr of circle, assume ballroom pos. Finish with M wt on L, W-R.

II. REVERSE WALTZ

- 1 with slight up and down movement, cpls do 1 waltz turning CCW and traveling RLOD, M steps R,L,R, and W steps L,R,L. Turn 3/4 turn, to end with M facing RLOD.
- 2-8 Alternating ftwk and continuing to travel RLOD, turn 1/2 rev. per waltz. Finish meas 7 with M facing RLOD. On meas 8, cpls open to starting pos of Fig. I, facing LOD. M finishes with wt on L, W-R.

III. ARC & TURN

- 1-16 Repeat Fig. I, meas 1-4, 4 more times. In place, on last meas (meas 16) while W completes turn, M steps L,R and W-R,L (ct 1-2). Hold with wt on M-R, W-L touching M-L and W-R to floor without wt (ct 3).

IV. WALTZ

- 1-4 Waltzing LOD with slight up and down movement, ptrs turn CW 1/2 rev. per waltz, finishing with the M back to ctr and W facing M. On meas 4 ptrs are about 3 feet apart, R shldr are opp and R hands are joined and down. On meas 4, ct 3, M do not take wt on R, both have wt on L.

V. HEEL CLICKS & TURNS

- 1 Holding ptrs R hand with free hand on hip and looking at ptr, both step R in front of L (ct 1). Both leap onto R and do heel click to own L, with straight legs and close to floor (ct 2). Land on R (ct 3).
- 2 Repeat meas 1, in opp direction and opp ftwk. Both finish with wt on L.
- 3 With hands on hips, both step R,L,R and move 1/4 to R in a small circle, while individually turning 3/4 turn CW, M finishes facing LOD and W-RLOD. At this point the circle consists of one row of alternating ptrs facing.
- 4 In place drop onto both ft with knees bent, feet apart, toes turn out slightly (ct 1). Lift heels off floor (ct 2). Step onto bent R (ct 3). Hands are on hips.

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- 5-6 Reversing turn, both turn to own L (CCW) in place, 6 steps, L,R,L-R,L,R. Turn either 1-1/4 or 2-1/4 turns to end so that both are facing ctr of circle with M R shldr adjacent to W L shldr.
- 7 With M R arm on W R waist and W L arm on M L shldr, both turn CCW in place L,R,L, 3/4 turn to face LOD. W ends on outside of circle, M inside. Free hand on hip.
- 8 Both stepping R,L in place, turn to face ptr and join R hands. M back is to ctr, W facing M (ct 1-2). Hold, touching R to floor- do not take wt on R (ct 3).
- 9-13 Repeat meas 1-5.
- NOTE: At this point the dance can be done two ways, with or without a lift. See variation covering the lift.
- 14 Repeat meas 6, finishing with W and M facing away from ctr.
- 15 Repeat meas 7, finishing with M on outside of circle, W on inside facing RLOD.
- 16 With joined R hands, repeat meas 8 in place with M facing W and W back to ctr.
- 17-32 Repeat meas 1-16, in reversed pos, finishing with M on inside with back to ctr and W facing M. On meas 32, ct 3, M takes wt on R, W-L.

LIFT VARIATION

- 14 Both facing ctr, with wt on both ft, bent knees and slightly apart (preparation step) (ct 1). W springs off both ft into a sitting pos with legs straight fwd in front of M chest. M bends at waist to extend L arm under W legs to assist in elevation. M R arm supports W back. W L hand is on M shldr, while R hand is held high above head. With wt on both ft, M straightens legs (ct 2). With W in sitting pos in M arms, the W holds upper body straight with tension while legs are extended straight fwd and together. M shifts wt to R (ct 3).
- 15 Turning L (CCW), 1 turn to face ctr, M steps L,R (ct 1-2). Holding W, M bends body and puts W down on both ft (ct 3).
- 16 With R hands joined, both step R,L. Adjust so that M is on outside of circle facing in and W is facing M (ct 1-2). Touch R to floor for stability if needed (ct 3).
- 17-32 Repeat meas 1-16 in reversed pos, finishing with M on inside with back to ctr and W facing M. On meas 32, ct3, M takes wt on R, W-L.

VI. WALTZ IN PLACE

- 1-3 Holding pos on floor do 1 waltz in ballroom pos turning CCW. M starts L, W-R.

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- 4 With 2 steps adjust so that ptrs are apart, R shldr are adjacent, but not overlapping, and R hands are joined in a down pos. M back to ctr, W faces out (ct 1-2). M do not take wt on R, both have wt on L (ct 3).

VII. HEEL CLICKS WITH LEAP

- 1-2 Repeat Fig. 5, meas 1-2 (Heel Clicks).
- 3 Both step fwd on R, passing R shldr with ptr. M L arm moves across in front of body, waist high (ct 1).
(M) Lift onto R toe and extend L fwd, stepping on L M makes 1/2 turn in air and lands on L with R leg extended bkwd. L arm moves outward in an arc to end extended diag high above head (ct 2-3).
(W) Lift onto R toe, step fwd onto L and make 1/2 turn in air, then close R to L- no wt on R. Free hand on hip (ct 2-3).
- NOTE: M ftwk is large and exaggerated, while W ftwk is smaller and acts as a counter balance for the M.
- 4 M continues to bend L leg and extend R leg bkwd with slightly bent knee. L arm is extended to side and up. Stepping R next to L, W bends knees slightly and leans bkwd to counter-balance M lunge (ct 1). M rises on L and closes R to L. W straightens knees to counterbalance M (ct 2). Both hold with wt on L. M L hand returns to hip, W L hand is on hip (ct 3).
- 5-16 Repeat Fig. 7, 3 more times. Finishing with M on inside of circle facing W, and R hands joined in a down pos.

Presented by Eugene Ciejkka