# *Kujawiak With Oberek*
## (Poland)

This dance is a combination of two of Poland's national dances: the Kujawiak and the Oberek. The traditional melodies used in this recording were arranged by Kazimierz Kopinski and the dance choreography was done by Jacek Marek using traditional steps and figures. Bozena and Jacek Marek presented it at the 1986 University of the Pacific Folk Dance Camp.

Kujawiak (koo-YAH-vee-ahk) is a cpl dance that originated in the Kujawy region of central Poland. It is a slow dance in 3/4 meter with a basic step similar to a waltz. The Kujawiak is danced in a smooth, flowing style with a feeling of peace.

Oberek (oh-BEH-rek), a lively dance in 3/8 meter, has its origins in Mazowsze in central Poland. Its name is derived from the verb "obracać się," (oh-BRAH-tsach sheh) meaning "to spin."

RECORD:  Dances of Poland Presented by Jacek and Bozena Marek  Side B/18.          3/4, 3/8 meter

FORMATION:  Cpls at random about room in shldr-shldr blade pos* with M back to ctr.

STEPS and     Walk*:  One step to a ct.
STYLING:
              Kujawiak Step:  Same as a waltz* step. May start with L or R ft. Step alternates.

              Oberek Step: Three bouncy steps to a meas: low leap onto L, bending knee slightly (ct 1): step on ball of R near L ft, bending knees a little more, wt momentarily on both ft (ct 2); pushing off from R ft, land on L ft, bending knee (ct 3). Step alternates. May also beg with R ft and can move in any direction. When turning as a cpl, make 1/2 turn on each meas. On meas 4 or 8, dancers often do 2 accented steps (cts 1,2) instead of an Oberek step.

              Ballroom Pos:  W L hand on M R shldr, M R arm around W waist. W extend R hand, palm down; M grasp the outer edge of W hand with L.

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| MUSIC 3/4, 3/8 | PATTERN |
|---|---|

Measures

<div align="center">KUJAWIAK</div>

3/4 meter  INTRODUCTION

1    Bending knees, step sdwd twd LOD, leaving free ft in contact with floor (ct 1); straighten knees, keeping wt over supporting ft (ML, WR) (ct 2); hold (ct 3).

2    Bending knees, shift wt onto free ft (MR, WL), leaving other ft in place (ct 1); straighten knees, keeping wt over supporting ft (ct 2); hold (ct 3).

3    With 3 steps circle away from ptr. M beg L and circle CCW; W beg R and circle CW. Arms out to sides a little below shldr level.

4    Resume shldr-shldr blade pos and with ft together, bend knees (ct 1); straighten knees (ct 2); hold (ct 3).

I.  SLEEPING, KUJAWIAK TURNS, PICKING UP THE WHEAT

A  1-4  Changing to ballroom pos, face LOD (CCW). W rest head on top of hand on M R shldr. Beg outside ft walk 12 steps in LOD.

    5-8  In shldr-shldr blade pos, dance 4 Kujawiak steps beg ML, WR. Move in LOD, making 2 CW turns. Ct 2 of each meas is preceded by a semi-circular sweep of the free ft, close to the floor.

    9-12  Beg ML, WR repeat meas 5-8 but turn CCW, still moving in LOD. End in open ballroom pos* facing LOD. Extend outside arm (slightly curved) to the side about shldr level.

13    Bending knees, walk fwd 3 steps in LOD beg outside ft. At same time, bring arm down and across body to meet hands with ptr about knee level.

14    Continuing fwd with 3 more steps, straighten knees and raise arms up and out to side to beg pos (meas 13).

15-16    Repeat meas 13-14. End facing ptr (M back to ctr), arms out to sides about shldr level. MR, WL hands joined.

## II. BACK TO BACK, FACE TO FACE, SOLO TURNS

B  1    Beg ML, WR move fwd in LOD with 3 steps, turning back-to-back. Joined hands move fwd at about shldr level.

2    Still moving fwd in LOD, with 3 more steps return to facing ptr. Joined hands move twd RLOD.

3-4    Raise joined hands. Beg L, M travel fwd in LOD with 6 steps. W make 2 CW turns with 6 steps under joined hands. M L arm is still fwd, curved as if protecting ptr. W put fist of R hand on R hip. Fist is made by curling fingers loosely with thumb extended.

5-6    Repeat meas 1-2.

7    M: Release ptr and, raising L arm up diag bkwd with palm up, step on L twd ctr to start a CCW turn (ct 1); pivoting on L, complete the turn while raising R knee and slapping thigh twice with R hand (cts 2,3). If necessary to get around, take 2 small hops on cts 2,3.
W: Beg R, make a CW circle with 3 steps. Hands are free at sides, moving naturally.

8    Assume shldr-shldr blade pos with M back to ctr. M step R,L (no wt) (cts 1,2); hold (cts 3). W use opp ftwk.

9-12    Repeat Fig I, meas 5-8 (Kujawiak turns CW).

13-16    Repeat Introduction.

<div align="center">OBEREK</div>

3/8 meter    INTRODUCTION

1-3    Still in shldr-shldr blade pos, beg ML,WR, dance 3 Oberek steps in place, turning CW 1 1/2 times.

4    Dance 1 Oberek step to end in open pos* facing ctr, outside arms extended to sides about waist level. M take no wt on last step on R.

## I. HEEL STRIKE, OBEREK TURNS, BACK TO BACK, FACE TO FACE

A  1    Both: Step diag fwd R on R, lifting outside arms diag upward (ML, WR) (ct 1); swing L ft diag across in front of R, striking L heel on floor (ct 2); hop on R (ct 3).

2    Beg L, dance 1 Oberek step diag bkwd L, lowering arms.

3    Repeat meas 1.

4    M: Step L, R, hold (cts 1,2,3) turning to face ptr (back to ctr). Take shldr-shldr blade pos with ptr.
W: Repeat meas 2.

5-8    Beg ML, WR dance 4 Oberek steps turning CW and traveling in LOD (2 full turns). End still facing ptr (M back to ctr), arms out to sides about shldr level. MR, WL hands joined.

9-12    Using Oberek steps, repeat Kujawiak, Fig II, meas 1-4 (Back to Back, Face to Face, W turns).

## II. CHANGE PLACES, MAN KNEELS, HOŁUBIEC (hoh-WOO-byets)   <span style="color:red">See errata on last page for counts 13-16</span>

B  1    Both: Beg R, dance 1 Oberek step in place, turning body a little to R. On ct 2, step on L in front of R.

2    Repeat meas 1 with opp ftwk. Body turns a little to L.

3    Beg R, change places with ptr with 1 Oberek step passing R sides. M raise arms out to side as if to catch ptr. With fists on hips, W duck under M R arm.

4       Turn CW to face ptr with 1 Oberek step.  M end with ft together with wt on R.

5-6     <u>M</u>:  Leap onto L ft (bending knees  and keeping them close together) landing quite low with
        R knee close to floor  and top of R ft on the floor (cts 1,2); straightening  knees, start
        to rise (ct 3).  Clap hands  vertically, R hand moving down and L hand moving up (meas 5).
        Repeat with opp ftwk and claps (meas 6).
        <u>W</u>:  Repeat meas 1-2 (2 Oberek steps in place).
            Alternative: With 2 Oberek steps, make 2 CW turns in place with arms extended ~~daig~~ up.

        [should be "diag"]

7-8     <u>M</u>:  Repeat meas 5 (meas 7). Jump onto both ft (close together) with arms extended to sides
        (meas 8).
            Alternative:  Repeat meas 5-6 (4 leaps instead of 3) rising very quickly on meas 8, ct
                3.  Wt will be on R ft.
        <u>W</u>:  With 2 Oberek steps, make 2 CW turns in place with arms extended diag up.  At end, put
        no wt on L ft.

9-10    Take ballroom pos with M facing ctr, W back to ctr.
        <u>M</u>:  Hołubiec (click) step:  Step on  R ft, bending knee, starting a CW turn in LOD (ct 1);
        straightening R knee, raise L leg to side (ct 2); hop on R, clicking heels and finishing a
        1/2 turn CW (ct 3) (meas 9).   Complete the CW turn with 1 Oberek step beg L (meas 10).
        <u>Note</u>:  If 4 kneeling  steps are done, begin first click step with a hop on R ft instead of
        a step (ct 1, meas 9).
        <u>W</u>:  Beg L, dance 2 Oberek steps making 1 CW turn in ballroom pos with ptr.

11-14   Repeat meas 9-10 two times.

15      Repeat meas 9.  End with M back to ctr.  Dancers will have made 3 1/2 turns (meas 9-15).

16      In place, do 2  accented  steps beg  ML, WR (cts 1,2); hold (ct 3).  Change to shldr-shldr
        blade pos.


        <u>TRANSITIOₙ</u>

1-4     Repeat Introduction to Kujawiak.  At first, music is  fast but  it gradually slows down to
        Kujawiak tempo.

68 meas Repeat Kujawiak and Oberek  once more.  On last meas of Oberek  make one  more 1/2 turn CW
        (4 turns in all).  End facing ctr in open pos with outside arms raised ~~daig~~ up.

        [should be "diag"]

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Oberek, Fig I: Add at end:

       meas 13-16    Repeat meas 9-12. End Ptrs facing, M back to ctr, both with fists on hips. M take no wt on last step on R.

Oberek, Fig II, meas 5-6, last line Change "daig" to "diag."

Last line of description: Change "daig" to "diag."

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