

OBEREK LUBELSKI
(Poland)

Oberek is a Polish national dance in 3/8 meter. The name derives from the verb obracać się (to turn, to spin). Oberek has its origin in central Poland but spread all over the country and with slight variations is danced in many regions. This is a version from Lublin (lubelski -- adjective from the word Lublin). The tune comes from the village of Gałęzów, Bychawa county. The unusual thing about it is that it has a 3-meas musical phrase. The tune is composed of melody A which has two 3-meas phrases, and melody B also with two 3-meas phrases. Melody B is always played twice. This makes a total of 18 meas, each dancing part takes 18 meas. There are also words to this tune which used to be sung during weddings. The lyrics of the song teased either the boys or the girls.

Dance introduced in 1975 at a workshop with the University of Wisconsin "Folk Dance Unlimited," by Ada and Jaś Dziewanowski, who learned it in Poland from Ryszard Kwiatkowski.

Pronunciation: oh-BEH-rehk loo-BEHLS-kee

Record: ZM-40591 "Tańce ludowe z Polski" (Folk Dances from Poland), side A, band 2. This is a version from Lublin region in eastern Poland. 3/8 meter.

Steps and Styling: Basic oberek step which can be done running fwd or bkwd or turning. The movement in any given direction occurs on cts 1 and 3:

ct 1: Do a small leap onto R ft bending knee slightly.

ct 2: Step on ball of L ft near the heel of R ft, momentarily put wt on both ft bending knees some more, push off the ground with both ft.

ct 3: Land on R ft flicking L knee bent and L ft back and off ground.

Next meas: Repeat same action with opp ftwk. The step can be modified to make it smoother by bending the knees less and flicking the ft lower.

Przytup (PSHYY-toop), used to end a phrase:

ct 1: Do a very small leap onto R (or L) ft landing with an accent.

ct 2: Do a wtless stamp with other ft, ft close together.

ct 3: Hold; in some cases shift wt onto R (or L) ft.

Place fist on own hip: Place closed (not clenched) hand on own hip, slightly fwd, with wrist straight and elbow also slightly fwd.

Formation: Circle of cpls, M's ptr on his R side, all facing in, hands joined shoulder high.

OBEREK LUBELSKI (continued)

<u>Meas</u>	<u>Pattern</u>
	<u>INTRODUCTION (Przygrywka)</u>
1-4	No action.
	<u>PART I - OBEREK IN A RING (Oberek w kółeczku)</u>
A 1-2	Hands joined in a circle, facing LOD, beginning R ft, move in LOD with two oberek steps.
3	Facing ctr do "przytup" (RL).
4-6	Repeat action of meas 1-3 with opp ftwk and direction.
B 7-12	Repeat action of meas 1-6.
13	Facing ctr do one oberek step fwd (R ft), swinging joined arms fwd and up.
14	Do one oberek step bkwd (L ft) bending body slightly fwd and swinging joined arms down and back.
15-18	Repeat action of meas 13-14 twice more (three times in all), except on meas 18 do "przytup," M shift wt onto R ft.
	<u>PART II - WOMEN TWIRL UNDER JOINED ARMS (Obroty dziewcząt pod złączonymi rękami)</u>
A 1	Circle breaks into cpls facing LOD, inside hands joined. Beginning outside ft, do one oberek step fwd, with a 1/4 turn away from ptr (M - CCW, W - CW), swinging joined arms fwd, and free arms to side and back (this step is called "odsibka," i.e., "od siebie" - away from each other).
2	Repeat action of meas 1, Part II, with opp ftwk, direction, and movement of arms (called "dosibka" - twd each other).
3	Do "przytup" (M - LR, facing LOD, W - RL with a 1/4 turn away from ptr). M: Place free fist on own hip and raise joined arms.
4-5	W: Beginning L ft with two oberek steps do two full CCW turns in place under joined arms. M: while helping W turn, do two wtless stamps with R ft (one on ct 1 of each meas).
6	W: do "przytup" (LR) with a 1/4 turn twd ptr. M: do a weighted stamp on R ft.
B 7-18	Repeat action of meas 1-6, Part II, twice more (three times in all)
	<u>PART III - OBEREK TURNS IN BALLROOM POSITION (Obroty oberkowe)</u>
A&B 1-17	In ballroom pos, M beginning L ft, W Rft, do 17 oberek steps turning CW and moving in LOD; do 1/2 turn with each step , L ft steps bkwd, R ft fwd.
18	Do "przytup" (M - RL, W - LR).

OBEREK LUBELSKI (continued)

- PART IV - PARTNERS CHANGE PLACES (Zmiana miejsc)
- A 1-2 In open ballroom pos, free arm extended fwd and rounded, leaning slightly fwd, do two running oberek steps in LOD, beginning outside ft.
- 3 Do "przytup" (M - LR, W - RL), and releasing arm hold and straightening body, place both fists on own hips.
- 4 Ct 1: clap own hands and step sdwd twd ptr (M to R with R ft, W to L with L ft); cts 2-3: doing a full turn (M - CW, W - CCW) leap onto M L ft, W R ft, exchanging places with ptr, W travelling in front of M.
- 5 Place both fists on own hips and step sdwd (M to R with R ft, W to L with L ft), leaving other ft touching floor.
- 6 Extend arms to sides and straighten knees, as you do a wtless stamp (M L, W R).
- B 7-9 Repeat action of meas 4-6, Part IV, with opp ftwk and direction (W still travelling in front of M), except on meas 9 do a weighted stamp (M R, W L).
- 10-18 Repeat action of meas 1-9, Part IV, except on meas 18 do a wtless stamp (M R, W L).
- PART V - MEN'S LEAPS AND KNEELS (Przeskoki z przykłęką)
- A 1-4 In ballroom pos, beginning M R ft, W L ft, with four turning oberek steps do two full CW turns moving in LOD.
- 5 M: while continuing turning CW - ct 1: step on R ft in front of W; cts 2-3: push off R ft and in the air bend knees and pull legs up underneath you. W: cts 1-3, continue turning with one smooth oberek step, supporting M by holding him under his R upper arm with your L hand.
- 6 M: while finishing the CW turn, land on L ft, knees still bent, and kneel on R knee near the heel of L ft, top of R ft flat on floor, torso erect. W: continue turning with one smooth oberek step helping M to turn. (In six meas cpl has completed three full CW turns.)
- B 7-18 Repeat action of meas 1-6, Part V, twice more (three times in all).
- PART VI - TURNS AND KNEELS (Obroty i przykłęką)
- A 1-2 In open ballroom pos, free arm extended fwd and rounded, leaning slightly fwd, do two running oberek steps in LOD, beginning inside ft.
- 3 Do "przytup" (M - RL, W - LR).
- 4-5 With two oberek steps do a full CCW cpl turn in place.
- 6 Do "przytup" (M - LR, W - RL).
- B 7-8 Repeat action of meas 1-2, Part VI, but moving bkwd in RLOD.
- 9 Do "przytup" (M - RL, W - LR).

OBEREK LUBELSKI (continued)

- 10-11 Repeat action of meas 4-5, Part VI, except straightening bodies and extending outside arms diag up.
- 12 Do "przytup" (M - LR, W - RL).
During the next five meas cpl will do one or two CW turns with M kneeling five times around W, his L fist on his L hip, W supporting him by holding his R hand in her R hand behind her back and holding him under his R upper arm with her L hand.
- 13 M: while turning CW - cts 1-2: do a small leap onto R ft bending knee and kneeling on L knee near heel of R ft but not touching floor, top of L ft flat on floor, torso erect; ct 3: rise slightly by straightening knees a little bit.
W: cts 1-3: beginning with L ft do one smooth turning oberek step.
- 14 Repeat action of meas 13., Part VI, with opp ftwk.
- 15-16 Repeat action of meas 13-14, Part VI.
- 17 Repeat action of meas 13, Part VI.*
- 18 Do "przytup" (M - LR, W - RL) facing ctr and raising outside arms diag up.

*Variation for meas 13-17: cpl spins CW in place in open ballroom pos, outside fists on own hips, leaning slightly fwd and twd each other.



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Presented by Ada Dziewanowska