

Oberek Lubelski

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

Record: "Tańce ludowe z Polski," ZM-40591, side A, band 2, available from Ada Dzierwanowska.

This is a Polish national couple dance in 3/8 time, as done in the region of Lublin. The tune comes from the village of Gałęzów, Bychawa county. The unusual thing about it is that it has a 3-measure musical phrase. The tune is composed of Melody A, which has two 3-measure phrases, and Melody B, also with two 3-measure phrases. Melody B is always played twice. This makes a total of 18 measures; each dancing part takes 18 measures. 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.

Steps and Styling

Basic Oberek Step, which can be done running forward or backward 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. In the next meas. repeat the same action with opposite footwork. 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 weightless stamp with other ft, feet 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 forward, with wrist straight and elbow also slightly forward.

Formation: Circle of couples, Man's partner on his R side, all facing in, hands joined shoulder height.

Measures

Pattern

1-4 Introduction (Przygrywka)
No action.

PART I: OBEREK IN A RING (Oberek w kółeczku)

1-2 (Melody A) Hands joined in a circle, facing LOD, beginning with R ft, move in LOD with 2 oberek steps.

3 Facing center do "przytup" (RL).

4-6 Repeat action of meas. 1-3 with opposite footwork and direction.

7-12 (Melody B) Repeat action of meas. 1-6.

13 Facing center do 1 oberek step forward (R ft), swinging joined arms forward and up.

14 Do 1 oberek step backward (L ft), bending body slightly forward and swinging joined arms down and back.

15-18 Repeat action of meas. 13-14 twice more (3 times in all), except on meas. 18 do "przytup." Men shift weight onto R ft.

PART II: WOMEN TWIRL UNDER JOINED ARMS (Obroty dziewcząt pod złączonymi rękami)

Circle breaks into couples facing LOD, inside hands joined.

1 (Melody A) Beginning with outside ft, do 1 oberek step forward, with a 1/4 turn away from partner (Man-CCW, Woman-CW), swinging joined arms forward, 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 opposite footwork, direction, and movement of arms (called "dosibka"--toward each other).

Continued...

MeasuresPattern

- 3 Do "przytup" (Man-LR, facing LOD, Woman-RL with a 1/4 turn away from partner). Men place free fist on own hip and raise joined arms.
- 4-5 Women, beginning with L ft, with 2 oberek steps do 2 full CCW turns in place under joined arms. Men, while helping Women turn, do 2 weightless stamps with R ft (one on ct 1 of each meas.).
- 6 Women do "przytup" (LR) with a 1/4 turn toward partner. Men do a weighted stamp on R ft. (or double feet jump)
- 7-18 (Melody B) Repeat action of meas. 1-6 (Part II) twice more (3 times in all).

PART III: OBEREK TURNS IN BALLROOM POSITION (Obroty oberkowe)

- 1-17 (Melody A & B) In ballroom position, Men beginning with L ft, Women with R ft, do 17 oberek steps turning CW and moving in LOD; do 1/2 turn with each step, L ft steps backward, R ft forward.
- 18 Do "przytup" (Man-RL, Woman-LR).

PART IV: PARTNERS CHANGE PLACES (Zmiana miejsc)

- 1-2 (Melody A) In open ballroom position, free arm extended forward and rounded, leaning slightly forward, do 2 running oberek steps in LOD, beginning with outside ft.
- 3 Do "przytup" (M-LR, W-RL), and releasing arm hold and straightening body, place both fists on own hips. *move slightly apart*
- 4 Ct 1: clap own hands and step sideways toward partner (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 partner, W traveling in front of M.
- 5 Place both fists on own hips and step sideways (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 weightless stamp (M-L, W-R).
- 7-9 (Melody B) Repeat action of meas. 4-6 (Part IV) with opposite footwork and direction (W still traveling 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 weightless stamp (M-R, W-L).

PART V: MEN'S LEAPS AND KNEELS (Przeskoki z przyklęciem)

- 1-4 (Melody A) In ballroom position, begin M-R ft, W-L ft, with 4 turning oberek steps do 2 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 1 smooth oberek step helping M to turn. (In 6 meas. couple has completed 3 full CW turns.)
- 7-18 (Melody B) Repeat action of meas. 1-6 (Part V) twice more (3 times in all).

continued...

MeasuresPatternPART VI: TURNS AND KNEELS (Obroty i przykłąki)

- 1-2 (Melody A) In open ballroom position, free arm extended forward and rounded, leaning slightly forward, do 2 running oberek steps in LOD, beginning with inside ft.
- 3 Do "przytup" (M-RL, W-LR).
- 4-5 With 2 oberek steps do a full CCW couple turn in place.
- 6 Do "przytup" (M-LR, W-RL).
- 7-8 (Melody B) Repeat action of meas. 1-2 (Part VI) but moving backward in RLOD.
- 9 Do "przytup" (M-RL, W-LR).
- 10-11 Repeat action of meas. 4-5 (Part VI) except straightening bodies and extending outside arms diagonally up.
- 12 Do "przytup" (M-LR, W-RL).
During the next 5 meas. couple will do 1 or 2 CW turns with M kneeling 5 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 1 smooth turning oberek step.
- 14 Repeat action of meas. 13 (Part VI) with opposite footwork.
- 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 center and raising outside arms diagonally up.

*Variation for meas. 13-17: couple spins CW in place in open ballroom position, outside fists on own hips, leaning slightly forward and toward each other.



Dance introduced in 1975 by Ada and Jaś Dziewanowski, who learned it in Poland from Ryszard Kwiatkowski. Do not reproduce these directions without Ada's permission:
41 Katherine Road, Watertown, Mass. 02172, tel. (617) 923-9061.

Texas Camp 75