

# Poznan Oberek

(Poland)

Poznan Oberek was taught to Eugene Ciejska by the directors of Slask National Dance Company in Poland, 1973. This particular dance comes from the town of Poznan, which is located east and slightly south of Berlin. Mr. Ciejska introduced this dance at the 1974 Statewide Institute in San Jose.

MUSIC: Record: Muza XL 0746 (33) Side A, Band 6, Polska Kapela Ludowa (Polish Folk Band).  
Tancy Narodowy E-402-A (45) Oberek.

FORMATION: Cpls face LOD (CCW), M on inside of circle, W to R of M. When a hand or hands are free, place in closed (not clenched) pos on the hip.

STEPS: Step-arc, step-lift, waltz\*, heel-click, leap\*.

STYLING: Because Poznan is located close to Germany, there are many sections in the dance which have Germanic influences, much as the Obereks from south-eastern Poland have a Ukranian flavor. The Oberek is danced in 3/4 time with constant up and down movement in the ankles and knees. It also demands more body movement 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. Women should not dance and perform as men, but should strive to retain their feminine qualities.

\* Described in Volume A-2 of Folk Dances from Near and Far, published by Folk Dance Federation of California, Inc., San Francisco, California.

MUSIC 3/4 PATTERN

Measures

## INTRODUCTION

1-3 No action.

4 Join M-L, W-R hands and hold them fwd at almost chest level-with a slight bend in the elbow, free hands on hips. M-R arm is close behind W back and W-L arm is close to and in front of M chest. Wt is on outside ft (M-L, W-R).

## I. ARC AND TURN

- A 1 Turn head away from ptr, look at floor, and step fwd on M-R, W-L with bended inside leg, while extending outside ft to the side with toe touching floor (ct 1). Bring outside ft (M-L, W-R) fwd in an arc in front of the body while toe continues to touch floor (cts 2-3).
- 2 Looking LOD, transfer wt fwd to outside ft (M-L, W-R) (ct 1). While rising on outside ft, raise inside leg almost parallel to floor, knee bent and toe pointing straight down (ct 2). On outside ft drop from toe to heel with slight bend of knee; inside leg remains lifted (ct 3).
- 3-4 Look at ptr and move in LOD. M raise joined hands and step RLR, LRL, while W turns CW once under joined hands stepping LRL, RLR to finish in starting pos. M time his steps to close behind W as soon as her elbow is in front of him.
- 5-16 Repeat action of meas 1-4 three more times. During last meas (meas 16), M dance in place with back to ctr, while W completes turn to face M and assume ballroom pos. Finish with wt on M-L, W-R.

## II. REVERSE WALTZ

- B 1 With slight up and down movement, cpl dance 1 waltz, turning CCW and progressing RL0D. M step RLR, W step LRL. Turn 3/4 turn to finish with M facing RL0D.
- 2-8 Alternate ftwk and continue to travel RL0D, turning 1/2 revolution per waltz. Finish meas 7 with M facing RL0D. On meas 8, open to starting pos of Fig 1, facing LOD. Finish with wt on M-L, W-R.

## III. ARC AND TURN

- B 1-8 Repeat action of Fig 1, meas 1-4 four more times. In place on the last meas (A,8) M step L, R, while W steps R, L, to complete turn (cts 1-2); hold, with wt on M-R, W-L (touch free ft to floor, no wt) (ct 3).

*Continue...*

IV. INTERLUDE - WALTZ

- 1-3 Waltz in LOD with slight up and down movement. Turn CW 1/2 revolution per waltz to finish with M back to ctr, W facing M. M st
- 4 M step R, L while W steps L, R to separate about 3 ft apart, R shoulders opp with R hands joined in a down pos, free hand on hip (cts 1-2). M retain wt on L while W takes wt on L (ct 3).

V. HEEL CLICKS AND TURNS

- C 1 Look at ptr. Both step R over L (ct 1); both leap onto R and click heels close to floor (cts 2-3).
- 2 Repeat action of meas 1 (Fig V) in opp direction with opp ftwk. Both finish with wt on L.
- 3 With hands on hips, both step RLR and move 1/4 to R, while individually turning 3/4 CW to finish M facing LOD, W RLOD. At this point the circle consists of one row of alternating M and W (ptrs facing).
- 4 In place drop into a stride pos with toes turned slightly out (ct 1); lift heels off floor (ct 2); step onto R with leg bent (ct 3).
- 5-6 Reversing individual turn, in place both turn to own L (CCW) with 6 steps (LRL, RLR). Turn either 1 1/4 or 2 1/4 turns to finish facing ctr with W to R of M.
- 7 With M R arm on W R waist, W L on M shldr and free hand on hip, cpl turn 1/2 CCW in place stepping LRL, to finish facing out of circle.
- 8 Both step R, L in place as W turns 1/2 CCW to face M. Join R hands, M back to ctr, W facing M (cts 1-2); hold, wt on L, touch R to floor beside L for stability if needed (ct 3).
- ~~9-13 Repeat action of meas 1-5 (Fig V).~~
- ~~14-16 Repeat action of meas 6-8 (Fig V).~~
- D 17-32 Repeat action of meas 1-16 (Fig V), except on meas 32, ct 3, take wt on M-R, W-L.

LIFT VARIATION (Fig V may be replaced with the following variation.)


- C 1-13 Repeat action of Fig V, meas 1-13.
- 14 Face ctr and drop into a stride pos (preparation step) (ct 1). W spring off both ft into a sitting pos with legs straight fwd in front of M chest, L hand on M shldr, R held high above head. M bend at waist to place L arm under L legs to assist in elevation; his R arm supports W back. With wt on both ft, M straighten legs (ct 2).  
With W in sitting pos in M arms, (she holds body straight with tension, legs remain straight fwd and together) M shift wt to R (ct 3).
- 15 M turn L (CCW) 1/2 turn stepping L, R (cts 1-2). With wt on both ft, M put W down onto both ft on outside of circle (ct 3).
- D 16 Join R hands and both step R, L to finish with M back to ctr, W facing M (cts 1-2); hold, wt on L, touching R to floor beside L for stability if needed (ct 3).
- 17-32 Repeat action of meas 1-16 (Variation). In meas 32, ct 3, take wt on M-R, W-L.

VI. INTERLUDE - WALTZ IN PLACE

- 1-4 Repeat action of Fig IV, meas 1-4, except waltz in place.

VII. HEEL CLICKS WITH LEAP

- A 1-2 Repeat action of Fig V, meas 1-2 (heel clicks).
- 3 M: Step fwd onto R, passing R shoulders with ptr, as L arm moves across in front of body at waist level (ct 1); lift onto R toe and extend L ft fwd (ct 2). Leap onto L and make 1/2 turn CW in the air landing on L with R leg extended bkwd, as L arm moves outward in an arc to end diag high above head (ct 3).  
W: Step fwd onto R, passing R shldrs (ct 1); lift on R toe (ct 2); low leap fwd onto L and make 1/2 turn CW in the air, close R to L, no wt on R (ct 3).  
NOTE: M ftwk is large and exaggerated, while W ftwk is small and acts as a counter-balance for the M.



POZNAN OBEREK (concluded): Fig VII, measure 4

- 4 M continue to bend L leg and extend R leg farther bkwd, while W steps R beside L and with wt on both ft, bends knees slightly, and leans bkwd to counter-balance M lunge (ct 1). M rise on L and close R to L, while W straightens knees (wt still on both ft) to counter-balance M (ct 2). M step on L and W shift wt to L, while M L hand returns to hip (ct 3).
- 5
- 5-8 Beg with W back to ctr, repeat action of meas 1-4 (Fig VII).
- 9-16 Repeat action of meas 1-8 (Fig VII). Finish with M on inside of circle facing W, with R hands joined and down.