

CÓFAVÁ

Pronunciation: TSOH-fah-vah

History: Cófavá is from Haná, a region in central Moravia. The movements in the dance depict the “weaving of wheat” into ornamental designs - a folk art popular in the large plains of Moravia. Vonnie R. Brown learned the dance in the Czech Republic in 1997 from Radomil and Eva Rejšek.

Dance notation by: Vonnie R. Brown *Styling:* The movements are smooth, flowing and elegant.

Formation: Closed circle facing center, hands joined in “W” position.

Measures

INTRODUCTION (Instrumental)

- 1-2 No action
- 3 Bend knees slightly and bow heads
- 4 Straighten knees and return to normal position

MOTIF 1 (Vocal)

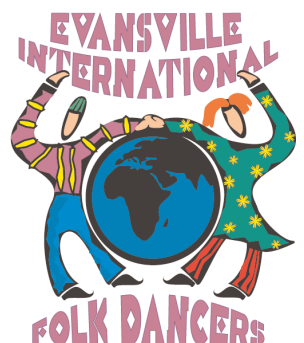
Step-close-step, step; step-step-close (beginning on L foot)

- 1 Facing diagonally L, step on L FWD (count 1)
Close R foot next to L - w/weight (count &)
Step on L FWD (count 2)
Step on R FWD, lifting L slightly upward behind (count 3)
 - 2 Step on L foot diagonally BKWD (count 1)
Facing center, step on R sideward (count 2)
Close L next to R rising on balls of both feet (count &)
Lower heels to floor (count 3)
- Step-close-step, step; step-step-close (beginning on R foot)*
- 3-4 REPEAT above with opposite footwork and direction.
NOTE: the floor pattern in measures 1-4 is somewhat like a “V” shape
- 5-8 REPEAT measures 1-4

MOTIF 2 (Vocal)

Rock-rock-rock; step-close-step, step

- 1 Facing RLOD, step (rock) FWD on L (count 1)
Step (rock) BKWD on R (count 2)
Step (rock) FWD on L (count 3)
- 2 Continuing to face RLOD, step FWD on R (count 1)
Close L next to R w/weight; step FWD on R (count 2)
Step FWD on L (count 3)
- 3-4 REPEAT measures 1-2 w/opposite footwork.
- 5-8 REPEAT measures 1-4.



...CÓFAYA CONTINUED

REPEAT DANCE TWO MORE TIMES.

CODA

Into center and back

- 1 Facing center, step FWD on L (count 1)
Step FWD on R (count 2)
Step on L next to R (count 3)
NOTE: Lower joined arms down to "V" position on these 3 counts.

- 2 Bend knees slightly and bow (count 1)
Straighten knees and return to normal position (counts 2-3)

- 3 Step BKWD on R (count 1)
Step BKWD on L (count 2)
Step on R next to L (count 3)
NOTE: Raise joined arms back up to "W" position on these 3 counts.

- 4 Bend knees slightly and bow (count 1)
Straighten knees and return to normal position (counts 2-3)