

Cófavá

Pronunciation: TSOH-fah-vah *History:* Cofavá 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.

Measure	INTRODUCTION (Instrumental)
1–2	No action
3	Bend knees slightly and bow heads
4	Straighten knees and return to normal position

Measure	Count	MOTIF 1 (Vocal)
		Step-close-step, step; step-step-close (beginning on L foot)
1	1	Facing diagonally L, step on L FWD
	&	Close R foot next to L — w/weight
	2	Step on L FWD
	3	Step on R FWD, lifting L slightly upward behind
2	1	Step on L foot diagonally BKWD
	2	Facing center, step on R sideward
	&	Close L next to R rising on balls of both feet
	3	Lower heels to floor

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

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

