

LA CÁPSULA
(Mexico)

La Cápsula (lah CAHP-soo-lah) is a polka from northern Mexico (Polka Nortena).

Record: ECO 347, Side B, band 1. Peerless 45/8302.
2/4 meter.

Formation: Cpls in ballroom pos: M with back to ctr.
Directions are for M, W uses opp ftwk throughout.

Meas

Pattern

PART I. Cue words: Side, close; side, close, turn the girl
1-16 Step to side with L ft in LOD, close R ft to L. Repeat side, close. M continues to take two more side-close steps to his L (smaller) and at same time turns W under his L, her R hand. (W may turn once or twice around, as they choose.) Do this figure four times (or three times if you wait out the first time as an Introduction). Part I should be done in Merengue style: Place L ft to L, knee bent, R knee straight, wt still on R (ct 1). Shift wt to L, straighten knee, closing R to L, R knee bent (ct 2). Steps are small. Rotation of the hip upward occurs on the side of the "straight knee." Shldr stay relatively level throughout.

PART II. Northern Zapateado (Taconazo). This step is done entirely in place, except for the turn, describing a very small circle.
1-2 Step (or slight leap) onto L ft, stamp on R heel, step on L ft, tap R heel (no wt). Repeat, starting on R ft.
3-4 Repeat action of meas 1-2 (Part II) (do four of these altogether).
5-8 Turn away from ptr with eight steps (M to L, W to R). As you step on L ft, turn the R heel 'way out (and in the air, but leave the toes on the ground). When stepping on R ft, turn L heel out. Hands on waist for W; M hold thumbs in belt. Look over shldr and down to heel as you turn; hips move slightly, as in Merengue.
9-16 Repeat action of meas 1-8 (Part II).

PART III. Open ballroom pos facing LOD. Cue words: fwd, fwd, stamp fwd, stamp back.
1-6 Step fwd in LOD with L ft, then with R ft. Keep wt on R and stamp L ft fwd, then back. Repeat all two more times; last time end with a bounce on both ft.
7-8 Slide bkwd four slides (against LOD).
9-16 Repeat action of meas 1-8 (Part III). On final & ct of meas 16, hop on R and leave L ft extended fwd in preparation for next step.

LA CÁPSULA (continued)PART IV. Face ctr of circle.

- 1-8 Brush L ft diag bkwd across R shin (ct 1).
 Brush L toe fwd (ct 2); brush L ft back on outside of
 R ft (ct 3). Tap L toe behind R, looking over inside shldr
 at tapping ft (ct 4). During this hop on R ft. Do four
 slides fwd, eight stamps in place, thus: LEFT accented,
 R (heel only and slightly), LEFT, right, LEFT, right, LEFT,
 right. Four slides back to place.
- 9-16 Repeat action of meas 1-8 (Part IV).

PART V. In ballroom pos and turning CW.

- 1-4 Stamp L, heel R, stamp L, heel R, stamp L, heel R (and
 five more of these, making eight in all). Lower joined
 hands and lean twd wt-bearing ft.
- 5-8 Do eight more in CCW (opp direction). Raise joined hands
 and lean twd wt-bearing ft.
- 9-16 Repeat action of meas 1-8 (Part V).

PART VI.

- 1-16 Repeat action of Part IV, twd ctr.

PART VII.

- 1-8 Slide fwd four in LOD, slide back four in RLOD; slide
 fwd four in LOD, slide back four in RLOD, ending each
 time with a bounce.
- 9-16 Repeat action of meas 1-8 (Part I). On final turn
 (meas 15) W turns on two cts. Meas 16 resume ballroom pos,
 M stamps in place L,R; W bounces on both ft then steps
 L in place and kicks R up sharply behind.

Presented by Alura Flores de Angeles