

# LA CAPSULA

LA CAPSULA - Polka from northern Mexico (Polka Nortena)

Record: Peerless 45/8302

Formation: Couples in ballroom position, man with back to center  
Step - directions given are for man, lady uses opposite foot, except where noted

Step 1 - Step to side with L foot in LOD (line of direction), close R foot to L foot. Repeat side, close  
man continues to take 2 more side-close steps to his left, and at same time turns lady under their joined hands (lady should turn twice around but, if she chooses, she may turn just once.)  
Cue words: Side, close, side, close, turn the girl, turn the girl  
Do 4 of these figures.

Step 2 - Northern Zapateado (Zapateado Norteno). This step is all done in place, except for the turn, describe a very small circle  
Step (or slight leap) onto L foot, stamp on R heel  
Step on L foot, click R heel (take no weight on it)  
Repeat, starting on R foot  
Repeat all (do 4 of these altogether)

Turn away from partner with 8 steps (man to L, lady to R)

As you step on the L foot, turn the R heel of the other foot way out (and in the air, but leave the toe on ground)

When you step on R foot, turn L heel out

Hands on waist for ladies; hands behind back for men. Look over shoulder and to heel as you turn; hips move, too, Taquachito style.

Repeat all.

Step 3 - Cue words: Forward, forward, stamp forward, stamp back.  
Step forward in LOD with L foot, then with R foot.  
Keep weight on R and stamp L foot forward, then back.  
Repeat all two more times, last one ends with a bounce on both feet.  
Slide back 4 slides (against LOD)

Repeat all.

Step 4 - Face LOD, brush L foot in, brush L toe forward (out), slap or brush L foot back (during this, hop on R foot--but tiny hops)  
Slide forward 4 slides  
Eight stamps in place, thus: LEFT accented), Right (heel only and lightly) LEFT, right, LEFT, right, LEFT, right.  
Four slides back to place

Repeat all.

Step 5 - In ballroom position and turning CW: STAMP L, heel R, STAMP L, heel R, STAMP L, heel R, (5 more of these, making 8 altogether)  
Then do eight CCW

Repeat all (When changing directions, do a heel-tap)

Step 6 - Repeat Step 4 (more dangerous) backward slides).

Step 7 - Slide fwd 4, slide back 4, slide fwd 4, slide back 4; End each with bounce.

Step 7 - (Alternate ending-repeat Step 1 instead of