

La Capa (The Cape)

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Music: „La Capa” - Michael Holz Tanzorchester, Album “Dance Competition” or Download from Casa Musica, [2:04 min.](#)
Rhythm & Phase: PD, Phase IV +2 (Prom, Sixteen) +1 (Span Line)
Timing: 1,2,3,4 throughout unless noted
Footwork: opposite unless noted (Woman’s footwork in parentheses)
Sequence: Intro – A – B – C

October 2020

INTRODUCTION

1-4 WAIT 1 MEAS ; CHASSES TO LEFT ; PROMENADE LINK ; CHASSES TO RIGHT ;

- 1 **{Wait 1}** In CP M fcg ptr & WALL w/trift free wait, -, -, - ;
 - 2 **{Chasses L}** In CP WALL firmly lower R ft to the floor w/flat foot & possibly a definite sound (= “Appel”),
sd L, cl R, sd L ;
 - 3 **{Prom Link}** In CP WALL firmly lower R ft to the floor w/flat foot & possibly a definite sound,
stp sd L to SCP LOD, thru R to CP WALL, cl L to R staying CP WALL ;
 - 4 **{Chasses R}** In CP WALL stp sd R, cl L to R, sd R, cl L to R ;
- note:* Describing the following figures “Appel” means to repeat the first step of meas 2 or 3 of Intro.

5-9 PROMENADE FACE COH ; ECART ; PROMENADE CLOSE ; CHASSE TO LEFT TO SCP ;

- 5-6 **{Prom Fc COH}** Appel R, stp sd L to SCP, thru R start trng RF, sd & bk L to CP RLOD ;
Bk R to contra BJO, bk L trng RF ldg W outsd ptr, sd R to CP COH, cl L to R ;
(*W appel L, sd R to SCP, thru L, fwd R ;*
Fwd L outsd ptr, fwd R outsd ptr trng RF, sd L to CP, cl R to L ;)
- 7 **{Ecart}** In CP COH appel R, stp fwd L, sd R, XLib of R to SCP RLOD ;
- 8 **{Prom Cl}** Stp thru & fwd R, trng to fc ptr on balls of feet cl L to R to CP COH, sd R, cl L to R ;
- 9 **{Chasses L to SCP}** In CP COH appel R, sd L, cl R to L, sd & fwd L to SCP RLOD ;

PART A

1-4 THE CAPE (HUIT) ; CURVING ELEVATIONS UP FACE WALL ; ECART ;

- 1-2 **{Huit}** In SCP RLOD stp thru R, cl L lead W to trn LF, sip R, sip L ;
Sip R lead W to trn RF, sip L, sip R, sip L leadg W to CP COH ;
(*W stp thru L, sd R trng LF, rec fwd L twd LOD, thru & fwd R ; Stp sd L trng RF,*
rec fwd R twd RLOD, thru & fwd L, cl R to L to CP COH ;)
- 3 **{Crvg Elevs Up}** Raisg jnd ldhnds straight up and lookg to the right (*W to L*) crvg ½ RF stp sd R, cl L,
sd R, cl L to CP WALL ;
- 4 **{Ecart}** In CP WALL repeat meas 7 of Intro to end SCP LOD ;

5-8 THE CAPE (HUIT) ; CHASSES TO RIGHT ; TWICE ;

- 5-6 **{Huit}** Startg SCP LOD repeat meas 1-2 of Part A to CP WALL ; ;
- 7 **{Chasses R}** Repeat meas 4 of Intro ;
- 8 **{Chasses R}** Repeat meas 4 of Intro ;

9-12 BASIC FORWARD & BACK ; PROMENADE OVERTURNED TO SCP LOD ;

- 9-10 **{Basic Fwd & Bk}** In CP WALL appel R, on balls of feet stp fwd L, R, L ;
On balls of feet stp bk R, L, R, L ;
- 11-12 **{Prom overtrnd to SCP}** Appel R, stp sd L to SCP, thru R start trng RF, sd & bk L to CP RLOD ;
Bk R to contra BJO, bk L start trng RF, sd & fwd R between W's feet cont trng, fwd L to SCP LOD ;
(*W appel L, sd R to SCP, thru L, fwd R between M's feet ; Fwd L, fwd R outsd ptr start trng RF,*
fwd & sd L around M with a strong RF trn to fc LOD, fwd R to SCP LOD ;)

13 THRU TO SPANISH LINE & HOLD ;

- 13 **{Thru, Span Line}** Stp thru & fwd R, trng ¼ RF sd L, cont trng RF bk R to V Bk-to-Bk pos
with L in front on ball of ft with no weight while releasg hnds & chgg arm positions to trl arm up
and ld arm folded in front to Spanish Line position fcg RLOD, - ;

PART B

1-4 FLAMENCO TAPS ; THRU TO SPANISH LINE & HOLD ; FLAMENCO TAPS ; PROMENADE CLOSE :

- 1 {Flamenco Taps} Stp L in plc, tap R toe bhnd L/ tap R toe bhnd L, rec bk R, tap fwd L ;
- 2 {Thru, Span Line} Stp fwd L, trng ¼ LF sd R, cont trng LF bk L to V Bk-to-Bk pos with trl ft in front on ball of ft with no weight while chgg arm positions to ld arm up and trl arm folded in front to Spanish Line position fcg LOD, - ;
- 3 {Flamenco Taps} Stp R in plc, tap L toe bhnd R/ tap L toe bhnd R, rec bk L, tap fwd R ;
- 4 {Prom Cl} Stp fwd R, trng to fc ptr on balls of feet cl L to R to CP WALL, sd R, cl L to R ;

5-8 SIDE, CLOSE – SIXTEEN INTO : : : :

- 5-8 {Sd, Cl,} In CP WALL stp sd R, cl L to R,
{Sixteen} Appel R, sd L to SCP LOD ; Thru R trng RF, sd & bk L to CP RLOD, bk R to contra BJO, bk L outsd W trng RF ; Cl R fcg COH leadg W to trn RF, sip L, sip R, sip L leadg W to trn LF ; Sip R, sip L, rk sd R leadg W to trn RF, rec sd & fwd L to SCP RLOD ;
(W appel L, sd R to SCP LOD ; Thru L, fwd R, fwd L outsd ptr, fwd R ; Fwd L trn RF to fc RLOD, rec fwd R, fwd L, fwd R trng LF to fc LOD ; Rec fwd L, fwd R, fwd L trng RF, rec fwd R to SCP RLOD ;)
note: This "Sixteen" has 14 stps only, and the last 2 of them are changed in M's ftwork.

9-12 PROMENADE CLOSE ; TWICE ; CHASSES TO RIGHT ; ATTACK :

- 9 {Prom Cl} Repeat meas 8 of Intro ;
- 10 {Prom Cl} Swvlg LF on L repeat meas 8 of Intro ;
- 11 {Chasses R} In CP COH repeat meas 4 of Intro ;
- 12 {Attack} In CP COH appel R, stp fwd L trng ¼ LF to fc RLOD, sd R, cl L to CP RLOD ;

13-16 BASIC FORWARD & BACK ; ; ECART ; START THRU TO UNWIND IN 6 FACE COH :

- 5-6 {Basic Fwd & Bk} In CP RLOD repeat meas 9-10 of Part A ; ;
- 7 {Ecart} Fcg RLOD repeat meas 7 of Intro to end SCP WALL ;
- 8 {Start Thru Unwind 6} In SCP WALL stp thru R, over following 3 beats twist LF to fc LOD leavg both feet in place w/weight on toes of L & heel of R ft ;
(W stp thru L, circle arnd ptr fwd R, fwd L, fwd R to about fcg DRC ;)

17-18 FINISH UNWIND IN 6 FACE COH – APPEL, SIDE ; TOUCH, HOLD,

- 17 {Fin Unwind 6} Cont twisting LF to fc COH, transfer weight to L to CP COH,
(W cont circlg arnd ptr fwd L, sm fwd & sd R to CP COH,)
{Appel, Side} In CP COH appel R, stp sd L ;
- (2 beats) 18 {Tch, Hold (-,-,)} Touch R to L, hold position,

PART C

1-4 APPEL TO FALLAWAY RONDE ; SLIP, STEP FACE WALL, SIDE, CLOSE ; TO RLOD ELEVATIONS UP & DOWN ; :

- 1 {Appel to Falwy Ronde} Appel R, fwd L twd COH, sd R lower & ronde L CCW, bk L to SCP ;
- 2 {Slip, Fc WALL, Sd, Cl} Plcg R toe directly bhnd L rotate LF allowg W's L ft to end outsd M's R ft
(W thru & fwd L trng LF to end w/L ft outsd M's R ft), fwd L cont trng to fc wall, sd R, cl L to CP WALL ;
- 3 {Elevs Up} Raisg jnd ldhnds straight up and lookg to RLOD stp sd R, cl L, sd R, cl L ;
- 4 {Elevs Down} Bring jnd ldhnds down with palms to floor lookg down & to LOD stp sd R, cl L, sd R, cl L ;

5-8 SEPARATION ; ; ECART ; THRU TO CHASSES TO LEFT :

- 5-6 {Separation} In CP WALL appel R, stp fwd L, cl R to L leadg W to stp bk & apt to LOP FCG, sip L ;
Sip R, L, R, L leadg W to CP WALL ;
(W appel L, stp bk R, bk L, cl R to L ; In 4 sm stps fwd L, R, L, R to CP WALL ;)
- 7 {Ecart} Startg CP WALL repeat meas 7 of Intro to SCP LOD ;
- 8 {Thru Chasses L} Stp thru R to fc ptr & WALL, sd L, cl R to L, sd L to CP WALL ;

9-12 PROMENADE FACE COH ; ; PROMENADE LINK ; CHASSES TO RIGHT :

- 9-10 {Prom Fc COH} Repeat meas 5-6 of Intro ; ;
- 11 {Prom Link} In CP COH repeat meas 3 of Intro ;
- 12 {Chasses R} In CP COH repeat meas 4 of Intro ;

**13-16 APPEL TO FALLAWAY RONDE : SLIP, STEP FACE WALL, SIDE, CLOSE :
TO RLOD ELEVATIONS UP & DOWN ;;**

13-16 Repeat meas 1-4 of Part C ; ; ; ;

17-20 SEPARATION ; ; ELEVATIONS UP & DOWN TO THE LEFT ; ;

17-18 {Separation} Repeat meas 5-6 of Part C ; ;

19 {Elevs Up to L} Raisg jnd trlhnds straight up and lookg to LOD appel R, sd L, cl R, sd L ;

20 {Elevs Down to L} Bring jnd trlhnds down with palms to floor lookg down & to RLOD cl R, sd L,
cl R, sd L ;

note: Dancing Elevs to the Left you also may rise & bring down your Idarms and use your head as usual.

21-22 APPEL, SIDE – THRU TO SPANISH LINE & HOLD ; ;

21-22 {Appel, Sd} Appel R, stp sd L to SCP LOD,

{Thru to Span Line} Stp thru R, trng RF sd L ; Cont trng RF bk R to V Bk-to-Bk pos fcg RLOD
with ld ft in front on ball of ft with no weight while chgg arm positions to trl arm up
and ld arm folded in front to Spanish Line position fcg RLOD, -, -, - ;

Suggested Cues:

Intro CP WALL Wait 1; Chasse L ; Prom Link (*stay Fc WALL*); Chasse R;
Promenade Fc COH;; Ecart; Prom Cl; Chasse L to SCP;

A The Cape (Huit);; Crvg Elevations up to Fc WALL; Ecart;
The Cape (Huit);; Chasse R; 2x;
Basic Fwd & Bk;; Prom to SCP LOD;; Thru to Span Line & Hold;

B Flamenco Taps; Thru to Span Line; Flamenco Taps; Prom Cl;
Sd, Cl, - Sixteen (*Fc COH, 14 Steps only*);; into
Prom Cl; 2x; Chasse R; Attack RLOD;
Basic Fwd & Bk;; Ecart; Thru into Unwind 6 Fc COH*;;, - Appel, Sd; Tch, -,

C Appel to Falwy Ronde; & Slip, Fc WALL, Sd, Cl; Elevations Up & Down;;
Separation;; Ecart; Thru to Chasses L;
Prom Fc COH;; Prom Link (*stay Fc WALL*); Chasses R;
Appel to Falwy Ronde; & Slip, Fc WALL, Sd, Cl; Elevations Up & Down;;
Separation;; to the Left Elev Up & Down;;
Appel, Sd (to SCP), Thru to Span Line (& Hold) - ; , ,