

HEDY MCADAMS: “Jole Blon”

A 48-count, 2-wall, challenging-intermediate-level line dance

Choreographer: **HEDY McADAMS**, Palo Alto, CA ~ phone/fax: 650-322-6760 ~ hedy@DanceAdventures.com
 Teaching Note: To confirm that you have the latest step sheet, contact Hedy or visit her web site: www.DanceAdventures.com
 Music/Tempo: Recommended: **BUCK'S NOUVELLE JOLE BLON**, by Buckwheat Zydeco, 116 BPM, 48-count lead (The Big Easy Soundtrack or “100% Fortified Zydeco”
Recommended: **YOU USED TO CALL ME**, by The Zydeco Flames, 120 BPM, 48-count lead (“Smokin’ at the Plant” CD
Teaching: **HIT COUNTRY SONG**, by Little Texas, 104 BPM, 24-count lead (“Kick a Little” CD)
 Note for DeeJay: *Split the floor with “Oh Daddy” (adv-beginning line dance) and/or “Waltz Across Texas” (beginning line dance)*
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A **WALK – TOG^A – WALK**
WALK – TOG – WALK
Original wall=12:00 o'clock, weight left (L).
 1 (long) Step R forward, angling body left (lead with R hip)
 2 Step L beside R (maintain angle)
 3 Step R forward (toward 12:00)
 4 (long) Step L forward, angling body right (lead with L hip)
 5 Step R beside L (maintain angle)
 6 Step L forward (toward 12:00)

^A“TOG” = “together”

B **TURN – ROLL – ROLL**
TURN – WALK – WALK
Facing 12:00 wall, now, weight L.
 1 Step R forward, turn ¼ left [9:00] and roll R hip to right^B
 2 Shift weight L and roll L hip left^B
 3 Shift weight R & roll R hip right
 4 Turn body ¼ left [6:00] and (short) step L forward
 5 (short) Step ball of R forward
 6 (short) Step ball of L forward

^BOptional styling – look over R shoulder for counts B1-B3,

C **WALK – TURN – TURN**
CROSS – TURN – TOG
Facing 6:00 wall, now, weight L.
 1 Step R forward (R toe out)
 2 Step forward on ball of L and spin ½ turn right [12:00]^C
 3 Turn body ¼ right [3:00] and step R to right (and slightly back)^C
 4 Cross L over R
 5 Step R to right and turn ¼ left [12:00]
 6 Step L beside R

^CCounts C2 and C3 are one fluid motion progressing toward 6:00 wall.

D **TURN – ROLL – ROLL**
TURN – SLIDE – TURN
Facing 12:00 wall, now, weight is L.
 1 Step R forward and turn ¼ left [9:00] & roll R hip to right^D
 2 Shift weight L & roll L hip left^D
 3 Shift weight R (begin ¼ turn left) and roll R hip to right^D
 4 Complete ¼ left [6:00] and step L forward (slightly)
 5 Slide-step R forward on diagonal right (begin ¼ turn left)
 6 Turn ¼ left [3:00] and rock step L to left (and slightly back)

^DOptional styling – look over R shoulder for counts D1-D3.

E (Serpentine)
FORWARD – TURN – DIAG
CROSS – DIAG – BACK
Facing 3:00 wall, now, weight is L.
 1 Step R forward and slightly left (R foot will be ahead of L)
 2 Step L to left and turn ¼ right [6:00]
 3 Step R back at a diagonal right
 4 Cross L over R
 5 Step R back at a diagonal right
 6 Step L back

F **CROSS – ROLL – ROLL**
WALK – TURN – BACK
Facing 6:00 wall, now, weight is L.
 1 Cross R over L
 2 Slide-step L to left and roll L hip left
 3 Roll R hip right (begin ¼ turn left)
 4 Complete ¼ left [3:00] and step L forward (slightly)
 5 Slide-step R forward on a diag right and turn ¼ left [12:00]
 6 Step L slightly back

G **CROSS – TURN – SIDE**
CROSS – SIDE – TURN
Facing 12:00 wall, now, and weight L.
 1 Cross R over L
 2 Step L back and turn body ¼ right [3:00]
 3 Step R to right (and slightly back)
 4 Cross L over R
 5 Turn body ¼ left [12:00] and step R back
 6 Step L beside R

H **WALK – SIDE – TOG.**
WALK – TURN – TOG.
Facing 12:00 wall, now, and weight L.
 1 Step R forward
 2 Step L to left
 3 Step R beside L
 4 Step L forward (L toe out)
 5 Step R forward (begin ½ turn left)
 6 Step L beside R as you complete ½ turn left [6:00]

BEGIN AGAIN!
 Reset “clock at 12:00

CAJUN/ZYDECO STYLING
 Following are suggestions to enhance your enjoyment of dancing to C/Z music.
1. DOWN-UP-UP
 The “down-up-up” emphasis is particularly important in C/Z waltz styling. On the first count step full foot down, and dip slightly, on the second and third counts, lift onto the ball of the foot described, and take a short step.
2. LEGS APART
 I’ve observed at C/Z venues that dancers, both genders, keep legs slightly apart (less than shoulder width) throughout waltzes. Therefore, when step sheet calls for “together” or “beside” keep your legs a minimum of 6” apart. -hm