

# 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](http://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)*  
 Fair use: *This step description may be freely copied and distributed, provided that it is the choreographer’s version. Out of respect for the choreographer’s effort and artistic integrity, please do not modify, rewrite, or publish an alternative step description without the express permission of the choreographer.*      RELEASED: FEB '00      VERSION: JOLE 10723.doc      PRINT DATE: July 22, 2001

<b>A</b>	<b>WALK – TOG<sup>A</sup> – WALK WALK – TOG – WALK</b>
<i>Original wall=12:00 o'clock, weight left (L).</i>	
1	<i>(long)</i> Step R forward, angling body left <i>(lead with R hip)</i>
2	Step L beside R <i>(maintain angle)</i>
3	Step R forward <i>(toward 12:00)</i>
4	<i>(long)</i> Step L forward, angling body right <i>(lead with L hip)</i>
5	Step R beside L <i>(maintain angle)</i>
6	Step L forward <i>(toward 12:00)</i>

<sup>A</sup>“TOG” = “together”

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

<sup>B</sup>Optional styling – look over R shoulder for counts B1-B3,

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

<sup>C</sup>Counts C2 and C3 are one fluid motion progressing toward 6:00 wall.

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

<sup>D</sup>Optional styling – look over R shoulder for counts D1-D3.

<b>E</b>	<i>(Serpentine)</i> <b>FORWARD – TURN – DIAG CROSS – DIAG – BACK</b>
<i>Facing 3:00 wall, now, weight is L.</i>	
1	Step R forward and <u>slightly</u> left <i>(R foot will be ahead of L)</i>
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

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

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

<b>H</b>	<b>WALK – SIDE – TOG. WALK – TURN – TOG.</b>
<i>Facing 12:00 wall, now, and weight L.</i>	
1	Step R forward
2	Step L to left
3	Step R beside L
4	Step L forward <i>(L toe out)</i>
5	Step R forward <i>(begin ½ turn left)</i>
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