

Hedy McAdams
“Jole Blon”

A 48-count, 2-wall, advanced line dance

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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)

**A WALK – TOG – WALK
WALK – TOG – WALK**

Original wall = 12:00, begin with 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*)

**B TURN – SWAY – SWAY
TURN – WALK – WALK**

Facing 12:00, weight is L

- 1 Step R forward, turn ¼ left [9:00] and roll R hip to right
- 2 Shift weight L and roll L hip left
- 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

Optional styling – look over R shoulder for counts B1-B3.

**C WALK – TURN – TURN
CROSS – TURN – TOG**

Facing 6:00, weight is L

- 1 Step R forward (*R toe out*)
- 2 Step forward on ball of L and spin ½ turn right [12:00]
- 3 Turn body ¼ right [3:00] and step R to right (*and slightly back*)
- 4 Cross L over R
- 5 Step R to right and turn ¼ left [12:00]
- 6 Step L beside R

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

**D TURN – SWAY – SWAY
TURN – SLIDE – TURN**

Facing 12:00 wall, weight is L.

- 1 Step R forward and turn ¼ left [9:00] & roll R hip to right
- 2 Shift weight L & roll L hip left^C
- 3 Shift weight R (*begin ¼ turn left*) and roll R hip to right
- 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*)

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

(Serpentine moving back)
**E WALK – TURN – DIAG
CROSS – DIAG – BACK**

Facing 3:00, 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 – SWAY – SWAY
WALK – TURN – BACK**

Facing 6:00, 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, weight is 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 LONG – SHORT – SHORT
TURN – ROCK – TOG**

You should be facing 9:00 wall, now, and your weight is R.

- 1 (*long*) Step L forward
- 2 (*short*) Step R forward
- 3 (*short*) Step L forward
- 4 Step R forward and turn ¼ left [6:00]
- 5 Step L to left and (*slightly*) back
- 6 Step R beside L

BEGIN AGAIN!

(Reset “clock” to 12:00)

Cajon/Zydeco Styling:

Following are suggestions to enhance your enjoyment of dancing to Cajon/Zydeco 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