

Jole Blon

拍数: 48 墙数: 2 级数: Intermediate/Advanced waltz
编舞者: Hedy McAdams (USA)
音乐: Buck's Nouvelle Jole Blon - Buckwheat Zydeco



Dance just the first 24 counts and you will be doing my dance "Oh Daddy".

WALK, TOGETHER, WALK, WALK, TOGETHER, WALK

- 1 Long step right forward, angling body left (lead with right hip)
- 2 Step left beside right (maintain angle)
- 3 Step right forward (toward 12:00)
- 4 Long step left forward, angling body right (lead with left hip)
- 5 Step right beside left maintain angle)
- 6 Step left forward (toward 12:00)

TURN, ROLL, ROLL, TURN, WALK, WALK

- 1 Step right forward, turn $\frac{1}{4}$ left (9:00) and roll right hip to right
- 2 Shift weight left and roll left hip left
- 3 Shift weight right and roll right hip right

Optional Styling: look over right shoulder for counts 1-3

- 4 Turn body $\frac{1}{4}$ left (6:00) and short step left forward
- 5 Short step ball of right forward
- 6 Short step ball of left forward

WALK, TURN, TURN, CROSS, TURN, TOGETHER

- 1 Step right forward (right toe out)
- 2 Step forward on ball of left and spin $\frac{1}{2}$ turn right (12:00)
- 3 Turn body $\frac{1}{4}$ right (3:00) and step right to right and slightly back

Counts 2-3 are one fluid motion progressing toward 6:00 wall

- 4 Cross left over right
- 5 Step right to right and turn $\frac{1}{4}$ left (12:00)
- 6 Step left beside right

TURN, ROLL, ROLL, TURN, SLIDE, TURN

- 1 Step right forward and turn $\frac{1}{4}$ left (9:00) and roll right hip to right
- 2 Shift weight left and roll left hip to left
- 3 Shift weight right (begin $\frac{1}{4}$ turn left) and roll right hip to right

Optional Styling: look over right shoulder for counts 1-3

- 4 Complete $\frac{1}{4}$ left (6:00) and step left forward (slightly)
- 5 Slide-step right forward on diagonal right (begin $\frac{1}{4}$ turn left)
- 6 Turn $\frac{1}{4}$ left (3:00) and rock step left to left (and slightly back)

(SERPENTINE) FORWARD, TURN, DIAGONAL, CROSS, DIAGONAL, BACK

- 1 Sep right forward and slightly left (right foot will be ahead of left)
- 2 Step left to left and turn $\frac{1}{4}$ right (6:00)
- 3 Step right back at a diagonal right
- 4 Cross left over right
- 5 Step right back at a diagonal
- 6 Step left back

CROSS, ROLL, ROLL, WALK, TURN, BACK

- 1 Cross right over left

- 2 Slide-step left to left and roll left hip left
- 3 Roll right hip right (begin $\frac{1}{4}$ turn left)
- 4 Complete $\frac{1}{4}$ left (3:00) and step left forward (slightly)
- 5 Slide-step right forward on a diagonal right and turn $\frac{1}{4}$ left (12:00)
- 6 Step left slightly back

CROSS, TURN, SIDE, CROSS, SIDE, TURN

- 1 Cross right over left
- 2 Step left back and turn body $\frac{1}{4}$ right (3:00)
- 3 Step right to right (and slightly back)
- 4 Cross left over right
- 5 Turn body $\frac{1}{4}$ left (12:00) and step right back
- 6 Step left beside right

WALK, SIDE, TOGETHER, WALK, TURN, TOGETHER

- 1 Step right forward
- 2 Step left to left
- 3 Step right beside left
- 4 Step left forward (left toe out)
- 5 Step right forward (begin $\frac{1}{2}$ turn left)
- 6 Step left beside right as you complete $\frac{1}{2}$ turn left (6:00)

REPEAT

CAJUN/ZYDECO STYLING

The following are suggestions to enhance your enjoyment of dancing to Cajun/Zydeco music

1. DOWN-UP-UP

The "down-up-up" emphasis is particularly important in Cajun/Zydeco 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 a Cajun/Zydeco venues that dancers of both genders keep their legs slightly apart (less than shoulder width) throughout waltzes. Therefore, when the step sheet calls for "together" or "beside", keep your legs a minimum of 6 inches apart

-- Hedy McAdams
