

A massive shockwave ran through the dance community when we learnt that Hedy McAdams had passed away. Hedy was such a vibrant, healthy and happy lady that the news of her demise came totally out of the blue even for some of her closest friends.

Hedy was diagnosed with stage three lung cancer last October. Sadly she passed away on Friday, 4th March 2016 leaving a daughter and two grandchildren.



Hedy was a Stanford Law graduate, her day job for many years was in divorce mediation. Her speciality was in helping couples through the painful last stages of divorce. A frustrating and both emotionally and physically draining task but Hedy found dancing brought her solace, laughter and friendships.

She was a private and spiritual person who by nature was very modest about her accomplishments. She ran a happy and successful dance school in Palo Alto, California where her pupils loved her. Her way of teaching was patient and precise but she kept it fun with her warm sense of humour and stylish with her elegance.

During an interview for the local press in September 2006, Hedy explained how she wound up at a country-western event one night in Redwood City. “Suddenly,” she said, “I saw this couple glide across the floor. And I followed the woman into the bathroom, and asked, ‘What is this (dance) and where can I learn this?’” She had fallen in love with the Texas Two-Step.

Things moved quickly after that. Just six months after starting line dancing classes, she was asked to help with the teaching. It was then she discovered she had a knack for teaching and choreography.



Her story continues with this memory from close friend Neil Hale. Neil recalls *"One balmy evening in 1995 under a streetlight in front of Hedy's house in Palo Alto. She asked me if I would mind taking a look at a line dance she had just completed, and to offer my comments on it. I said "sure, why not!" She proceeded to play a tape of Boz Scaggs' "Fly Like A Bird," and danced her new choreography right there on the street. "Alright, so I was more than impressed. In fact, I loved it, and I told her it was going to be a big hit. I knew I would never be able to come up with a line dance as good as "Fly Like A Bird" but she was the inspiration for me to continue trying."*

He adds: "Indeed Hedy McAdams was a very creative and generous person, and I'll always be grateful for the times like these that we shared together."

A whirlwind followed. In 1996 "Fly Like A Bird," had spread around the world like wildfire. As a result, Hedy took off with dancing partner and companion Michael Barr on dance-teaching tours taking in Australia, New Zealand, England, Wales and Canada were her charm and choreography captivated dances everywhere. Hedy McAdams made an indelible mark on the dance community.



On hearing the news Michael said: "Something happened yesterday (March 4th), time took a break and a moment of reflection came upon us. Hedy McAdams, one of the creative movers in the Bay Area line dance world passed on and left many, including myself, very sad. People from all around the world either met Hedy or danced her dances. She made an impact. She will be missed. Hedy was a very intelligent person and that intelligence had style and creative outlets.

The time I spent with Hedy was a very creative time and it is when we started choreographing and learning our trade. She taught me a lot and she was one of the people who showed me how thoughtful choreography can be. Hedy will be missed and well remembered. RIP".

