

STEP LEFT, SCUFF RIGHT, STEP RIGHT, SCUFF LEFT, STEP LEFT, SCUFF RIGHT, 1/4 LEFT/STEP RIGHT, TOGETHER LEFT

- 1 - 2 Step forward left, scuff forward right
3 - 4 Step forward right, scuff forward left
5 - 6 Step forward left, scuff forward right
7 - 8 Step forward right turning 1/4 left, stomp left beside right

/OPTION: Make a 1-1/4 left turn traveling forward during step/scuffs

TRAVELING LEFT-SWIVEL HEELS, TOES, HEELS, TOES, HEELS, TOES, HEELS, TOES

- 9 - 10 Swivel heels left, swivel toes left
11 - 12 Swivel heels left, swivel toes left
13 - 14 Swivel heels left, swivel toes left
15 - 16 Swivel heels left, swivel toes left shifting weight to left

/OPTION: Left traveling pigeon toes, traveling sideways bringing the toes together leaving the heels apart, then bringing the heels together leaving the toes apart. Weight is on opposite heel and toe and shifted each count.

FOUR SWINGING HIP 1/4 TURNS

- 17 Step forward right beginning 1/4 turn left and swing hips right
18 Finish turn and swing hips left shifting weight to left
19 - 24 Repeat counts 17-8 three more time to complete a full circle

/Left foot remains in-place through these 8 counts

/OPTION: Do 1/2 turn instead of 1/4 turns

STOMP RIGHT AND TURN 1/4 LEFT SHAKING SHOULDERS (4-COUNTS), ROCK LEFT, RIGHT, LEFT, RIGHT

- 25 Stomp forward right
26 - 28 Pivot 1/4 left over 3-counts while shaking shoulders and anything else that'll move shifting weight to right on count 28

/Weight remains mostly on the right foot as you pivot 1/4 turn left, ending with your full weight on the right foot

- 29 - 30 Rock step forward left, recover weight to right in-place
31 - 32 Rock step back left, recover weight to right in-place

/OPTION: At times it feels natural to carry the 4-count shaking turn to 8 counts.

REPEAT

PHRASING NOTES:

/(Applies only if using "Loosen Up My Strings", all other music just do the dance as written.)

/SEGMENT A: 32-count dance as written above

/SEGMENT B: Counts 1-28-On 4th repetition complete 1/4 turn shoulder shake on count 28 and begin again

/SEGMENT C: Counts 1-16-Vocal bridge-Pivot 1/4 turn left on final swivel to maintain wall orientation with weight on the right

PHRASING PATTERN: A-A-A-B-A-C-A-A-A

/End dance at "fake" ending. I cut the music at that point.

/Once you are used to the music just listen and dance to the music.

/Do not incorporate options 'til the dance has been done twice through.