Just Hang Loose
(Written for the Hawaii State Convention, 2014)

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Meas

INTRODUCTION

1 - - 4 CP WALL WAIT 2;;

    1 – 2   **CP** Fcng Wall Ld Ft free for both Wait 2;;

PART A

1 - - 4 LEFT TURNING BOX;;;;

    1 – 4   [Lft Trng Box] Sd L, Cl R to L, Fwd L trng ¼ LF;, -; Sd R, Cl L to R, Bk R trng ¼ LF, -; Sd L, Cl R to L, Fwd L trng ¼ LF;, -; Sd R, Cl L to R, Bk R trng ¼ LF, -;

5 - - 8 BK HITCH; SCIS THRU; HITCH DBL TOBFLY;;

    5 – 6   [Bk Hitch] Bk L, cl R to L, fwd L, -; [Scis Thru] Sd R, cl L to R, XRIF to SCP, -;

    7 – 8   [Hitch Dbl] Fwd L, cl R to L, bk L, - (Fwd R, cl L to R, bk R, -;); Bk R, cl L to R, fwd R, - (Bk L, cl R to L, fwd L, -);

PART B

1 - - 4 FC TO FC; BK TO BK; BBALL TRN;;

    1 – 2   [Fc to Fc] Sd L, cl R to L, sd L trng LF away from ptr to slight bk to bk pos retain trailing hands joined, -; [Bk to Bk] Sd R, cl L to R, sd R trng RF to fc ptr BFLY/WALL, -;

    3 – 4   [BBall Trn] Sd L, -, rec R trng RF to fc RLOD, -; fwd L cont RF trn to fc COH, -, rec R cont RF trn to OP fc LOD, -;

5 - - 8 CIRCLE AWAY TWO TWO STPS;; STRUT TOG 4;;

    5 – 6   [Circle Away 2 2 Stps] Separating from ptr & moving away in a curving pattern fwd L, cl R to L, fwd L, -; continuing curving pattern away from ptr fwd R, cl L to R, fwd R completing curve to fc ptr 4-6 ft apt, -;

    7 – 8   [Strut Tog 4] With Upper body swagger fwd L, -, fwd R, -; Fwd L, -, fwd R, - to BFLY/Wall;

BRIDGE

1 - - 2 SD, CL 2X; SD STP THRU TO SCP;

    1 – 2   [Sd, Cl 2X] In BFLY Sd L, cl R, sd L, cl R; [Sd, Stp Thru] Sd L, -, X R over L to SCP/LOD, -;-

PART C

1 - - 4 2 FWD 2 STPS;; 2 TRNG 2 STPS;;

    1 – 2   [Two Fwd Two Steps] Fwd L, cl R to L, fwd L, -; Fwd R, cl L to R, fwd R, - to fc ptr;

    3 – 4   [Two Trng 2 Stps] Sd L, cl R to L, stp diag X line of prog pvt ½ RF on L, -; Sd R, cl L to R, sd R pvt ½ RF on R, - (Sd R, cl L to R, sd R pvt ½ RF on R, -; Sd L, cl R to L, stp diag X line of prog pvt ½ RF on L, -;) to CP/WALL -;

5 - - 8 BROKEN BOX;;;;

    5 – 8   [Broken Box] Sd L, cl R to L, fwd L, -; Rk fwd R, -, rec L, -; Sd R, cl L to R, bk R, -; Rk bk L, -, rec R, -;

9 – 12 ½ BOX; SCIS THRU; HITCH 4; WK, FC;

    9 – 10   [1/2 Box] Sd L, cl R to L, fwd L, -; [Scis Thru] Sd R, cl L to R, XRIF to SCP, -;

    11 – 12   [Hitch 4] Fwd L, cl R to L, bk L, cl R to L; [Wk, Fc] Fwd L, - fwd R trng RF to fc ptr & Wall, -;

13 – 16 TRAVELING BOX TO BFLY;;;;

    13 – 16   [Traveling Box] Sd L, cl R to L, fwd L trng to RSCP, -; Fwd R, -, fwd L trng to fc ptr, -; Sd R, cl R to L, bk R trng to SCP, -; Fwd L, -, fwd R, - to BFLY/WALL;

REPEAT BRG

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PART D
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1 - - 4 VINE 3, TCH; WRAP;, UNWRAP; CHG SDS;

       1 – 2   **[Vine 3, Tch]** sd L, XRIB, sd L, -; **[Wrap]** Lowering trailing hnds sd R, XLIB, sd R (W trn
                     LF under joined ld hnds L, R, L, tch R) to wrap pos LOD, -;

       3 – 4   **[Unwrap]** release ld hnds sip L, R, L, (W trn RF R, L, R, tch L) to OP LOD, -; **[Chg Sds]**
                     with trail hnds joined trn RF (W LF) arnd W fwd R, fwd L, fwd R to BFLY COH,-;

5 - - 8 VINE 3, TCH; WRAP; UNWRAP; CHG SDS;

       5 – 6   **[Vine 3, Tch]** sd L, XRIB, sd L, -; [Wrap] Lowering trailing hnds sd R, XLIB, sd R (W trn
                     LF under joined ld hnds L, R, L, tch R) to wrap pos RLOD, -;

       7 – 8   **[Unwrap]** release ld hnds sip L, R, L, (W trn RF R, L, R, tch L) to OP RLOD, -; [Chg Sds]
                     with trail hnds joined trn RF (W LF) arnd W fwd R, fwd L, fwd R to BFLY/WALL,-;

REPEAT   PART B

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END
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1 - - 2 TWIRL 2; APT, PT;

       1 – 2   **[Twirl 2]** Sd L, -, cl R, - (Sd R commence RF trn under joined ld hnds, -, sd & bk L completing RF trn to
                     fc ptr, -;); **[Apt, Pt]** Stp apt on L, - pt R twd ptr, -;

Quick Cues

Just Hang Loose
(Phase II – Two Step)
(Weiss)

Intro In CP Wait 2;;

A   **Lft Trng Box;;;;**
         Bk Hitch; Scis Thru; Hitch Dbl to BFLY;;

B   **Fc to Fc; Bk to Bk; BBall Trn;;**
         Circle Away 2 2 Stps;; Strut Tog 4 to BFLY;

Brg   **Sd Cl 2X; Sd Stp Thru to SCP;**

C   **2 Fwd 2 Stps;; 2 Trng 2 Stps CP Wall;**
         Broken Box;;;;
         ½ Box; Scis Thru; Hitch 4; Wk, Fc;
         Traveling Box to BFLY;;;;

Brg   **Sd Cl 2X; Sd Stp Thru to BFLY;**

D   **Lucky Wrap;;;; ;;;;**

B   **Fc to Fc; Bk to Bk; BBall Trn;;**
         Circle Away 2 2 Stps;; Strut Tog 4;

End   **Twirl 2; Apt, Pt;**