

# CTTB (Country To The Bone)

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**Count:** 38      **Wall:** —      **Level:** Phrased Intermediate

**Choreographer:** Tone-Lise Teilman (September 2019)

**Music:** Country To The Bone - Hilljacks

## Intro (24 counts) Walkx8 - applejacks - cross'n'heel - kick side'n' cross unwind

### 1-8 wait or walk

- 1-4      Applejacks
- 5-8      Step Rf forward paddle turn  $\frac{1}{2}$  L x2
- 1&2&      Cross Rf over Lf, step Lf beside Rf, touch R heel forward, step Rf next to Lf
- 3&4&      Cross Lf over Rf, step Rf beside Lf, touch L heel forward, step Lf next to Rf
- 5-6      Kick Rf over Lf, step Rf in place
- &7-8      Step Lf next to Rf, cross Rf over Lf, turn  $\frac{1}{2}$  left (6) weight Lf, hold

## Dance part A (32 counts)

### A1: Walk R L, out - out, toes heels toes, forward turn

- 1-2      Walk forward on Rf (6), walk forward on Lf
- 3-4      Step Rf out diagonally forward, Step Lf out diagonally forward
- 5&6 point both toes in, both, both heels in, both toes together**
- 7&8      Step forward on Rf, turn  $\frac{1}{2}$  pivot left (12), weight on Lf, walk forward on rf

### A2: Lock step - Forward Lock, Kick and step

- 1,2&      Step Lf forward to left diagonal, step Rf crossing behind LF, step Lf forward
- 3,4      Step Rf forward to right diagonal, step Lf crossing behind Rf(12)
- 5&      Step/jump on to Rf and kick Lf out to left side, step jump on to left foot kick Rf forward
- 6& step jump RF over left foot beginning to turn  $\frac{1}{4}$  right, step jump on Lf kick Rf forward**
- 7&8 step jump Rf kick Lf forward, step jump Lf in place, stomp Rf next to Lf (9)**

### A3: Forward, hitch'n turn - Back hitch'n turn, Rockstep hitch, forward turn

- 1-2      Walk forward on Rf, stomp and hitch Lf while turning  $\frac{1}{2}$  turn right (6)

### **3-4step back on Lf, hitch and turn ½ right (Rf is now hitched and crossed in front of Lf) (9)**

5-6 Rock Rf forward, put weight back onto Lf while hitching Rf (leaning body backwards)

7-8 Step forward on Rf, turn ½ pivot left(3), weight on Lf

#### **A4: Full turn, Kick ball step, out-out, hip roll**

1-2 Pivot ½ turn left(9), step Rf back, pivot ½ turn left (9), step Lf forward

3&4 Kick Rf forward, step Rf next to Lf, Walk forward on Lf

5-6 Step Rf out, step Lf out

7-8 Roll your hips from left to right (option:bodyroll)

#### **Part B**

##### **Hip roll - pivot turn ½ x 2**

1-2 Extend Roll from part A, sway your hips from left to right

3-4 Forward on Rf turn ½ pivot L, step forward on Lf,

### **5-6step forward on Rf turn ½ pivot L, step forward on Lf**

**(The third time you dance part B you'll only dance count 3-6)**

#### **Bridge 1:**

##### **Applejacks - kick side'n' cross unwind**

1-4 Applejacks

5-6 Kick Rf over Lf, step Rf in place

&7-8 Step Lf next to Rf, cross Rf over Lf, turn ½ left (6) weight Lf, hold

#### **Bridge 2:**

##### **Cross'n'heel - heel touches**

1&2& Cross Rf over Lf, step Lf beside Rf, touch R heel forward, step Rf next to Lf

3&4& Cross Lf over Rf, step Rf beside Lf, touch L heel forward, step Lf next to Rf

5&6& Touch R heel forward, step Rf next to Lf, Turn 1/4 L Touch L heel forward, step Lf next to Rf

7&8& Touch R heel forward, step Rf next to Lf, Turn 1/4 L Touch L heel forward, step Lf next to Rf

##### **Kick side'n'cross unwind**

1-2 Kick Rf over Lf, step Rf in place

**&3-4** Step Lf next to Rf, cross Rf over Lf, turn ½ left (6) weight Lf, hold

**Sequence:-**

**1.A-A-B-Bridge1**

**2.A-A-B-Bridge2**

**3.A-A-B (count 3-6)**

**4.A-B**

**5.A-B**

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