

# CTTB (Country To The Bone)

拍數: 38      牆數: 0      級數: Phrased Intermediate  
編舞者: Tone-Lise Teilman (NOR) - September 2019  
音樂: 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 ½ 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 ½ 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 ½ 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 ¼ 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 ½ turn right (6)
- 3-4            step 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,
- 5-6            step 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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