

# The First Cut Is The Deepest

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Sandra Speck (Nov 2016)

**Music:** The First Cut Is The Deepest by Derek Ryan (3:36)

## Music Available From iTunes

**#16 count intro (approx. 11 seconds) (No Tags Or Re-Starts)**

## RUMBA BOX, BACK LOCK STEP, TRIPLE FULL TURN

- 1&2**            Step left to side, close right next to left, step forwards on left,  
**3&4**            Step right to side, close left next to right, step back on right  
**5&6**            Step back on left, lock right foot in front of left, step back on left  
**7&8**            Triple full turn right stepping R-L-R (12 o'clock)

## Alternative for counts 7&8:- Right coaster step

## FORWARD ROCK, SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BACK ROCK, SIDE ROCK CROSS

- 1&2&**            Rock forwards on left, recover on to right, rock left to side, recover on to right  
**3&4**            Step left behind, step right to side, cross left over right  
**5&6&**            Rock side on right, recover onto left, rock back on right, recover onto left  
**7&8**            Rock side on right, recover onto left, cross right over left (12 o'clock)

## TURN $\frac{1}{4}$ $\frac{1}{2}$ , STEP, FORWARD MAMBO, COASTER STEP, STEP PIVOT $\frac{1}{2}$ STEP

- 1&2**            Turn  $\frac{1}{4}$  right stepping back on left, make  $\frac{1}{2}$  turn right stepping forward on right, step forward on left  
**3&4**            Rock forward on right, recover on to left, close right next to left  
**5&6**            Step back on left, close right next to left, step forward on left  
**7&8**            Step forward on right foot, pivot  $\frac{1}{2}$  turn left, step forward on right (3 o'clock)

## FULL TURN, SHUFFLE $\frac{1}{2}$ , COASTER STEP, 2 X PRISSY WALKS

- 1 - 2**            Turn  $\frac{1}{2}$  right stepping back on left, turn  $\frac{1}{2}$  right stepping forward on right  
**3&4**            Turn  $\frac{1}{4}$  right stepping left to side, close right next to left, turn  $\frac{1}{4}$  right stepping back on left  
**5&6**            Step back on right, close left next to right, step forward on right

**7 - 8** Walk forward on left cross slightly over right, walk forward on right cross slightly over left (9 o'clock)

**Alternative for counts 1-2:- Walk forward left, right**

**The dance isn't phrased, it's a beautiful piece of music just enjoy!**

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