

The First Cut Is The Deepest

Count: 32

Wall: 4

Level: Improver

Choreographer: Sandra Speck (UK) - November 2016

Music: The First Cut Is The Deepest - 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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