

The First Cut Is The Deepest

IMPROVER

32 Count 4 Walls

Choreographed by: Sandra Speck

Choreographed to: The First
Cut Is The Deepest by Derek Ryan

- 1 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

- 2 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)

- 3 TURN ¼ ½, STEP, FORWARD MAMBO, COASTER STEP, STEP PIVOT ½ STEP**

- 1 & 2 Turn ¼ right stepping back on left, make ½ 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 ½ turn left, step forward on right (3 o'clock)

- 4 FULL TURN, SHUFFLE ½, COASTER STEP, 2 X PRISSY WALKS**

- 1 - 2 Turn ½ right stepping back on left, turn ½ right stepping forward on right
3 & 4 Turn ¼ right stepping left to side, close right next to left, turn ¼ 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!**