

# The First Cut Is The Deepest

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sandra Speck (UK) - November 2016  
音樂: 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 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)

### 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!

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