

# The First Cut Is The Deepest

**COPPER KNOB**  
BY CONNECTION

**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 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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