

Sea Salt Sally

Count: 96

Wall: 4

Level: Intermediate

Choreographer: Kate Sala (UK)

Music: Sea Salt Sally - Rick Guard : (Album: Stop It & Dance)



Intro : 32 Counts - starting on vocals.

Step, Hold, Side Step, Hold, Coaster Step, Hold, Forward Lock Step, Hold, Rocking Chair.

1 2 3 4 Step forward on R. Hold. Step L to L side. Hold.
5 6 7 8 Step back on R. Step L next to R. Step forward on R. Hold.
1 2 3 4 Step forward on L. Lock step R behind L. Step forward on L. Hold.
5 6 7 8 Rock forward on R. Rock back on L. Rock back on R. Rock forward on L.

Step, ½ Pivot, Step, Hold, Triple Full Turn R, Hold.

1 2 3 4 Step forward on R. Pivot ½ turn L. Step forward on R. Hold. (Facing 6 o'clock).
5 6 7 8 Turn ½ R stepping back on L. Turn ½ R stepping forward on R. Step forward on L. Hold.

Easier option for 5 6 7 8:- Forward Lock Step. Hold.

Step, Hold, Side Step, Hold, Coaster Step, Hold, Forward Lock Step, Hold, Rocking Chair.

1 2 3 4 Step forward on R. Hold. Step L to L side. Hold.
5 6 7 8 Step back on R. Step L next to R. Step forward on R. Hold.
1 2 3 4 Step forward on L. Lock step R behind L. Step forward on L. Hold.
5 6 7 8 Rock forward on R. Rock back on L. Rock back on R. Rock forward on L.

Step, ½ Pivot, Step, Hold, Triple Full Turn R, Hold.

1 2 3 4 Step forward on R. Pivot ½ turn L. Step forward on R. Hold. (Facing 12 o'clock).
5 6 7 8 Turn ½ R stepping back on L. Turn ½ R stepping forward on R. Step forward on L. Hold.

Easier option for 5 6 7 8:- Forward Lock Step. Hold.

Toe Strut R, Rock Back, Toe Strut L, Rock Back, Weave R, Hold, Rock Back.

1 2 3 4 Step on R toe to R side. Drop R heel. Rock back on L. Rock forward on R.
5 6 7 8 Step on L toe to L side. Drop L heel. Rock back on R. Rock forward on L.
1 2 3 4 Step R to R side. Cross step L behind R. Step R to R side. Cross step L over R.
5 6 7 8 Step R to R side. Hold, Rock back on L. Rock forward on R.

Side Rock, Touch, Heel Dig, Touch, Side Rock, Step Together.

1 2 3 Rock out on L to L side. Recover on to R. Touch L next to R.
4 5 Dig L heel forward to L diagonal. Touch L toe next to R instep.
6 7 8 Rock out on L to L side. Recover on to R. Step L next to R.

Coaster Cross, Hold, Scissor Step, Hold

1 2 3 4 Step back on R. Step L next to R. Cross step R over L. Hold.
5 6 7 8 Step L to L side. Step R next to L. Cross step L over R. Hold.

Turn ¼ L, Hold, Turn ¼ L, Hold, Cross Rock, Side Rock.

1 2 3 4 Turn ¼ L stepping back on R. Hold. Turn ¼ L stepping L to L side. Hold.
5 6 7 8 Cross rock R over L. Rock back on L. Rock out to R side on R. Recover on to L.

Sailor Step With ¼ Turn R, Hold, Step, Pivot ½ Turn R, Step, Hold.

1 2 3 4 Cross step R behind L. Turn ¼ R stepping L to L side. Step forward on R. Hold.
5 6 7 8 Step forward on L. Pivot ½ turn R. Step forward on L. Hold.

Start Again. Enjoy!
