

Sea Salt Sally

Choreographer: Kate Sala
Description: 96 count, 4 wall, intermediate line dance
Music: **Sea Salt Sally** by Rick Guard

Beats / Step Description

STEP, HOLD, SIDE STEP, HOLD, COASTER STEP, HOLD, FORWARD LOCK STEP, HOLD, ROCKING CHAIR

1-4 Step forward on right, hold, step left to left side, hold
5-8 Step back on right, step left next to right, step forward on right, hold
1-4 Step forward on left, lock step right behind left, step forward on left, hold
5-8 Rock forward on right, rock back on left, rock back on right, rock forward on left

STEP, ½ PIVOT, STEP, HOLD, TRIPLE FULL TURN RIGHT, HOLD

1-4 Step forward on right, pivot ½ turn left, step forward on right, hold, (facing 6:00)
5-8 Turn ½ right stepping back on left, turn ½ right stepping forward on right, step forward on left, hold
Easier option for 5-8: forward lock step, hold

STEP, HOLD, SIDE STEP, HOLD, COASTER STEP, HOLD, FORWARD LOCK STEP, HOLD, ROCKING CHAIR

1-4 Step forward on right, hold, step left to left side, hold
5-8 Step back on right, step left next to right, step forward on right, hold
1-4 Step forward on left, lock step right behind left, step forward on left, hold
5-8 Rock forward on right, rock back on left, rock back on right, rock forward on left

STEP, ½ PIVOT, STEP, HOLD, TRIPLE FULL TURN RIGHT, HOLD

1-4 Step forward on right, pivot ½ turn left, step forward on right, hold, (facing 12:00)
5-8 Turn ½ right stepping back on left, turn ½ right stepping forward on right, step forward on left, hold
Easier option for 5-8: forward lock step, hold

TOE STRUT RIGHT, ROCK BACK, TOE STRUT LEFT, ROCK BACK, WEAWE RIGHT, HOLD, ROCK BACK

1-4 Step on right toe to right side, drop right heel, rock back on left, rock forward on right
5-8 Step on left toe to left side, drop left heel, rock back on right, rock forward on left
1-4 Step right to right side, cross left behind right, step right to right side, cross left over right
5-8 Step right to right side, hold, rock back on left, rock forward on right

SIDE ROCK, TOUCH, HEEL DIG, TOUCH, SIDE ROCK, STEP TOGETHER

1-3 Rock out on left to left side, recover on to right, touch left next to right
4-5 Dig left heel forward to left diagonal, touch left toe next to right instep
6-8 Rock out on left to left side, recover on to right, step left next to right

COASTER CROSS, HOLD, SCISSOR STEP, HOLD

1-4 Step back on right, step left next to right, cross right over left, hold
5-8 Step left to left side, step right next to left, cross left over right, hold

TURN ¼ LEFT, HOLD, TURN ¼ LEFT, HOLD, CROSS ROCK, SIDE ROCK

1-4 Turn ¼ left stepping back on right, hold, turn ¼ left stepping left to left side, hold
5-8 Cross rock right over left, rock back on left, rock out to right side on right, recover on to left

SAILOR STEP WITH ¼ TURN RIGHT, HOLD, STEP, PIVOT ½ TURN RIGHT, STEP, HOLD

1-4 Cross right behind left, turn ¼ right stepping left to left side, step forward on right, hold
5-8 Step forward on left, pivot ½ turn right, step forward on left, hold

Smile and Begin Again