



Sea Salt Sally

96 count, 4 wall, easy intermediate level

Choreographer: Kate Sala (UK)

Choreographed to: "Sea Salt Sally" by Rick Guard, CD "Stop It & Dance", 32 Count intro starting on vocals

- Section 1 Step, Hold, Side Step, Hold, Coaster Step, Hold**
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
- Section 2 Forward Lock Step, Hold, Rocking Chair**
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
- Section 3 Step, 1/2 Pivot, Step, Hold, Triple Full Turn R, Hold**
1, 2, 3, 4 Step forward on R. Pivot 1/2 turn L. Step forward on R. Hold. (Facing 6 o'clock)
5, 6, 7, 8 Turn 1/2 R stepping back on L. Turn 1/2 R stepping forward on R. Step forward on L. Hold
Option: Easier option für 5, 6, 7, 8: Forward Lock Step. Hold
- Section 4 Step, Hold, Side Step, Hold, Coaster Step, Hold**
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
- Section 5 Forward Lock Step, Hold, Rocking Chair**
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
- Section 6 Step, 1/2 Pivot, Step, Hold, Triple Full Turn R, Hold**
1, 2, 3, 4 Step forward on R. Pivot 1/2 turn L. Step forward on R. Hold. (Facing 6 o'clock)
5, 6, 7, 8 Turn 1/2 R stepping back on L. Turn 1/2 R stepping forward on R. Step forward on L. Hold
Option: Easier option für 5, 6, 7, 8: Forward Lock Step. Hold
- Section 7 Toe Strut R, Rock Back, Toe Strut L, 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.
- Section 8 Weave R, Hold, Rock Back**
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
- Section 9 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
- Section 10 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
- Section 11 Turn 1/4 L, Hold, Turn 1/4 L, Hold, Cross Rock, Side Rock**
1, 2, 3, 4 Turn 1/4 L stepping back on R. Hold. Turn 1/4 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
- Section 12 Sailor Step With 1/4 Turn R, Hold, Step, Pivot 1/2 Turn R, Step, Hold**
1, 2, 3, 4 Cross step R behind L. Turn 1/4 R stepping L to L side. Step forward on R. Hold
5, 6, 7, 8 Step forward on L. Pivot 1/2 turn R. Step forward on L. Hold.

Start Again. Enjoy!

Quelle:

www.katesala.net