

# Sea Salt Sally

This was very popular at the time although not one that I see much of now. A happy song with lyrics that we can sing along to! But not too loudly especially if you are not the greatest of singers! Like myself!

## 4 WALL - 96 COUNTS - INTERMEDIATE

Steps	Actual Footwork	Calling Suggestion	Direction
<b>Section 1</b> 1 - 4 5 - 8	<b>Step, Hold, Side, Hold, Coaster Step, Hold</b> Step right forward. Hold. Step left to left side. Hold. Step right back. Step left beside right. Step right forward. Hold.	Step Hold Side Hold Coaster Step Hold	Forward On the spot
<b>Section 2</b> 1 - 4 5 - 8	<b>Forward Lock Step, Hold, Rocking Chair</b> Step left forward. Lock right behind left. Step left forward. Hold. Rock right forward. Rock back on left. Rock right back. Rock forward on left.	Left Lock Left Hold Rocking Chair	Forward On the spot
<b>Section 3</b> 1 - 4 5 - 6 7 - 8 <b>Option</b>	<b>Step, Pivot 1/2, Step, Hold, Triple Full Turn Right, Hold</b> Step right forward. Pivot 1/2 left. Step right forward. Hold. (6:00) Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. Step left forward. Hold. Counts 5 - 8: Replace triple full turn with forward lock step, hold.	Step Turn Step Hold Full Turn Step Hold	Turning left Turning right Forward
<b>Section 4</b> 1 - 4 5 - 8	<b>Step, Hold, Side, Hold, Coaster Step, Hold</b> Step right forward. Hold. Step left to left side. Hold. Step right back. Step left beside right. Step right forward. Hold.	Step Hold Side Hold Coaster Step Hold	Forward On the spot
<b>Section 5</b> 1 - 4 5 - 8	<b>Forward Lock Step, Hold, Rocking Chair</b> Step left forward. Lock right behind left. Step left forward. Hold. Rock right forward. Rock back on left. Rock right back. Rock forward on left.	Left Lock Left Hold Rocking Chair	Forward On the spot
<b>Section 6</b> 1 - 4 5 - 6 7 - 8 <b>Option</b>	<b>Step, Pivot 1/2, Step, Hold, Triple Full Turn Right, Hold</b> Step right forward. Pivot 1/2 left. Step right forward. Hold. (12:00) Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. Step left forward. Hold. Replace triple full turn with forward lock step, hold.	Step Turn Step Hold Full Turn Step Hold	Turning left Turning right Forward
<b>Section 7</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Toe Strut Right, Back Rock, Toe Strut Left, Back Rock</b> Step on right toe to right side. Drop heel taking weight. Rock left back. Rock forward on right. Step on left toe to left side. Drop heel taking weight. Rock right back. Rock forward on left.	Toe Strut Back Rock Toe Strut Back Rock	Right On the spot Left On the spot
<b>Section 8</b> 1 - 4 5 - 8	<b>Weave Right, Hold, Back Rock</b> Step right to side. Cross left behind right. Step right to side. Cross left over right. Step right to side. Hold. Rock left back. Rock forward on right.	Weave Right Side Hold Back	Right Rock On the spot
<b>Section 9</b> 1 - 3 4 - 5 6 - 8	<b>Side Rock, Touch, Heel Dig, Touch, Side Rock, Together</b> Rock left out to side. Recover onto right. Touch left beside right. Dig left heel forward to left diagonal. Touch left toe beside right instep. Rock left out to side. Recover onto right. Step left beside right.	Side Rock Touch Heel Toe Side Rock Together	On the spot
<b>Section 10</b> 1 - 4 5 - 8	<b>Coaster Cross, Hold, Scissor Step, Hold</b> Step right back. Step left beside right. Cross step right over left. Hold. Step left to side. Step right beside left. Cross step left over right. Hold.	Coaster Cross Hold Scissor Step Hold	Left Right
<b>Section</b> 1 - 4 5 - 8	<b>11 1/4 Turn Left, Hold (x 2); Cross Rock, Side Rock</b> Turn 1/4 left stepping right back. Hold. Turn 1/4 left stepping left to side. Hold. Cross rock right over left. Rock back on left. Rock right out to side. Recover onto left.	Turn Hold Turn Hold Cross Rock Side Rock	Turning left On the spot
<b>Section 12</b> 1 - 4 5 - 8	<b>Sailor Step 1/4 Turn Right, Hold, Step, Pivot 1/2, Step, Hold</b> Cross right behind left. Turn 1/4 right stepping left to side. Step right forward. Hold. Step left forward. Pivot 1/2 turn right. Step left forward. Hold.	Sailor Turn Hold Step Turn Step Hold	Turning right

**Choreographed by:**

**Kata Sala**  
UK  
September 2007.

**Choreographed to:**

'Sea Salt Sally' by Rick Guard (164 bpm) from CD Stop It & Dance! Vol 1 available from www.linermedia.com or www.mastersinline.com (32 count intro - start on vocals)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)