

Salt

Count: 32

Wall: 4

Level: Improver

Choreographer: Misuk La (KOR) & Alexis Strong (UK) - November 2020

Music: Salt - Ava Max

START ON LYRICS

[1-8] SIDE ROCK RECOVER, COASTER CROSS, SIDE ROCK RECOVER COASTER STEP FORWARD

1-2 Rock RF To R (1) Recover On LF (2)
3&4 Step Back On RF (3) Step Back On LF (&) Cross RF Over LF (4)
5-6 Rock LF To L (5) Recover On RF (6) (Arm Movements- Push Both Arms Fwd) 7&8 Step Back On LF (7) Step Back On RF (&) Step LF Fwd (8)

[9-16] FORWARD ROCK , RECOVER, RF BACK, LF TOE FORWARD HOLD, 1/4 LEFT SAILOR STEP, 3/4 PIVOT TURN.

1-2 Rock RF Fwd (1) Recover Back On LF (2)
&3-4 Step RF Back (&) Step LF FWD Toe (3) Hold (4)
5&6 1/4 Turn L / Step On LF (5) Step RF To LF (&) Step LF Fwd (6) 9:00
7-8 Step RF Fwd (7) 3/4 Turn L, Put Weight On LF (8) 12:00

[17-24] STEP R SIDE, LF BEHIND, RF SIDE ROCK, RECOVER, RF BEHIND, LF SIDE ROCK, RECOVER, LF BEHIND

1-2 Step RF To R (1) Cross LF Behind RF (2)
3-4 ROCK RF To R (3) Recover On L (4)
5-6 Cross RF Behind LF (5) ROCK LF To L (6)
7&8 Recover On RF (7) Cross LF Behind RF (8)

[25-32] x2 PONY STEPS BACK, RIGHT ROCK BACK RECOVER, 3/4 PIVOT TURN L

1&2 Step RF Back (1) Step LF To RF (&) Step RF Back(2) (Bouncing Slightly)
3&4 Step LF Back (3) Step R To L (&) Step LF Back (4) (Bouncing Slightly)
5-6 Rock RF Back (5) Recover LF(6)
7-8 Step RF FWD (7) 3/4 Pivot Turn L(8) 3:00

****NOTE: End of Wall 9 Facing 3:00 8 Count tag - Section 1 (1-8 Count) THEN RESTART**

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Last Update - 19 Nov. 2020