

# Pot Of Gold

Crystal Boot Awards Dance of the Year 1999  
Rob Fowler's Legends in Line "Dance of Legend" 2016  
Crystal Boot Awards "Classic" Dance of the Year 2022  
Nominated Crystal Boot Awards Dance of the Decade 1997-2007  
Nominated Crystal Boot Awards Vintage Dance of the Year 2024  
Nominated Crystal Boot Awards Vintage Dance of the Year 2025



Forever dedicated to my Mum, Jackie  
March 1954 to November 2025

**Choreography & Title:** Liam and Jackie Hrycan – November 1998  
**Description:** 64 Count – 4 Wall – Intermediate  
**Original Music:** Dance Above The Rainbow – Ronan Hardiman (INTRO: 16C / 117bpm / Album: Feet of Flames)  
**When dancing to this track, claps (in bold) are only performed from 2<sup>nd</sup> wall onwards**

**Memorial Tribute Music:** A Sky Full Of Stars – Coldplay (INTRO: 64C / 125BPM / Album: Ghost Stories)

**IMPORTANT: When dancing to this track, start the dance when the tambourine starts, the second time Chris Martin sings 'Cause You're A Sky... 'Cause You're A Sky Full Of Stars**

I invite you to dance and enjoy **Pot of Gold** to the alternative **Coldplay** track in her memory. It was Mum's favourite **Coldplay** song. This musical pairing is a beautiful tribute to the woman who was the first person to see the dance, who gave the dance its iconic name, and held on to the soul of the dance in her heart over all of the years that followed.

Visit my website at [www.potofgold.dance](http://www.potofgold.dance) for an extended tribute to Mum, and the story behind Pot Of Gold

## R Sailor Step, L Sailor Step, R Behind/Unwind (Full-R), L Side Rock/Recover (repeat with opposite feet)

1&2 Step right foot behind left, step left foot to left side, step right foot to right side  
3&4 Step left foot behind right, step right foot to right side, step left foot to left side  
5,6 Cross right foot behind left, unwind a full turn right in place over right shoulder (weight ending on R foot)  
7,8 Rock left foot to left side, recover weight onto right foot  
9&10 Step left foot behind right, step right foot to right side, step left foot to left side  
11&12 Step right foot behind left, step left foot to left side, step right foot to right side  
13,14 Cross left foot behind right, unwind a full turn left in place over left shoulder (weight ending on L foot)  
15,16 Rock right foot to right side, recover weight onto left foot

## R Chasse, L Cross Rock/Recover, L Chasse, R Cross Rock/Recover, R Chasse (¼-R), L Step/½ Pivot R, Fwd Full Turn R (L,R), L Shuffle Fwd

17&18 Step right foot to right side, step left foot to place beside right, step right foot to right side  
19,20 Cross rock left foot over right, recover weight back onto right foot  
21&22 Step left foot to left side, step right foot to place beside left, step left foot to left side  
23,24 Cross rock right foot over left, recover weight back onto left foot  
25&26 Step right foot to right side, step left foot to place beside right, step right foot to right side a ¼ turn right  
27,28 Step left foot forward, pivot a ½ turn right  
29,30 Step left foot forward a ½ turn right, step right foot back a ½ turn right  
31&32 Step left foot forward, step right foot to place beside left, step left foot forward

## R Mambo Rock Back, L Mambo Rock Fwd, R Step/½ Pivot L, R Stomp Fwd, L Stomp Fwd (repeated)

33&34 Rock right foot forward, recover weight back onto left foot, step right foot back  
35&36 Rock left foot back, recover weight onto right foot, step left foot forward  
37,38 Step right foot forward, pivot a ½ turn left  
39&40& Stomp right foot forward, **clap hands**, stomp left foot forward, **clap hands**  
41&42 Rock right foot forward, recover weight back onto left foot, step right foot back  
43&44 Rock left foot back, recover weight onto right foot, step left foot forward  
45,46 Step right foot forward, pivot a ½ turn left  
47&48& Stomp right foot forward, **clap hands**, stomp left foot forward, **clap hands**

## L Weave with Syncopated R Heel Touch, (&) R Replace, R Weave with Syncopated L Heel Touch, (&) L Replace

49-51 Step right foot over left, step left foot to left side, step right foot behind left  
&52& Step left foot beside right, touch right heel forward to right diagonal, step right foot to place beside left  
53-55 Step left foot over right, step right foot to right side, step left foot behind right  
&56& Step right foot beside left, touch left heel forward to left diagonal, step left foot to place beside right

## Jazzbox (½-R) with L Stomp beside R, L Chasse, R Stomp/Kick

57,58 Step right foot over left, step left foot back a ¼ turn right  
59,60 Step right foot to right side a ¼ turn right, stomp left foot to place beside right (no weight transfer)  
61&62 Step left foot to left side, step right foot to place beside left, step left foot to left side  
63&64 Stomp right foot to place beside left, **clap hands**, kick right foot forward to right diagonal (**and clap hands**)

**BEGIN AGAIN**

THIS IS THE ORIGINAL DANCE SHEET AND MUST NOT BE CHANGED, REFORMATTED OR EXTRACTED WITHOUT MY PERMISSION

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