

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida

www.swivelfeet.se

Pot Of Gold

Count: 64 Wall: 4 Level: Intermediate

Choreographer: Liam Hrycan Nov 98

Music: Dance Above The Rainbow by Ronan Hardiman

Music Suggestion: 'Celtic Fire' by Ronan Hardiman (134bpm) both tracks from Feet Of Flames Soundtrack.



Actual footwork		Calling suggestion	Direction
Section 1	Right & Left Sailor Steps, Cross, Unwind Full Turn, Side Rock		
1 & 2	Cross right behind left. Step left to left side. Step right to place.	Right Sailor	On the spot
3 & 4	Cross left behind right. Step right to right side. Step left to place.	Left Sailor	
5 - 6	Cross right behind left. Unwind full turn right weight ends on right.	Cross. Unwind.	Turning right
7 - 8	Rock to left side on left. Recover onto right in place.	Rock. Step.	On the spot
Section 2	Left & Right Sailor Steps, Cross, Unwind Full Turn, Side Rock		
1 & 2	Cross left behind right. Step right to right side. Step left to place.	Left Sailor	On the spot
3 & 4	Cross right behind left. Step left to left side. Step right to place.	Right Sailor	
5 - 6	Cross left behind right. Unwind full turn left weight ends on left.	Cross. Unwind	Turning right
7 - 8	Rock to right side on right. Recover onto left in place.	Rock. Step.	On the spot
Section 3	Right Chasse, Cross Rock, Left Chasse, Cross Rock		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
3 - 4	Cross rock left over right. Rock back onto right.	Cross. Rock	On the spot
5 & 6	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
7 - 8	Cross rock right over left. Rock back onto left.	Cross. Rock.	On the spot
Section 4	Chasse 1/4 Turn Right, Step 1/2 Pivot, Full Turn, Left Shuffle		
1 & 2	Step right to right side. Close left beside right. Step right 1/4 turn right.	Side Close Turn	Turning right
3 - 4	Step forward left. Pivot 1/2 turn right.	Step. Pivot	
5	On ball of right pivot 1/2 turn right, stepping back left.	Turn	
6	On ball of left pivot 1/2 turn right, stepping forward right.	Turn	
7 & 8	Step forward left. Close right beside left. Step forward left.	Left Shuffle	Forward
Section 5	Mambo Rocks Forward & Back, Step 1/2 Pivot, Stomps & Claps		
1 & 2	Rock forward on right. Rock back onto left. Step back on right.	Forward & Back	On the spot
3 & 4	Rock back on left. Rock forward onto right. Step forward left.	Back & Forward	
5 - 6	Step forward right. Pivot 1/2 turn left.	Step. Pivot	Turning left
7 &	Stomp right forward. (Clap).	Stomp (Clap)	Forward
8 &	Stomp left forward. (Clap).	Stomp (Clap)	
Note	The claps in this section are only done from wall two to end of dance.		
Section 6	Mambo Rocks Forward & Back, Step 1/2 Pivot, Stomps & Claps		
1 & 2	Rock forward on right. Rock back onto left. Step back on right.	Forward & Back	On the spot
3 & 4	Rock back on left. Rock forward onto right. Step forward left.	Back & Forward	
5 - 6	Step forward right. Pivot 1/2 turn left.	Step. Pivot	Turning left
7 &	Stomp right forward. (Clap).	Stomp (Clap)	Forward
8 &	Stomp left forward. (Clap).	Stomp (Clap)	
Section 7	Weave Left with Heel Jack, Weave Right with Heel Jack		
1 - 3	Cross right over left. Step left to left side. Cross right behind left.	Cross Side Behind	Left
& 4	Step left to left side. Touch right heel diagonally forward right.	& Heel	On the spot
& 5	Step right beside left. Cross left over right.	& Cross	
6 - 7	Step right to right side. Cross left behind right.	Side. Behind	Right
& 8	Step right beside left. Touch left heel diagonally forward left.	& Heel	
Section 8	Jazz Box 1/2 Turn, Stomp, Chasse Left, Stomp, Kick		
& 1 - 2	Step left beside right. Cross right over left. Step back on left.	& Cross. Back	On the spot
3	On ball of left pivot 1/2 turn right, stepping right forward.	Turn	Turning right
4	Stomp left beside right (weight remains on right).	Stomp	On the spot
5 & 6	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
7 & 8	Stomp right beside left. Kick right to right diagonal, clap hand twice.	Stomp. Clap Clap	On the spot

Copyright © för presentation och översättning, webmaster@swivelfeet.se

Översättaren tar inget ansvar för felaktiga översättningar, komplettera alltid med originalbeskrivning eller instruktion från instruktör.

Copyright © för dansen innehas av koreografen. Copyright © of the dance belong to the choreographer.