

Goin' Back to the Blue Ridge Mountains

Music By: Jim Mills



From the 2002 CD *My Dixie Home* (Bluegrass)
CD ASIN: B00006JNFN
Track Time: 3:21

Beginner Line Dance

Choreo: Stacy DeWitt, CCI

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Wait 36 Beats & Start with your Left Foot

Sequence: Chorus – Fancy Double – Verse
Chorus – Instrumental – Fancy Double
Verse – Chorus – Instrumental – Fancy Double – Verse – Chorus – Instrumental – Fancy Double – Chorus

Chorus (32 Beats)

Goin' Back (4 Double Steps) DS – DS – DS – DS (moving backward)
L R L R

Rocking Chair DS – BR/SL – DS – RS (turn ¼ left)
L R/L R LR

Repeat 3 More Times to Face the Front

Verse (32 Beats)

Loopy Vine DS – LOOP – S (xib)– DS – DS (xif)– DS – LOOP – S (xib)– DS – RS (moving left)
L R R L R L R R L RL

Triple Up & Back DS – DS – DS – BR/SL (moving forward), DS – DS – DS – RS (moving back)
R L R L/R L R L RL

Repeat on the Opposite Foot (Moving Right)

Instrumental (32 Beats)

Push Off Left & Right DS – RS – RS – RS, DS – RS – RS – RS
L RL RL RL R LR LR LR

Shuffle & Basics DR – SL – DR – SL – DR – SL – DR – SL, DS – RS – DS – RS (turn ½ left on the basics)
BOTH BOTH BOTH BOTH L RL R LR

Repeat to Face the Front

Fancy Double (4 Beats)

Fancy Double DS – DS – RS – RS
L R LR LR

Abbreviations

DS – Double Step
RS – Rock Step
BR – Brush
SL – Slide
S – Step
DR – Drag

L - Left
R - Right

xib – cross is back
xif – cross in front