

# 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