

## GOING BACK TO LOUISIANA

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Rhythm: Jive

Speed: Slow to 30 MPM (42.5 RPM)

Time: 2:34 @ 30 MPM

Music: Download from Amazon.com Artist: Delbert McClinton CD: Classic's Vol. 1, Track 5  
(Cut first 20.28 seconds, music starts with vocal "I'm Going Back", then slow 3% or 42.5 RPM)

SEQUENCE: INTRO-ABC-B(Mod)-END

Phase V + 1 (Simple Spin) + Unphased

Footwork: Opposite for Woman ([except where noted](#))

Release Date: July 2019 Ver 1.1

### INTRO

#### **1-4 WAIT,, FALLAWAY RK;, FALLAWAY THROWAWAY,; QUICK SIDE BREAKS;**

[Wait] Wait approx. 2 quick beats dance starts on the word "Back",-

[Falawy Rk] CP Fcg WALL rk bk L trng 1/8 LF, rec R trng RF, chasse sd L/cl R, sd L;  
Chasse sd R/cl L, sd R to CP Fcg Wall,

[Falawy Throwawy] Rk bk L trng 1/8 LF, rec R to SCP; Chasse fwd & sd L/R, L, trng LF  
chasse fwd R/L, R lwr hands leading lady away to LOP (Rk bk R trng 1/4 RF, rec R comm LF;  
Cont trn chasse R/L, R, cont trn chasse bk L/R, L comp 1/2 LF trn) to end LOP Fcg LOD;

[Qk Sd Brks] Keep ld hnds jnd push off R stp sd L/push off L stp sd R end with both legs  
straight, cl L twd R/cl R lwr sltly into both knees, push off R stp sd L/push off L stp sd R end  
with both legs straight, cl L twd R/cl R lwr sltly into both knees;

### PART A

#### **1-8 RK APT TO DOUBLE HIP BUMPS w/ARMS & SPIN TRIPLE TO FC;,,,**

**KICK/BALL CHG TWICE;,,, CHG L TO R,;:**

**LINK & DBL WHIP TO FC WALL w/CONTINUOUS CHASSE RIGHT (Shk Hnds);,;:**

[Rk Apt to Dbl Hip Bump w/Arms & Spin Trpl to FC] Rk apt L, rec R comm trng RF (LF),  
sd L completing 1/4 RF trn w/R sway (L sway) tch M's L to W's R hip while extending both  
arms diagonally up & out,-; Rec R swvng LF (RF) drop arms to sds,-, sd L trng RF w/R sway  
(L sway) tch M's L to W's R hip while extending both arms diagonally up & out,-; Comm to  
drop hnds spin triple RF (LF) R/L R to end LOP M Fcg LOD,-,

[Kick/Ball Chg 2X] Kick L fwd twds floor with toe turned out/step L near R ft, in place R;  
Kick L fwd twds floor with toe turned out/step L near R ft, in place R,

[Chg L to R] Rk apt L, rec R raise jnd ld hnds; Chasse sd & fwd L/R, L trng 1/4 RF (trng 3/4 LF),  
sd R/cl L, sd R to LOP Fcg Wall;

[Link to Dbl Whip w/Cont Chasse] Rk apt L, rec R, small chasse fwd L/R, L to CP WALL;  
Revolving RF over 4 steps XRIB of L, sd L, XRIB of L, sd L (Sd L, XRIF of L btwn  
M's ft, sd L, XRIF of L btwn M's ft) to end CP WALL; Chasse R/cl L, R/cl L, R/cl L, R joining  
R hnds to end M Fcg ptr & WALL;

#### **9-16 RK w/SHOULDER CHK & BK TO FC;, CHG SDS L TO R w/XTRA TURN,;:**

**RK w/SHOULDER CHK & BK TO FC;, CHG SDS L TO R w/XTRA TURN (BFLY);,;:**  
**PROGRESSIVE RK 4; TRAVELING SAND STEP;**

[Rk w/Shldr Chk & Bk to FC] Rk apt L, rec R trng lady LF to Tandem WALL touching lady's  
L shldr w/L hnd triple in place L/R, L leading lady to trn bk 1/2 RF on last step, triple in place  
R/L, R (Rk bk R, rec L trng 1/2 LF in triple in place R/L, R trng 1/2 RF on last step on the triple in  
place L/R, L) to end M Fcg ptr & WALL w/R hnds jnd;

[Chg Sds L to R w/Xtra Trn] Rk apt L, rec R trng 1/4 RF (LF) raising jnd R hnds high to  
momentary Tandem RLOD; Cont trng RF L/R, L while leading ptr to trn LF (R/L,R) to end M  
fcg ptr & COH with R hnds still jnd high, cont trng ptr LF chasse sd R/L, R (L/R, L) then  
immediately lwr the jnd R hnds to end M Fcg ptr & COH with R hnds jnd;

[Rk w/Shldr Chk & Bk to FC] Repeat measures 9 & first ½ of measure 10 of PART A above to end M Fcg ptr & COH w/R hnds still jnd;-;

[Chg Sds L to R w/Xtra Trn to BFLY] Repeat last ½ of measure 10 & measure 11 of PART A above to end BFLY WALL,;;

[Prog Rk] In BFLY pos rk apt L, XRIF of L, rk apt L, XRIF of L progress twds LOD;

[Trvlng Sand Stp] Swvl RF on R tch L toe to R instep, swvl LF on R sd L, swvl RF on L tch R heel sd, swvl LF on L XRIFL;

**PART B**

**1-8 THROWAWAY; STOP & GO;; LINK RK;;**  
**OVERTURN FALLAWAY THROWAWAY & TURN BK TO FC;;**  
**CHICKEN WKS (2 SLO & 4 QKS);;**

[Throwawy] In BFLY WALL chasse fwd & sd L/R, L lwrng jnd hands & releasing R hnd hold (chasse fwd R/L, R trng LF) to lead lady away to LOP, trng slightly LF chasse sd & fwd R/L, R (cont trng LF chasse bk L/R, L) to end LOP Fcg LOD;

[Stop & Go] Rk apt L, rec R raise jnd ld hnds to trn lady under LF, fwd chasse L/R, L trng lady ½ LF under jnd ld hnds place R hnds on lady’s L shldr blade ld hnds jnd low (Rk bk R, rec L trng LF, cont trng LF chasse R/L, R completing ½ LF trn undr jnd ld hnds) to sd by sd fcg LOD; Fwd R soft knee looking bk at lady, rec L raise lead hnds to trn lady under RF, small bk chasse R/L, R (Rk bk L soften into knee extend trlng arm straight up, rec R trng RF, chasse L/R, L completing ½ RF trn under ld hnds) to end LOP Fcg LOD;

[Link Rk] Repeat measures 3 ½ thru 4 of PART A to CP WALL; ,-,

[Ovrtrn Falawy Throwawy & Trn Bk to FC] Rk bk L trng ⅛ LF, rec R comm to trn L to SCP; Cont trng LF chasse fwd L/R, L rotating L wrist CW to trn ptr to Tandem DLW, trng LF chasse diagonally fwd R/L, R trng L wrist CCW to trn ptr bk to fc end LOP Fcg LOD;

(Bk R trng ¼ RF, rec L trng LF to SCP; Small steps run fwd R/L, R in front on M’s body spiraling ⅞ LF to fc DLW ld hnds still jnd bhnd lady’s bk, trng slightly LF chasse fwd chasse L/R, L {Optional fwd/lk, fwd} trn RF ½ on the L ft to end LOP Fcg RLOD);

[Chkn Wks] Bk L, -, bk R (Swvl on L stp fwd R, -, swvl on R stp fwd L),-; Bk L, bk R, bk L, bk R (Swvl on L stp fwd R, swvl on R stp fwd L, swvl on L step fwd R, swvl on R stp fwd L);

**9-16 CHG L TO R w/GLIDE TO SD TO FC REV;; NYKR w/SIMPLE SPIN (SHK HND);**  
**TRIPLE WHEEL w/LADY TURN UNDER 2 TO FC WALL;;**  
**STOP & GO (OVERTURN THE STOP);;**

[Chg L to R w/Glide to Sd] Rk apt L, rec R raise jnd ld hnds, chasse fwd L/R, L trng ¼ RF (chasse fwd R/L, R trng ¾ LF undr ld hnds) to LOP Fcg WALL; Sd R, lowering on R XLIF of R (XRIF of L), chasse R/L, R trng RF (LF) on the last step to end LOP both Fcg RLOD;

[Nykr w/Simple Spin] Chkng fwd L, rec R comm leading ptr to trn RF, trng LF sd & bk L take jnd ld hnds bk twds LOD releasing hnds to spin lady RF, cl R to L shake R hnds (chkng fwd R, rec L comm to trn RF, swvl RF on L ft fwd R release hnds comm to spin RF, cont spinning RF on R ft step sd & slightly bk L join R hnds) to end M Fcg ptr & WALL with R hnds jnd;

[Trpl Wheel w/Lady Under in 2] Rk bk L, rec R lead ptr fwd twd R sd, trng RF chasse fwd L/R, L trng ptr LF & tch lady’s bk with L hnd; Cont trng chasse fwd R/L, R trng lady RF, raise jnd R hands to lead lady’s LF trn cont to wheel RF fwd L, fwd R (fwd R trng LF undr jnd ld hnds cont fwd L trng LF) tch lady’s bk with L hnd to momentary tandem DLW; Chasse fwd L/R, L trng lady LF tch lady’s bk with L hnd, gently lead lady to spin RF using jnd R hnds & release chasse R/L, R to LOP Fcg WALL;



**END**

**1-8 SLINGSHOT RUNAWAY IN 6 TO FC & HOLD;; RK TO THE WHIP KICK;; KICK/BALL CROSS TO/A L TO R;;, RK & CHASSE ROLL 2 TRIPLES TO FC;; SD CLOSE LUNGE w/ARMS;**

**[Slingshot Runaway in 6 to Fc & hold]** Lunge sd L xtnd arms while lead lady to step bk, rec R, small fwd L trng lady LF by rolling wrist CW, small fwd R; Fwd L lead ptr to trn ½ RF rotating ld hnds CCW, fwd R twds WALL trng ¼ LF, pt L ft sd twds COH (Swvl RF ¼ on L ft step bk R, rec L, fwd R spiraling LF ⅞, fwd L twds LOD; Fwd R swvl RF ½ to Fc RLOD, step sd L twds WALL, pt R ft sd twds COH) hold in LOP Fcg LOD,-;

**[Rk to the Whip Kick]** Rk apt L, rec R, fwd L blending to CP, fwd R trng to fc wall maintain loose arm hold to allow lady to also fc Wall hands low in front of body (W rk apt R, rec L, fwd R to CP trng RF, fwd & sd L cont RF trn to fc WALL);

Kick L ft twds LOD looking to left/XLIF, fwd R RLOD, fwd L to RLOD trng RF releasing CP, small bk R (Kick R twds RLOD looking to right/XRIB of L, fwd L to LOD, fwd R, trng RF (LF) small bk L) to end LOP Fcg LOD;

**[Kick/Ball Cross to/a L to R]** Flick L ft fwd twds floor with toe turned out/step L near R ft, trng ⅛ RF XRIF of L, chasse sd & fwd L/R, L trng ¼ RF (trng ¾ LF); Sd R/cl L, sd R to LOP Fcg WALL,

**[Rk & Chasse Roll 2 Trpls to Fc]** Rk apt L, rec R; Chasse sd L/R, L release hnds trng RF to bk to bk pos, chasse sd R/L, R trng RF to fc ptr & WALL no hnds jnd;

**[Sd CL Lunge w/Arms]** Sd L, cl R, lunge sd L soft knee extend both arms sd;