

# Loretta's Groove

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Loretta Benjamin (USA) - February 2025  
音樂: Feeling Good - Nina Simone



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

## **SIDE TOGETHER SIDE TOGETHER RIGHT AND LEFT**

1 2 3 4      Side step right, left together, side right, left together  
5 6 7 8      Side step left, right together, side left, right together

## **HEEL TOUCHES, TRIPLE FORWARDS**

1 2 3&4      Right heel tap forward, right heel in, left triple forward LRL  
5 6 7&8      Left heel tap forward, left heel in, right triple forward RLR

## **BACK STEP TOUCHES**

1 2 3 4      Step back on left, touch right forward, step back on right, touch left forward  
5 6 7 8      Repeat steps 1-4

## **OUT AND OUT AND UP AND UP, PADDLE HALF TURN LEFT**

1&2&3&4&      Point right out, right in, point left out, left in, point right up, right in, left up, left in  
5 6 7 8      Step on right foot paddling half left turn RLRL

Submitted by: Bonnie Berns - Email: [yaelchina@yahoo.com](mailto:yaelchina@yahoo.com)