

Cain Vs. Abel

Count: 48

Wall: 4

Level: Improver

Choreographer: Claudette Lane

Music: Cain's Blood - 4 Runner



RIGHT AND LEFT 2-COUNT VINE TRIPLE STEP

- 1-2 Step on right foot to right side, step on left crossing behind right
- 3&4 Triple step (right, left, right)
- 4-6 Step on left foot to left side, step on right crossing behind left
- 7&8 Triple step (left, right, left)

TWO RIGHT ROCKING CHAIRS

- 1-4 Rock forward and back on right foot
- 5-8 Repeat above four counts

FOUR PADDLES STEPS TURNING LEFT FOR A FULL TURN

- 1-2 Step on right foot forward and pivot on left foot a $\frac{1}{4}$ turn left
- 3-8 Repeat above two counts three times

RIGHT AND LEFT LINDY ROCK STEP

- 1&2 Triple step to right side (right, left, right)
- 3-4 Rock back on the left foot recover on right foot
- 5-8 Repeat the last 4 counts starting on the left foot

FOUR SHUFFLES MOVING FORWARD

- 1&2 Shuffle right left right
- 3&4 Shuffle left right left
- 5-8 Repeat above four counts

TWO JAZZ BOXES TURNING $\frac{1}{4}$ RIGHT ON THE SECOND SET

- 1-4 Cross right foot over left, step back on left, step right to side, step left together
- 5-8 Do same above step turning on count 7 to the right

REPEAT
