

# Cain Vs. Abel

拍數: 48      牆數: 4      級數: Improver  
編舞者: Claudette Lane  
音樂: Cain's Blood - 4 Runner



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## 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 ¼ 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 ¼ 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**

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