

# CAIN VS. ABEL

**Count:** 48

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Claudette Lane

**Music:** Cain's Blood by 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 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