

EDDIE'S & BOBBIE'S RECORD SHOP

3251



CAIN'S BLOOD

Choreographer: Tony Speranzo & Laura Mitchell 2690 Woodsage Dr., Florissant, MO 63033-1436 (314) 551-2033
Record: Polydor 422 851 622-7 "Cain's Blood" **Artist:** 4 Runner
Footwork: Opposite-direction for man except where noted **Speed:** 45 1995
Sequence: INTRO - A - B - A - B - A - C - D - A - A - END **Phase:** IV Rumba

INTRO

1 - 4 WAIT; WAIT: APT, PT; CUCARACHA LEFT & RIGHT WITH ARM SWEEPS;;

1 - 4 wait two meas fcg ptr & wall with hnds on own hips;; sd L with partial wt move L arm in arc palm out high above head, rec R bring hand down in front of body with palm facing in and return hand to hip, cl L, -; sd R with partial wt move R arm in arc palm out high above head, rec L bring hand down in front of body with palm facing in return hand to hip, cl R blending to BFLY/WALL, -;

5 - 9 ALEMANA;; LARIAT TWO MEASURES;;

5 - 8 fwd L, recover on R, sd L (W cl R, fwd L, fwd R fcg ptrnr), -; bk R, recover on L, sd R (W XLIF trn R fc, fwd R cont trn, sd L to M's R sd), -; lead hnds jnd small sd L (fwd R around M), rec R (fwd L), cl L (fwd R to M's L sd), -; sd R (fwd L trng R fc), rec L (fwd R cont trn fc ptrnr), sd R (sd L to momentary BFLY), -;

PART A

1 - 4 FULL BASIC;; 1/2 BASIC TO A FAN;;

1 - 4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; fwd L, rec R, sd L, -; bk R, rec L, sml sd R, (W fwd L, trng LF sml bk R, fcg RLOD bk L) -;

5 - 8 HOCKEY STICK OVERTURNED;; NEW YORKER; SPOT TURN;

5 - 8 fwd L (W cls R), rec R (W fwd L), sd L (W fwd R), -; bk R (W fwd L), rec L (W fwd R turning LF under joined lead hands to fc RLOD), fwd R (W fwd L), -; trn 1/4 RF (W LF) thru L to LOP/RLOD, rec R to BFLY/WALL, sd L, -; trng 1/4 LF (W RF) thru R, trng 1/2 LF (W RF) cont trn LF (W RF) rec L to BFLY/WALL, sd R, -; (Third time through hold for two beats of music after completing the spot turn and before going on to PART C) (The volume of the music will have to be increased during the fourth & fifth time through the music)

PART B

1 - 4 OPEN BREAK; WHIP TO FACE COH; FENCELINE TWICE;;

1 - 4 rk bk on L raise right hand palm in, rec on R, cls L, -; bk R trn LF fc RLOD, fwd L cont trn to COH, (w fwd L across & in front of M twd COH trn LF, sd R cont trn to fc), sd R, - blending to BFLY/COH; in BFLY XLIF of R (W XRIF of L) twd LOD, rec R, sd L, -; XRIF of L (W XLIF of R) twd RLOD, rec L, sd R, -;

5 - 8 NEW YORKER; CRAB WALKS;; SPOT TURN;

5 - 8 drop trailing hands XLIF of R twd LOD (W XRIF of L), rec R/BFLY, sd L, -; XRIF of L twd RLOD, sd L, XRIF of L, -; sd L, XRIF of L, sd L, -; trng 1/4 LF (W RF) thru R, trng 1/2 LF (W RF) cont trn LF (W RF) rec L to BFLY/COH, sd R, -;

9-12 OPEN BREAK; WHIP TO FACE WALL; FENCELINE TWICE;;

9-12 rk bk on L raise right hand palm in, rec on R, cls L, -; bk R trn LF fc LOD, fwd L cont trn to WALL, (w fwd L across & in front of M twd COH trn LF, sd R cont trn to fc), sd R, - blending to BFLY/WALL; in BFLY XLIF of R (W XRIF of L) twd RLOD, rec R, sd L, -; XRIF of L (W XLIF of R) twd LOD, rec L, sd R, -;

13-16 NEW YORKER; CRAB WALKS;; SPOT TURN;

13-16 drop trailing hands XLIF of R twd RLOD (W XRIF of L), rec R/BFLY, sd L, -; XRIF of L twd LOD, sd L, XRIF of L, -; sd L, XRIF of L, sd L, -; trng 1/4 LF (W RF) thru R, trng 1/2 LF (W RF) cont trn LF (W RF) rec L to BFLY/WALL, sd R, -;

PART C

1 - 4 CHASE WITH PEEK-A-BOOS;;;

1 - 4 rk fwd L trn 1/2 RF to COH, fwd R, fwd L (W rkbk R, rec L, fwd R), -; rk sd R looking over L shoulder, rec L, cl R, -; rk sd L looking over R shoulder, rec R, sd L, -; rk fwd R trn 1/2 LF to Wall, fwd L, fwd R, - (W rk fwd L, rec R, bk L) ending BFLY/WALL;

5 - 8 NEW YORKER; AIDA; SWITCH ROCK TO FACE; CUCARACHA RIGHT;

5 - 8 drop trailing hands XLIF of R twd RLOD (W XRIF of L), rec R/BFLY, sd L, -; fwd R trng RF, sd L cont RF turn, bk R to V bk to bk pos, -; rk fwd on L, rec on R to fc ptr & wall, cls L to R, -; sd R, rec on L, cls R to L blending to BFLY/WALL, -;

9-12 ALEMANA;; LARIAT TWO MEASURES;;

9-12 fwd L, recover on R, sd L (W cl R, fwd L, fwd R fcg ptrnr), -; bk R, recover on L, sd R (W XLIF trn R fc, fwd R cont trn, sd L to M's R sd), -; lead hnds jnd small sd L (fwd R around M), rec R (fwd L), cl L (fwd R to M's L sd), -; sd R (fwd L trng R fc), rec L (fwd R cont trn fc ptrnr), sd R (sd L to momentary BFLY), -;

13-16 TIME STEP TWICE;; CUCARACHA LEFT AND RIGHT WITH ARM SWEEPS;;

13-16 XLIF of R, rec R, sd L, -; XRIF of L, rec L, sd R ending in CP/Wall, -; sd L with partial wt move L arm in arc palm out high above head, rec R bring hand down in front of body with palm facing in and return hand to hip, cl L, -; sd R with partial wt move R arm in arc palm out high above head, rec L bring hand down in front of body with palm facing in return hand to hip, cl R blending to BFLY/WALL, -;

CAIN'S BLOOD (CONTINUED)

PART D

1 - 4 CHASE;;;;

1 - 4 fwd L trng R fc COH (W bk R no trn), recover R, fwd L, -; fwd R trng L fc WALL (W trn R fc), rec L, fwd R, -; fwd L (W fwd R trn L fc fcg prtr),
rec R, bk L, -; bk R, rec L, fwd R;

5 - 8 CUCARACHA LEFT & RIGHT WITH ARM SWEEPS;; ALEMANA;;

5 - 8 sd L with partial wt move L arm in arc palm out high above head, rec R bring hand down in front of body with palm facing in and return hand
to hip, cl L, -; sd R with partial wt move R arm in arc palm out high above head, rec L bring hand down in front of body with palm facing in
return hand to hip, cl R blending to BFLY/WALL, -; fwd L, recover on R, sd L (W cl R, fwd L, fwd R fcg prtr), -; bk R, recover on L, sd R
(W XLIF trn R fc, fwd R cont trn, sd L to M's R sd), -;

9-10 LARIAT TWO MEASURES;;

9-10 lead hnds jnd small sd L (fwd R around M), rec R (fwd L), cl L (fwd R to M's L sd), -; sd R (fwd L trng R fc), rec L (fwd R cont trn fc prtr),
sd R (sd L to momentary BFLY), -;

ENDING

1 - 4 CUCARACHA LEFT AND RIGHT WITH ARM SWEEPS;; TWO SIDE, CLOSES; SIDE CORTE;

1 - 4 sd L with partial wt move L arm in arc palm out high above head, rec R bring hand down in front of body with palm facing in and return hand
to hip, cl L, -; sd R with partial wt move R arm in arc palm out high above head, rec L bring hand down in front of body with palm facing in
return hand to hip, cl R blending to CP/WALL, -; sd L, cls R, sd L, cls R; sd L trn RSCP, pt R twd RLOD;

