



CAIN'S BLOOD

Choreo:	Tony Speranzo	3102 Alta Vist Lane,	San Angelo, TX	76904-7404
E-Mail:	round_dancer@verizon.net		Phone:	(325) 949-8384
Web Page:	www.round-dancer.com			
Record:	Polydor 422 851 622-7 "Cain's Blood"	Artist: 4 Runner	Speed: 45	
Footwork:	Opposite-direction for man except where noted			
Phase:	IV Rumba	Released:	Apr 1995	
Sequence:	INTRO - A - B - A - B - A - C - D - A - A - END			

INTRO

1 - 4 WAIT; WAIT: APT, PT; CUCARACHA LEFT & RIGHT W/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 hnd down in front of body with palm facing in and return hnd 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 prtnr), -; 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 prtnr), sd R (sd L to momentary BFLY), -;

PART A

1 - 4 FULL BASIC;; HALF 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 $\frac{1}{4}$ RF (W LF) thru L to LOP/RLOD, rec R to BFLY/WALL, sd L, -; trng $\frac{1}{4}$ LF (W RF) thru R, trng $\frac{1}{2}$ LF (W RF) cont trn LF (W RF) rec L to BFLY/WALL, sd R), -;

(Third time through hold for two counts 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, -;

CAIN'S BLOOD

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 $\frac{1}{4}$ LF (W RF) thru R, trng $\frac{1}{2}$ 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 $\frac{1}{4}$ LF (W RF) thru R, trng $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ LF to Wall, fwd L, fwd R, - 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 prtnr), -; 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 prtnr), sd R (sd L to momentary BFLY), -;

13 - 16 TIME STEP TWICE;; CUCARACHA LEFT & RIGHT W/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, -;

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 prtnr), rec R, bk L, -; bk R, rec L, fwd R;

CAIN'S BLOOD

5 - 8 CUCARACHA LEFT & RIGHT W/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 prtnr), -; 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;;

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 prtnr), sd R (sd L to momentary BFLY), -;

ENDING

1 - 4 CUCARACHA LEFT & RIGHT W/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;

CAIN'S BLOOD

CAIN'S BLOOD (Quick Cues)

CHOREO: TONY SPERANZO

PHASE: IV RUMBA

RECORD: POLYDOR 422 851 622-7

SPEED: 45 RPM'S

SEQ: INTRO - A - B - A - B - A - C - D - A - A - END

INTRO: BFLY WAIT;;; CUCARACHA L & R W/ARM SWEEPS;; ALEMANA;; LARIAT;;

PART A: FULL BASIC;; 1/2 BASIC/A FAN;; HOCKEY STICK;; N YRKR; SPOT TRN;

PART B: OP BRK; WHIP/FC COH; FENCELINE 2X;; N YRKR; CRAB WKS;; SPOT TRN;
OP BRK; WHIP/FC WALL; FENCELINE 2X;; N YRKR; CRAB WKS;; SPOT TRN;

PART A: FULL BASIC;; 1/2 BASIC/A FAN;; HOCKEY STICK;; N YRKR; SPOT TRN;

PART B: OP BRK; WHIP/FC COH; FENCELINE 2X;; N YRKR; CRAB WKS;; SPOT TRN;
OP BRK; WHIP/FC WALL; FENCELINE 2X;; N YRKR; CRAB WKS;; SPOT TRN;

PART A: FULL BASIC;; 1/2 BASIC/A FAN;; HOCKEY STICK;; N YRKR;
SPOT TRN & FREEZE;

PART C: CHASE WITH PEEK-A-BOOS;;; N YRKR; AIDA; SWITCH RK/FC;
CUCARACHA R; ALEMANA;; LARIAT;; TIME STEP 2X;;
CUCARACHA 2X WITH ARMS;;

PART D: CHASE;;; CUCARACHA 2X WITH ARM SWEEPS;; ALEMANA;; LARIAT;;
INCREASE VOLUME

PART A: FULL BASIC;; 1/2 BASIC/A FAN;; HOCKEY STICK;; N YRKR; SPOT TRN;

PART A: FULL BASIC;; 1/2 BASIC; FAN;; HOCKEY STICK;; N YRKR; SPOT TRN;

END: CUCARACHA L & R W/ARM SWEEPS;; 2 SD, CLS'S; SD CORTE;