WHAT IS CLAIMED IS:

1. A modified AAVrh74 VP1 capsid protein comprising one or more modifications selected from the group of a substitution of isoleucine for asparagine at amino acid position 502, a substitution of tryptophan to arginine at amino acid 505 of the VP1 of AAVrh74, and an insertion of the peptide YIG or YIGSR (SEQ ID NO: 2) at amino acid position 591 of the VP1 of AAVrh74, or an equivalent of each thereof.

2. A recombinant viral particle comprising the modified AAVrh74 VP1 of claim 1.

3. The recombinant viral particle of claim 2, wherein the recombinant viral particle is a modified AAVrh74.

4. The recombinant viral particle of any of claims 1-3, further comprising a transgene or CRISPR system.

5. A polynucleotide encoding the modified AAVrh74 VP1 of claim 1 and/or the recombinant viral particle of claims 2 or 3, that is optionally contained within a vector

6. A recombinant expression system for producing the recombinant viral particle of claim 3, optionally comprising the vector of claim 5.

7. A host cell comprising the polynucleotide or vector of claim 5.

8. A method for modifying a polynucleotide and/or protein in a cell comprising delivering to the cell an effective amount of a recombinant viral particle that comprises the modified capsid protein of claim 1 or 4, or the viral particle of claim 2.

9. The method of claim 8, wherein the cell is a mammalian cell.

10. The method of claim 9, wherein the mammalian cell is a human cell.

11. A method for modifying a polynucleotide and/or protein in a subject, comprising administering to the subject an effective amount of a recombinant viral particle that comprises the modified capsid protein of claim 1 or 4, or the viral particle of claim 2.

12. The method of claim 11, wherein the subject is a mammal.

13. The method of claim 12, wherein the mammalian is a human.

14. The method of any one of claims 11-13, wherein the administration is local or systemic.

15. A kit comprising a recombinant viral particle that comprises the modified capsid protein of claim 1 or 4, or the viral particle of claim 2.