

NO MAN IS AN ISLAND

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Count: — Wall: — Level: —

Choreographer: Goffrey Mason

Music: Calling (Wip 'Coeur De Lion' Edit) by Geri Halliwell

Sequence: AAB, Tag, AAB, BCA, BB

PART A

KICK BALL CHANGE TWICE, ROCK STEP, $\frac{3}{4}$ TURN RIGHT

1-4 Kick right forward, stepping right left, ball change, repeat

5-6 Rock forward on right, recover onto left

7&8 $\frac{3}{4}$ turn right, stepping right, left, right

KICK BALL CHANGE TWICE, ROCK STEP $\frac{1}{2}$ TURN LEFT

9-12 Kick left forward, stepping left right, ball change, repeat

13-14 Rock forward on left, recover onto right

15-16 $\frac{1}{2}$ turn left, stepping left, right, left

RIGHT SHUFFLE, LEFT SHUFFLE, ROCK STEP, COASTER STEP

17&18 Step forward right, step left beside right, step forward right

19&20 Step forward left, step right beside left, step forward left

21-22 Rock forward on right, recover onto left

23&24 Step back on right, step left beside right, step forward right

SIDE ROCK, TRIPLE IN PLACE TWICE

25-26 Rock left to left side, recover onto right

27&28 Triple step in place, stepping left, right, left

29-30 Rock left to left side, recover onto right

31&32 Triple step in place, stepping left, right, left

PART B

GRAPEVINE RIGHT, $\frac{1}{2}$ TURN RIGHT, TOUCH CROSS TOUCH CROSS TOUCH

- 1-4 Step right to right, step left behind right, step right to right, making $\frac{1}{2}$ turn right, touch left to left
- 5-6 Step left behind right, touch right to right
- 7-8 Step right behind left, touch left to left

HIP BUMPS OVER 8 COUNTS

- 9&10 Hip bumps left, bumping left, right, left
- 11&12 Hip bumps right, bumping right, left, right
- 13-16 Swaying hips, left, right, left, right

CROSS BEHIND, $\frac{1}{2}$ TURN, SAILOR, CROSS BEHIND, $\frac{1}{4}$ TURN, SAILOR

- 17-18 Cross left behind right, on ball of left make $\frac{1}{2}$ turn right, touching right slightly forward
- 19&20 Step right behind left, step left beside right, step right slightly forward
- 21-22 Cross left behind right, on ball of left make $\frac{1}{4}$ turn left, touching right slightly forward
- 23&24 Step right behind left, step left beside right, step right slightly forward

LEFT SHUFFLE, MAMBO STEP, CROSS UNWIND, WALK, WALK

- 26&26 Step forward left, step right beside left, step forward left
- 27&28 Rock forward on right, step slightly back left, step right beside left
- 29-30 Cross left behind right, unwind $\frac{1}{2}$ turn left
- 31-32 Walk forward right, walk forward left

TAG

- 1-8 Four $\frac{1}{4}$ paddle turns left
- 9-10 Rock forward onto right, recover onto left
- 11&12 Triple $\frac{1}{2}$ turn right, stepping right, left, right
- 13-14 Rock forward on left, recover onto right
- 15&16 Triple turn left, stepping left, right, left

PART C

SIDE ROCK, CROSS SHUFFLE TWICE

- 1-2 Rock right to right, recover onto left
- 3&4 Cross right over left, step left beside right, cross right over left

- 5-6 Rock left to left, recover onto right
- 7&8 Cross left over right, step right beside left, cross left over right

SIDE ROCK TOE & HEEL, & SIDE ROCK TOE & STOMP

- 9-10 Rock right to right, recover onto left
- 11&12 Cross right over left, touching right toe forward, step slightly back on left, dig right heel forward
- 13-14 Rock left to left, recover onto right
- 15&16 Cross left over right, touching left toe forward, step slightly back on right, stomp left beside right

RIGHT SHUFFLE STEP $\frac{1}{4}$, LEFT SHUFFLE STEP $\frac{1}{2}$

- 17&18 Step forward right, step left beside right, step forward right
- 19-20 Step forward left, turn $\frac{1}{4}$ turn right
- 21&22 Step forward left, step right beside left, step forward left
- 23-24 Step forward right, turn $\frac{1}{2}$ turn left

GRAPEVINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

- 25-28 Step right to right, cross left behind right, step right to right, touch left beside right
- 29-32 Make full turn left, stepping left, right, left, touch right beside left

ROCK STEP, BACK LOCK STEP, BACK LOCK STEP, BACK ROCK STEP

- 33-34 Rock forward on right, recover on left
- 35&36 Step back right, lock left over right, step back right
- 37&38 Step back left, lock right over left, step back left
- 39-40 Rock back on right, recover on left

OUT, OUT, IN, IN, OUT, OUT, IN, IN

- &41&42 Jump feet apart, right, left, jump feet together, right, left
- &43&44 Jump feet apart, right, left, jump feet together, right, left