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No Man Is An Island

124 count, phrased, intermediate/advanced level
Choreographer : Goffrey Mason (England) Dec01
Choreographed to : Calling (coeur de lion) edit by
Geri Halliwell

Phrased: A,A,B,Tag,A,A,B,B,C,A,B,B

PART A

Section 1 KICK BALL CHANGE x2, ROCK STEP, ¾ TURN RIGHT

1 – 4 Kick right forward, Stepping right left, Ball change, Repeat.
5 – 6 Rock forward on right, Recover onto left.
7 & 8 ¾ Turn right, Stepping Right, Left, Right.

Section 2 KICK BALL CHANGE x2, ROCK STEP ½ TURN LEFT

9 – 12 Kick left forward, Stepping Left Right, Ball change, Repeat.
13 – 14 Rock forward on left, Recover onto right.
15 – 16 ½ Turn left, Stepping Left, Right, Left.

Section 3 R SHUFFLE, L 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.

Section 4 SIDE ROCK, TRIPLE IN PLACE x2

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

Section 1 GRAPEVINE RIGHT, ½ TURN RIGHT, TOUCH CROSS TOUCH CROSS TOUCH

1 – 4 Step right to right, Step left behind right, Step right to right, making ½ 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.

Section 2 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.

Section 3 CROSS BEHIND, ½ TURN, SAILOR, CROSS BEHIND, ¼ TURN, SAILOR

17 – 18 Cross left behind right, On ball of left make ½ 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 ¼ turn left, Touching right slightly forward.
23 & 24 Step right behind left, Step left beside right, Step right slightly forward.

Section 4 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 ½ turn left.
31 – 32 Walk forward right, Walk forward left.

Tag 16 Counts

1 – 8 4x ¼ paddle turns left.
9 – 10 Rock forward onto right, Recover onto left.
11 & 12 Triple ½ 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

Section 1 SIDE ROCK, CROSS SHUFFLE x 2

- 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.

Section 2 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.

Section 3 R SHUFFLE STEP ¼, LEFT SHUFFLE STEP ½

- 17 & 18 Step forward right, Step left beside right, Step forward right.
19 – 20 Step forward left, Turn ¼ turn right.
21 & 22 Step forward left, Step right beside left, Step forward left.
23 – 24 Step forward right, Turn ½ turn left.

Section 4 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.

Section 5 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.

Section 6 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.