

# No Man Is An Island

Count: 0

Wand: 0

Ebene:

Choreograf/in: Goffrey Mason (UK)

Musik: Calling (WIP 'Coeur De Lion' Edit) - 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 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**

#### **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 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

#### **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

---