He left Maine 'cause he needed a change
And he was desperate to rearrange priorities
And he thought the sea would be the best place to be
So he saved his money, sold his car
And with his eye set on a Southern star
Got the courage to follow his heart
Set out for a brand new start

He's an island boy
Now he's an island boy
Living his life where stress is the enemy
Now he's an island boy
A stone's throw from St. Croix
He's finally found his piece of serenity

Now he tends bar at the Old Mango
And he sees tourists come and go
With their pressed pants and camera case
Too much sun burned on their face
Now he watches the snow on CNN
With all of his dope-smokin' friends
Just look at the hell they must be in
Swears he won't go back again

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You know the love of his life has always been Emily
She loves the man she sees
In her island boy
Now he's an island boy
Living his life where stress is the enemy
Now he's an island boy
A stone's throw from St. Croix
He's finally found his piece of serenity

Island boy
A stone's throw from St. Croix
Island boy
Island boy
Island boy