

Alone In My Mind

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Count: 32

Wall: 4

Level: Intermediate Cha Cha

Choreographer: Yann Gourvellec - March 2018

Music: Alone by Halsey (feat Big Sean and Stefflon Don)

Start after 16 counts

Section 1 : Side, Back rock, Chassee side, Cross rock, Side rock, Cross rock, $\frac{1}{4}$

- 1-2-3** Step Left to Left side, cross rock Right behind Left
- 4&5** Step Right to the Right side, Step Left next to Right, Step Right to the Right side
- 6&7&** Cross rock Left across Right, recover on right, step Left to Left side, recover on Right
- 8&1** Cross rock Left across Right, recover on right, Make $\frac{1}{4}$ turn stepping fwd on Left

Section 2: Cross $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{4}$ Chassee side, Back rock, $\frac{1}{4}$ Step Lock fwd

- 2-3** Make $\frac{1}{4}$ turn Left stepping Right over Left, Make $\frac{1}{2}$ turn Left stepping forward on Left
- 4&5** Make $\frac{1}{4}$ turn Left stepping Right to the Right side, Step Left next to Right, Step Right to the Right side
- 6-7** Cross rock Left behind Right, recover on Right
- 8&1** Make $\frac{1}{4}$ turn Left stepping fwd on Left, lock Right behind Left, step forward on Left

Tag here on the wall 6

Section 3 : Cross, $\frac{1}{4}$, $\frac{1}{2}$ Shuffle fwd, Cross rock, Behind side cross

- 2-3** Cross step Right over Left, make $\frac{1}{4}$ turn Right stepping back on Left
- 4&5** Make $\frac{1}{2}$ turn Right stepping fwd on Right, Step Left next to Right, Step forward on Right
- 6-7** Cross rock Left across Right, recover on right
- 8&1** Cross step Left behind Right, step Right to Right side, Cross step Left over Right

Section 4 : Point, Touch, Point, Coaster cross, Mambo touch, Side, Together

- 2&3** Point Right to Right side, Touch Right next to Left, Point Right to Right side,
- 4&5** Step back on Right, step Left next to Right, Cross step Right over Left
- 6&7** Rock forward on Left, Touch Left next to Right
- 8&** Step Left to the Left side, Step Right next to Left

Tag : Wall 6 after 16 counts

At the end of the Section 2 of the wall 6, change count 16, instead of doing a ¼ Step lock fwd, make a ¼ turn Touch Right next to Left, and repeat the tag twice

Section T1 : Side Shuffle, Back rock, ½ Shuffle fwd, Step turn

- 1&2** Step Left to the Left side, Step Right next to Leftt, Step Left to the Left side
- 3-4** Cross rock Right behind Left, recover on Leftt
- 5&6** Make ½ turn Right stepping fwd on Right, step Left next to Right, step forward on Right
- 7-8** Step forward on Left, Make ½ Right stepping fwd on Right

Section T2: Step touch, Step touch, Jazz box

- 1-2** Step fwd on Left, Touch Right next to Left
- 3-4** Step fwd on Right, Touch Left next to Right
- 5-6** Cross step Left over Right, step back on Right
- 7-8** Step left to Left side, step forward on Right

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