



Alone In My Mind

32 Count, 4 Wall, Intermediate (Cha Cha)
Choreographer: Yann Gourvellec (FR) Feb 2018
Choreographed to: Alone by Halsey,
ft. Big Sean and Stefflon Don

Start after 16 counts

Section 1: **Side, Back rock, Chassee side, Cross rock, Side rock, Cross rock, Side**

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, step Left to Left side

Section 2: **Cross ½, ½, ¼ Chassee side, Back rock, ¼ Step Lock fwd**

2-3 Make ½ turn Left stepping Right over Left, Make ½ turn Left stepping forward on Left
4&5 Make ¼ 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 ¼ turn Left stepping fwd on Left, lock Right behind Left, step forward on Left

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Section 3: **Cross, ¼, ½ Step lock fwd, Cross rock, Behind side cross**

2-3 Cross step Right over Left, make ¼ turn Right stepping back on Left
4&5 Make ½ turn Right stepping fwd on Right, lock Left behind 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:

Section 1: **Side Shuffle, Back rock, ½ Shuffle fwd, Step turn**

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

Section 2: **Step touch, Step touch, Dorothy x2**

1-2 Step fwd on Right, Touch Left next to Right
3-4 Step fwd on Left, Touch Right next to Left
5-6& Step forward slightly to diagonal on Left, lock Right behind Left, step forward slightly to diagonal on Left
7-8& Step forward slightly to diagonal on Right, lock Left behind Right, step forward slightly to diagonal on Right

Section 3: **Side with a Sway, Sway, Sailor L, Sailor R, Back point, ½**

1-2 Step Right to the Right side with a Sway hips to Right, sway hips to Left
3&4 Cross step Right behind Left, step Left to Left side, step Right to Right side
5&6 Cross step Left behind Right, step Right to Right side, step Left to Left side
7-8 Point Right to the back, Make ½ turn Right stepping fwd on Right

Section 4: **Shuffle fwd, Rock step, ½ Shuffle, ¼ Shuffle, Together**

1&2 Step fwd on Left, Step Right next to Left, Step fwd on Left
3-4 Step fwd on Right, recover on Left
5&6 Make ¼ turn Right stepping Right to Right side, Step Left next to Right,
Make ¼ turn Right stepping fwd on Right
7&8& Make ¼ turn Right stepping Left to Left side, Step Right next to Left, Step Left to Left side,
Step Right next to Left