



Alvaro

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Count:80 Wall:2 Level:Intermediate

Choreographer:Robbie McGowan Hickie & Karl-Harry Winson (UK) April 2015

Music:All In My Head by Alvaro Estrella (132 bpm – iTunes, Amazon)

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#16 Count intro

**S1: Side Step Right. Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Side Step with 1/4 Turn Left.**

1 – 3Step Right to Right side. Cross rock Left over Right. Rock back on Right.

4&5Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.

6 – 8Step forward on Right. Pivot 1/2 Left. Make 1/4 turn Left stepping Right Long step to Right side.

**S2: Back Rock. 2 x Walks Forward. Forward Rock. Triple Full Turn Left.**

1 – 2Rock back on Left. Rock forward on Right. (12.00)

3 – 4Walk forward on Left. Walk forward on Right.

5 – 6Rock forward on Left. Rock back on Right.

7&8Triple step making Full turn Left (on the spot) stepping Left. Right. Left. Or: Left Coaster Step

**S3: Side. Touch. Left Kick Ball-Cross. Side Step. Touch Across. Point Out. Touch Behind (With shoulder lift)**

1 – 2Step Right to Right side. Touch Left toe beside Right.

3&4Kick Left Diagonally forward Left. Step Left beside Right. Cross step Right over Left.

5 – 7Step Left to Left side. Touch Right toe across Left. Point Right toe out to Right side.

8Touch Right toe behind Left - Lifting Right shoulder and dropping the Left and Look Down to Left side

**S4: Side Step Right. Hold. & 1/4 Turn Right. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Back Rock.**

1 – 2Step Right to Right side. Hold.

&3 – 4Step Left beside Right. Make 1/4 Right stepping forward on Right. Step forward on Left.

5 – 6Pivot 1/2 turn Right. Make 1/4 turn Right stepping Left to Left side.

7 – 8Rock back on Right. Rock forward on Left.

**S5: Step. 1/2 Turn Right. Right Coaster. Step. 1/2 Turn Left. Left Shuffle 1/2 Turn Left.**

1 – 2Step forward on Right. Make 1/2 turn Right stepping back on Left.

3&4Step back on Right. Step Left beside Right. Step forward on Right.

5 – 6Step forward on Left. Make 1/2 turn Left stepping back on Right.

7&8Left shuffle making 1/2 turn Left stepping Left. Right. Left. (6:00)

**S6: Step Forward. & Heel Lift. Touch Back. Reverse Pivot 1/2 Turn Right. Step. Hold & Step. Scuff.**

1&2 Step forward on Right. Raise both heels up. Lower both heels to floor. (Weight ends on Left)

3 – 4 Touch Right toe back. Make 1/2 turn Right taking weight on Right.

5 – 6 Step forward on Left. Hold.

&7 – 8 Step ball of Right beside Left. Step forward on Left. Scuff Right forward. (12:00)

**S7: Rocking Chair. 2 x Walks Around. Turning Cross Shuffle. (Completing 1/2 Circle Turn Left).**

1 – 4 Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left.

5 – 6 Make 1/8 turn Left walking forward on Right. Make 1/8 turn Left walking forward on Left.

7&8 Cross step Right over Left. Step Left to Left side. Cross Right over Left (Gradually making 1/4 turn Left)

**S8: 2 x Walks Around. Left Triple Step. (Completing 1/2 Circle Turn Left). Right Jazz Box Cross.**

1 – 2 Make 1/8 turn Left walking forward on Left. Make 1/8 turn Left walking forward on Right.

3&4 Left Triple step turning 1/4 Left stepping Left. Right. Left. (12:00)

5 – 8 Cross step Right over Left. Step back on Left. Step Right to Right side. Cross step Left over Right.

**S9: Side Step Right. Drag. Ball-Cross. Side Step Left. Back Rock. 2 x Walks Forward.**

1 – 2 Long step Right to Right side. Drag Left towards Right.

&3 – 4 Step ball of Left beside Right. Cross step Right over Left. Long step Left to Left side.

5 – 6 Rock back on Right. Rock forward on Left.

7 – 8 Walk forward on Right. Walk forward on Left.

**S10: Pivot 1/2 Turn Right. Left Shuffle Diagonally Forward Left. Out – Out. Back. Cross. Chasse Right**

1,2&3 Pivot 1/2 turn Right. Left shuffle Diagonally forward Left stepping Left. Right. Left.

4 – 5 (Still on Diagonal) Step Right out to Right side (push hips Right). Step Left out to Left side (push hips Left)

6 – 7 (Straighten up to 6 o'clock) Step back on Right. Cross step Left over Right.

8& Step Right to Right side. Close Left beside Right. (6:00)