

Alana Monteiro Releases Official Music Video Titled 'Ghosting'

With her vocals and lyrics, Alana Monteiro answers the silence in the new "Ghosting" video: she is done being ghosted.

NY, UNITED STATES, October 19, 2026 /EINPresswire.com/ -- Model, actress and singer-songwriter Alana Monteiro has released the official music video for her single "Ghosting." The video premiered on her YouTube channel. HZ Studio directed and produced it, and Monteiro herself wrote the lyrics and provided the vocals.



"Ghosting" follows a woman counting the days since the man she loves stopped answering her messages. She asks a friend what to do, loses sleep, and keeps returning to the same question: was it love, or was it something less? The third verse fills in the picture. He brought her into his home and sat her courtside at his games but never set his pride aside long enough to say what he felt.

The song sits in the R&B style Monteiro has worked in since her debut. Its hook turns the title into a repeated question, and the verses mark time in days, then weeks, then a month, as the silence stretches on. Ghosting has joined the long line of hits by Monteiro, which includes "High," "If the Roles Were Reversed," "Miss No More," "Withdrawals," and "Think About Me."

"I wrote 'Ghosting' in the middle of that feeling where someone goes quiet and you start counting the days," said Alana Monteiro. "You replay everything and ask yourself if it was real. The video puts that confusion on screen. I wanted anyone who has been left on read to watch it and feel less alone in asking what happened."

Monteiro grew up in New Bedford, Massachusetts, where she spent 15 years training in dance before moving to New York City at 18 to model. Her screen credits include Disney's "Hocus Pocus 2," Netflix's "Someone Great" and "Second Act," along with national commercials for Fanatics,

Wayfair and Indeed. She writes her own lyrics and has released her singles through Alana Monteiro Music.

The “Ghosting” video follows the visual language of Monteiro’s “High” and adds to the run of visuals she has released on her YouTube channel.

Watch the official music video for “Ghosting” on YouTube:

<https://www.youtube.com/watch?v=mM9kR1LR40A>

Listen to Alana Monteiro on:

Spotify: <https://open.spotify.com/artist/1TIQspAilOjA4RPUAeAU8m>

Apple Music: <https://music.apple.com/us/artist/alana-monteiro/1575592237>

Follow Alana Monteiro:

Instagram [@alanaamonteiro](#)

YouTube @AlanaMonteiroMusic

Facebook @AlanaMonteiroMusic

X @ImAlanaMonteiro

Learn more at <https://www.alanamonteiro.com>

About Alana Monteiro

Alana Monteiro is a Cape Verdean-American model, singer-songwriter, actress and dancer based in New York City. Born in New Bedford, Massachusetts, she began modeling professionally in 2015, has signed with Wilhelmina Models and Next Model Management, and has appeared in Vogue, Harper’s Bazaar and Elle and in campaigns for CoverGirl, L’Oréal Paris and Nike. She released her debut single “High” in June 2021 and writes and performs her own R&B music. In May 2025 she founded the Alana Monteiro Modeling Camp in New Bedford, a five-day workshop that gives aspiring models and actors hands-on industry training.

Joy

TP Studio

Visit us on social media:

[Instagram](#)

[Facebook](#)

[YouTube](#)

[X](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/950818460>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable

in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.