

# Off the Track

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** José Miguel Belloque Vane (NL), Matt Lewis (WLS), Ray Jones (WLS), Rob Fowler (ES) & Willie Brown (SCO) - October 2025

**Music:** Off The Track - Cowboys and Indie



**Intro; 16 counts (on vocals)**

## **SEC 1 – SIDE, BACK ROCK, RECOVER, LOCK STEP, ½ PIVOT, ½ LOCK STEP**

- 1,2,3 Step Left to Left side, rock back on Right, recover weight forward on Left  
4&5 Step forward on Right, lock Left behind Right, step forward on Right  
6,7 Step forward on Left, pivot ½ Right taking weight on Right [6]  
8&1 Turning ½ Right; step back on Left, lock Right across Left, step back on Left [12]

## **SEC 2 – DRAG, BALL CROSS, SIDE ROCK CROSS, ¼, ¼, CROSS ¼ TOGETHER**

- 2&3 Drag Right towards Left, close Right beside Left, cross Left over Right  
4&5 Rock Right to Right side, recover weight on Left, cross Right over Left  
6,7 Turn ¼ Right and step back on Left, turn ¼ Right and step Right to Right side [6]  
8&1 Cross Left over Right, turn ¼ Left and step back on Right, close Left beside Right [3]

**\*push hips slightly back keeping weight forward**

## **SEC 3 – ROCK, HOOK, LOCK STEP, ROCK, RECOVER SWEEP, ¼ SAILOR**

- 2,3 Rock forward on Right, recover back on Left and 'hook' Right across front of Left  
4&5 Step forward on Right, lock Left behind Right, step forward on Right  
6,7 Rock forward on Left, recover on Right sweeping Left out and back turning ¼ Left [12]  
8&1 Cross Left behind Right, step Right out to Right, step Left to Left side

## **SEC 4 – SIDE, HOLD, 1/8 BALL STEP, HOLD, 1/8 BALL ROCK, RECOVER, ½ TURN, LOCK STEP**

- 2&3 Hold count 2, close Right beside Left, turn 1/8 Left and step slight forward on Left  
4&5 Hold count 4, close Right beside Left, turn 1/8 Left and rock forward on Left [9]

**\* Counts 2-5 make a ¼ turn Left in total**

- 6,7 Recover weight back on Right, turn ½ Left and step forward on Left [3]  
&8& Step forward on Right, lock Left behind Right, step forward on Right

**\* Push off Right foot to start the dance again stepping Left to Left side**

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**TAG; At the end of wall 2, facing 6 o'clock, there is a 4 count tag;**

- 1,2 Step forward on Left, pivot ½ Right taking weight on Right  
3,4 Step forward Left, close Right beside Left

**Begin the dance again now facing 12 o'clock**

**RESTART; During wall 5, facing 6 o'clock, dance up to and including the end of Section 3.**

**The last step of the sailor step will be count 1 of your new wall, again facing 6 o'clock**

**ENDING; You will begin the last wall facing 12 o'clock. Dance up to and including the sailor step then omit the ¼ turn from the step holds to finish facing 12 o'clock, eg;**

- 1,2 Step Left to Left side, hold count 2  
&3,4 Close Right beside Left, Step Left to Left side, hold count 4  
&5 Close Right beside Left, Step Left to Left side with arms out to side. Ta-Da!!