Off the Track

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: José Miguel Belloque Vane (NL), Matt Lewis (UK), 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!!