

Off The Track

32 count, 4 wall, intermediate level

Choreographer: José Miguel Belloque Vane, Matt Lewis, Ray Jones, Rob Fowler & Willie Brown, October 2025

Choreographed to: "Off The Track" by Cowboys and Indie

Intro: 16 counts (start on vocals)

Section 1 Side, Back Rock, Lock Shuffle, 1/2 Pivot R, 1/2 Lock Shuffle R

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 1/2 Right taking weight on Right (6:00)
 8&1 Turning 1/2 Right; step back on Left, lock Right across Left, step back on Left (12:00)

Section 2 Drag-&-Cross, Side Rock Cross, 1/4 R, 1/4 R, Cross-1/4 L-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 1/4 Right and step back on Left, turn 1/4 Right and step Right to Right side (6:00)
 8&1 Cross Left over Right, turn 1/4 Left and step back on Right, close Left beside Right (3:00)

Styling *Push hips slightly back keeping weight forward*

Section 3 Rock Step w. Hook, Lock Shuffle, Rock Step w. Sweep 1/4 L, Sailor Step

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 1/4 Left (12:00)
 8&1 Cross Left behind Right, step Right out to Right, step Left to Left side ***** Restart (6:00)**

Section 4 Hold-Close-1/8 L Step, Hold-Close-1/8 L Rock, Recover, 1/2 L, Lock Shuffle

2&3 Hold, close Right beside Left, turn 1/8 Left and step slight forward on left (10:30)
 4&5 Hold, close Right beside Left, turn 1/8 Left and rock forward on Left (9:00)
 6 7 Recover weight back on Right, turn 1/2 Left and step forward on Left (3:00)
 &8& Step forward on Right, lock Left behind Right, step forward on Right

Tag *At the end of wall 2, facing 6:00, there is a 4 count tag:*

Step-1/2 Pivot R, Step, Together

1 2 *Step forward on Left, pivot 1/2 Right taking weight on Right*

3 4 *Step forward Left, close Right beside Left*

Begin the dance again now facing 12 o'clock

Restart *On wall 5 restart the dance after section 3 facing 6:00.*

The last step of the sailor step will be count 1 of your new wall

Ending *You will begin the last wall facing 12:00.*

Dance up to and including the sailor step then omit the 1/4 turn from the step holds to finish facing 12:00

1 2 *Step Left to Left side, hold*

&3 4 *Close Right beside Left, Step Left to Left side, hold*

&5 *Close Right beside Left, Step Left to Left side with arms out to side. Ta-Da!!*

Quelle:

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