

Off The Track



www.linedancerweb.com www.linedancefoundation.com www.crystalbootawards.com 32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Jose Miguel Belloque Vane (NL), Matt Lewis (UK),
Ray Jones (UK), Rob Fowler (ES) & Willie Brown (UK) Oct 2025

Choreographed to: Off The Track by Cowboys And Indie
Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2-3 4&5 6-7 8&1	SIDE, BACK ROCK, LOCK STEP, ½ PIVOT, ½ LOCK STEP Step left to left side, rock back on right, recover weight forward on left Step forward on right, lock left behind right, step forward on right Step forward on left, pivot ½ right taking weight on right (6:00) Turn ½ right step back on left, lock right across left, step back on left (12:00)
SEC 2 2&3 4&5 6-7 8&1	DRAG, BALL CROSS, SIDE ROCK CROSS, ½ HINGE, CROSS ¼ TOGETHER Drag right towards left, close right beside left, cross left over right Rock right to right side, recover weight on left, cross right over left Turn ¼ right and step back on left, turn ¼ right and step right to right side (6:00) Cross left over right, turn ¼ left and step back on right, close left beside right (3:00)
SEC 3 2-3 4&5 6-7 8&1	ROCK, HOOK, LOCK STEP, ROCK, RECOVER SWEEP, ¼ SAILOR Rock forward on right, recover back on left and 'hook' right across front of left Step forward on right, lock left behind right, step forward on right Rock forward on left, recover on right sweeping left out and back turning ¼ left (12:00) Cross left behind right, step right out to right, step left to left side
Restart	Here on Wall 5, the last step of the sailor step will be count 1 of your new Wall
SEC 4 2&3 4&5 6-7 &8&	HOLD, 1/8 BALL STEP, HOLD, 1/8 BALL ROCK, RECOVER, 1/2 TURN, LOCK STEP Hold, close right beside left, turn 1/8 left and step slight forward on left (10:30) Hold, close right beside left, turn 1/8 left and rock forward on left (9:00) Recover weight back on right, turn 1/2 left and step forward on left (3:00) Step forward on right, lock left behind right, step forward on right
Tag	ALU L CIM II O
1-2 3-4	At the end of Wall 2 STEP, ½ PIVOT, STEP, CLOSE Step forward on left, pivot ½ right taking weight on right Step forward left, close right beside left

