

School Dance Styles

Ecole de Danse

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*

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.schooldancestyles.fr

School Dance Styles

Ecole de Danse

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

1,2 Step forward on Left, pivot $\frac{1}{2}$ Right taking weight on Right

3,4 Step forward Left, close Right beside Left

Begin the dance again now facing 12 o'clock

RESTART;

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;

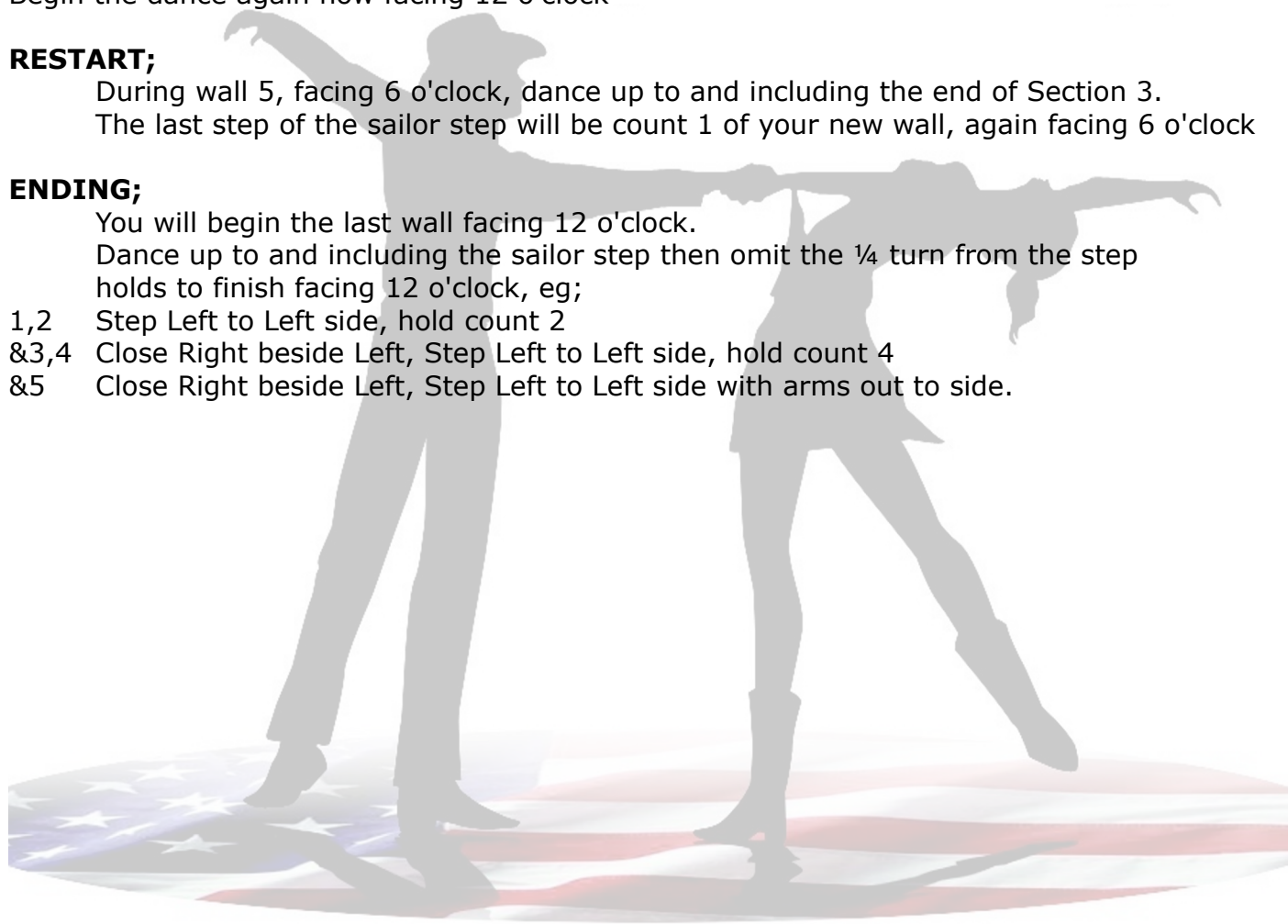
You will begin the last wall facing 12 o'clock.

Dance up to and including the sailor step then omit the $\frac{1}{4}$ 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.



Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.schooldancestyles.fr