

Intro: 24 counts /12 secs (Main Vocals)

1-8 RIGHT-LOCK-STEP, LEFT-LOCK-STEP, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1&2 (1)Step right forward on right diagonal (&)lock left behind right (2) Step right forward on right diagonal [12]
3&4 (3)Step left forward on left diagonal (&)lock right behind left (4) Step left forward on left diagonal [12]
5&6 (5)Step right behind left (&)step left in place (6)step right to right [12]
7&8 (7)Step left behind right (&)step right in place (8)step left to left [12]

9-16 BEHIND-FULL UNWIND, ROCK-RECOVER, BEHIND-SIDE-FRONT, ROCK-RECOVER & HOOK

- 1-2 (1)Cross right behind left (2)unwind full turn right [CW, 12]
3-4 (3)Rock forward left (4)recover right [12]
5&6 (5)Step left behind right (&)step right to right (6)step left across front of right [12]
7-8& (7)Rock forward right (8)recover left (&)hook right across left shin [12]

RESTART the dance from here during 3rd wall after short instrumental break. (facing 3 o'clock)

17-24 ROCK-RECOVER, BACK-LOCK-STEP, BACK-HALF PIVOT, KICK BALL CROSS

- 1-2 (1)Rock forward right (2)recover left [12]
3&4 (3)Step right back (&)lock left across front of right (4)step right back [12]
5-6 (5)Touch left toe back (6)pivot half turn left taking weight on left[CCW, 6]
7&8 (7)Kick right forward (&)step on ball of right in place (8)cross left over front of right [6]

25-32 SIDE-HALF HINGE TURN, CROSS ROCK-RECOVER, THREE STEP FULL TURN-TOUCH

- 1-2 (1)Step right to right (2)on ball of right pivot half turn left stepping left to left [CCW, 12]
3-4 (3)Cross rock right over front of left (4)recover on right [12]
5-6 (5)Step right quarter right (6)on ball of right pivot half turn right stepping back left [CW, 9]
7-8 (7)On ball of left pivot quarter right stepping right to right (8)touch left next to right [12]

Note: The second half of the dance is a mirror image of the first 32 counts with an extra turn on last steps

33-40 LEFT-LOCK-STEP, RIGHT-LOCK-STEP, LEFT SAILOR STEP, RIGHT SAILOR STEP

- 1&2 (1)Step left forward on left diagonal (&)lock right behind left (2) Step left forward on left diagonal [12]
3&4 (3)Step right forward on right diagonal (&)lock left behind right (4) Step right forward on right diagonal [12]
5&6 (5)Step left behind right (&)step right in place (6)step left to left [12]
7&8 (7)Step right behind left (&)step left in place (8)step right to right [12]

41-48 BEHIND-FULL UNWIND, ROCK-RECOVER, BEHIND-SIDE-FRONT, ROCK-RECOVER & HOOK

- 1-2 (1)Cross left behind right (2)unwind full turn left [CCW, 12]
3-4 (3)Rock forward right (4)recover left [12]
5&6 (5)Step right behind left (&)step left to left (6)step right across front of left [12]
7-8& (7)Rock forward left (8)recover right (&)hook left across right shin [12]

49-56 ROCK-RECOVER, BACK-LOCK-STEP, BACK-HALF PIVOT, KICK BALL CROSS

- 1-2 (1)Rock forward left (2)recover right [12]
3&4 (3)Step left back (&)lock right across front of left (4)step left back [12]
5-6 (5)Touch right toe back (6)pivot half turn right taking weight on right[CW, 6]
7&8 (7)Kick left forward (&)step on ball of left in place (8)cross right over front of left [6]

57-64 SIDE-HALF HINGE TURN, CROSS ROCK-RECOVER, THREE STEP 1 1/4 TURN-TOUCH

- 1-2 (1)Step left to left (2)on ball of left pivot half turn right stepping right to right [CW, 12]
3-4 (3)Cross rock left over front of right (4)recover on left [12]
5-6 (5)Step left quarter left (6)on ball of left pivot half turn left stepping back right [CW, 3]
7-8 (7)On ball of right pivot half left stepping right forward (8)touch left next to right [9]

Start again.....with a BIG smile

Note on Dance Title. This is part of a line in the lyrics. I've worked in The North Sea's "Ninian" oilfield for over 25 years – So I suppose I qualify as "Oil Field Trash"
