

No Reason to Stay

Compte: 32

Mur: 2

Niveau: High Improver

Chorégraphe: Paula-jayne Ogilvie (AUS) - July 2025

Musique: No Reason to Stay - Guy Sebastian



***3 restarts

Section 1. Walk, walk, walk & sweep, behind, side cross & sweep, behind, 3/8 turn L, rock forward, recover, 1/2 turn R.

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| 1,2,3 | step RF forward, step, LF forward, step RF forward sweep LF around from back to front |
| 4,&5,6 | step LF cross RF, step RF to R side, step LF back sweeping RF from front to back, step RF behind LF |
| 7,8,& | 1/8 turn L stepping LF forward, rock RF forward, recover weight to LF, 1/2 turn R stepping RF forward. |

Section 2. Step forward, 1/2 pivot, L cross samba, step sweep, step 1/8 sweep, walk, walk

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| 1,2 | step LF forward, 1/2 pivot R putting weight on RF |
| 3,&,4 | cross LF over RF, step RF to R side, step LF to L side |
| 5,6,7,8 | step RF forward sweeping LF from back to front, 1/8 L stepping LF forward sweeping RF from back to front, step RF forward, step LF forward. |

Section 3. Cross Rock, ball change, cross rock, ball change, step forward, 1/2 pivot, shuffle forward.

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| 1,2,& | cross RF over LF, recover weight to LF step RF to R side. |
| 3,4,& | cross LF over RF, recover weight to RF step LF beside RF. |
| 5,6 | step RF forward, 1/2 pivot L placing weight on LF. |
| 7,&,8 | step RF forward, step LF beside RF, step RF forward. |

Section 4. Step forward, 1/2 pivot, step forward, full turn over L, walk walk, sway sway.

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| 1,2 | step LF forward, 1/2 pivot R placing weight on RF, |
| 3,&,4 | step LF forward, 1/2 turn L stepping back on RF, 1/2 turn L stepping LF forward. |
| 5,6,7,8 | step RF forward, step LF forward, step RF to R side swaying hips R, L. |

Restarts happens on walls 2, 4, 6

Restarts on walls 2 & 6 happen after counts 14

Restart on wall 4 happens after 16 counts

Last Update: 12 Jul 2025