

No Reason To Stay

Count: 32

Wall: 2

Level: High Improver

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

Music: 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.

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,&	/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

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.

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.

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