

# Me U and The Music



**Count:** 64      **Wall:** 4      **Level:** Intermediate / Advanced  
**Choreographer:** Darren Bailey (Wales), Fred Whitehouse (Ireland). Jan 2014  
**Music:** Me U and the Music (Lemar)

**Note: 2 Restarts (walls 2,4), 1 Tag (end of wall 3)**

**Intro: 16 counts, start on the word MOVE**

**Start with feet shoulder width apart.**

**Glide to L, pivot 1/2 turn Lx2.**

1-2      Step Rf next to Lf (pushing Lf to L side), Step Lf to L side.  
 3-4      Step Rf next to Lf (pushing Lf to L side), Step Lf to L side.  
 5-6      Step forward on Rf, pivot 1/2 turn L  
 7-8      Step forward on Rf, pivot 1/2 turn L

**Diagonal C bumps to R, L, Rock, Recover, Close, Touch back, 1/2 turn L.**

1&2      Touch Rf to R diagonal and bump hip up to R, return weight to Lf, bump R hip down taking weight onto Rf  
 3&4      Touch Lf to L diagonal and bump hip up to L, return weight to Rf, bump L hip down taking weight onto Lf  
 5-6      Rock forward on Rf, recover onto Lf  
 &7-8      Close Rf next to Lf, point Lf back, make a 1/2 turn L taking weight onto Lf

**Skate R, Skate L, Close, Chest pop, Back R, Back L, Side R, Close.**

1-2      Step Rf to R diagonal, step Lf to L diagonal  
 3&4      CClose Rf next to Lf, Pop chest forward, return chest to normal position  
 5-6      Step back on Rf to R diagonal, step back on Lf to L diagonal  
 7-8      Step Rf to R side, close Lf next to Rf

**Flick Heel R, L, R, R, Jazz box with 1/4 turn R.**

1&2&      Keeping toes on floor flick R heel to R side, twist R heel in to position taking weight, Keeping toes on floor flick L heel to L side, twist L heel in to position taking weight.  
 3&4      Keeping toes on floor flick R heel to R side, twist R heel in to position, Keeping toes on floor flick R heel to R side  
 5-6      Cross Rf over Lf, step back on Lf  
 7-8      Make a 1/4 turn R and step Rf to R side, close Lf next to Rf

**In the shape of a diamond, Slide, touch, R, L, R, L,**

1-2      Step Rf to R diagonal, touch Lf next to Rf and make a 1/8 turn L  
 3-4      Make a 1/4 turn L and step Lf to L diagonal, touch Rf next to Lf  
 5-6      Make a 1/4 turn L and step Rf to R diagonal, touch Lf next to Rf  
 7-8      Make a 1/4 turn L and step Lf to L diagonal, touch Rf next to Lf making a 1/8 turn L

**Heel switches, R, L, R, Double knee pop, Touch R heel, Close, Step L, Heel twist x2, Kick R diagonal**

1&2&      Touch R heel forward, close Rf next to Lf, touch L heel forward, close Lf next to Rf  
 3&4      Step Rf forward, pop both knees forward (raising heels from floor), Lower heels taking weight back onto Lf  
 5&6      Touch R heel forward, close Rf next to Lf, step forward on Lf  
 7&8      Twist R heel toward L heel, twist L heel slightly L making 1/4 turn R, Kick Rf to R diagonal

**(Restart here on Walls, 2 facing 3 o'clock and 4 facing 6 o'clock)**

**Cross, Side, Syncopated weave L, Rock, Recover, Triple Turn L**

1-2      Cross Rf in front of Lf flicking Lf up Behind Rf, step Lf to L side grinding R heel  
 3&4      Cross Rf behind Lf, step Lf to L side, cross Rf in front of Lf  
 5-6      Rock Lf to L side, recover onto Rf  
 7&8      Make a full turn L stepping L, R, L

**Side R, Camel walks with 1/4 turn R, Rock, Recover, Out R, Out L, Drag.**

1-2      Step Rf to R side, cross Lf behind Rf popping R knee forward  
 3-4      Make a 1/4 turn R and step forward on Rf popping L knee forward, step forward on Lf popping R knee forward  
 5-6      Rock forward on Rf, recover onto Lf  
 &7-8      Step Rf to R side, step Lf to L side, drag Rf towards Lf

**Tag: Add Tag at end of wall 3.**

1-2      Raise R hand to R shoulder level palm facing forward, Raise L hand to L shoulder level palm facing forward  
 3&4      Rotate palm inwards and in a wave motion cross hands moving upwards, Uncross hands, Cross hands to opposite sides palm facing out

- 5-6 Pull both hands down to shoulder level, Prep body to R
- 7-8 Make a full turn on LF, Place Rf next to Lf ready to start dance (Returning hands to normal position)

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