

Me U And The Music

64 Count, 4 Wall, Intermediate/Advanced

Choreographer: Darren Bailey (Wales) & Fred Whitehouse
(Ireland) Jan 2014

Choreographed to: Me U and the Music by Lemar

Intro: 16 counts, start on the word MOVE
Start with feet shoulder width apart.

1 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

2 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 on Rf
- 3&4 Touch Lf to L diagonal and bump hip up to L, return weight to Rf, bump L hip down taking weight on 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

3 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 Close 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

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

- 1& Keeping toes on floor flick R heel to R side, twist R heel in to position taking weight,
- 2& 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

5 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

6 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.

7 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

8 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
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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)

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