

Me U and The Music

Count: 64

Wand: 4

Ebene: Intermediate / Advanced

Choreograf/in: Darren Bailey (UK) & Fred Whitehouse (IRE) - January 2014

Musik: 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
- 8&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 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

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 infront 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 infront 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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