Questions sent: Sunday, 1 November 2026

Questions for MEGZ

Congratulations on the release of your new single! How does it feel to have out now that it out?

It's absolutely amazing to finally have the single out and see everyone getting to experience what has been months of hard work behind the scenes, all coming together into one massive project.

The launch party and live performances leading up to the release were incredible too. Seeing people already singing along to the lyrics after hearing the song for the first time is such an amazing feeling and something I'll never take for granted!

Have you had a chance to look back upon the song and appreciate all the hard work you put into it?

Absolutely! I think when you're in the middle of creating something, you're so focused on what's next and making sure every little detail is right that you don't always stop to appreciate just how much work has gone into it.

Now that it's finally out, I can sit back and really appreciate the time, effort and everyone involved in bringing it all together. It's been such a journey, and seeing the final product out there makes every single bit of hard work worth it!

Did you learn anything new about yourself during the process of producing the song?

Definitely! I think it's shown me just how far I'm willing to push myself when it's something I'm truly passionate about, but also what I'm capable of when I put my mind to something. There's been so much happening behind the scenes, countless hours of work and moments where I've really had to dig deep and keep going, even when things got hectic. It's taught me that when I have a vision and really believe in something, there's no limit to what I can achieve if I'm willing to put in the work. It's definitely pushed me to my limits at times, but looking back, it's all been so worth it!

How much of yourself has changed in the lead-up to the song and how did your personal experience influence the depth of the lyrics in it?

I think I've grown so much throughout this whole process, both personally and creatively. The song initially came from a personal experience, but as it developed, it really became about living in the moment, letting go and enjoying life. I'm naturally a really positive, carefree person, and I wanted that side of my personality to shine through in my music. I want people to be able to put the song on, forget about everything else for a few minutes and just have a dance!

In terms of the overall process, this has also been the biggest project of my music career so far. Bringing so many different people together, collaborating and having so many moving parts behind the scenes has pushed me creatively and personally. It's taught me so much about myself and what I'm capable of, and I think that's made the whole experience even more special.

Tell me about 'On My Body', what is the song about and what did you want to say with this song?

'On My Body' started from a personal experience, but as the song developed, it became so much more about living in the moment, embracing yourself and letting go. I'm naturally a really positive, carefree person, and I wanted to bring that energy into my music. I wanted to create something that makes people feel good, feel confident and, most importantly, makes them want to get up and dance!

There's definitely a fun, playful and confident side to the track, but I also wanted it to have that feeling of freedom where you can switch off from everything going on around you, forget about your worries and just enjoy yourself. Sometimes you don't need to overthink things – you just need a good song, good energy and a dance floor! That's really what I wanted 'On My Body' to represent.

Does the song still represent what you wanted to say at the start of the creative process?

Yes, definitely! I think the original idea has stayed true throughout, even though the song naturally evolved along the way. It's been really exciting seeing something that started from a personal experience turn into a track that I can now share with everyone. I'm really happy with where it's landed, and I think it captures exactly the feeling I wanted people to get from it.

What was your creative process like for your song and was it any different to how you worked on previous material?

I wanted to keep within my usual dance-pop style, but push things a little further. The track has a much faster BPM than some of my previous material, so it naturally has a different energy to it.

Creatively, I also wanted to experiment with a different approach to writing. Rather than relying solely on big, powerful vocals, I wanted something more rhythmic, with catchy chants and almost anthemic moments. It's more conversational in parts, almost like I'm speaking directly to the listener and telling them a story. I really enjoyed playing around with that style and creating something that still feels like me, but has a different edge to it.

Was there any material left off your song that you wanted to include but didn't for any reasons (lyrically, sonically, or story wise)?

I actually came up with quite a variety of different melodies throughout the process. I've always found that coming up with melodies is something that comes quite naturally to me, so that was never really the challenge. It was more about finding the right direction for the chorus and landing on something that felt a little different to what I'd done before, but still had that impact. I wanted a chorus that really hit, was instantly catchy and had that anthemic feel to it. We explored quite a few different ideas before finding the one that just clicked!

What message do you hope to convey to your audience through the release of your new song?

Honestly, I just want people to have fun with it! Life can get pretty hectic, and I think sometimes we all need a reminder to let go, stop overthinking and enjoy the moment. I want the song to make people feel confident, carefree and empowered in their own way. Whether they're getting ready for a night out, driving with the music turned all the way up or dancing with their friends, I want it to bring a little bit of happiness and energy into their day. If people can connect with it, have a laugh and let loose, then I've done what I set out to do!

Other question

What do you have coming up next?

There's definitely lots happening! For now, I'm really focused on getting ‘On My Body’ out there and making the most of the release, with plenty more marketing, content and summer-inspired things planned around the song.

I'm also already looking ahead to what's next musically. I've got another single ready to go, which explores a slightly different side of my sound. It's still really catchy, but has more of a pop feel and brings back those bigger, more powerful vocals. I'm hoping to release that in January, so there's definitely plenty more to come! I love being able to experiment with different sounds while still keeping my own identity within the music.