

The Best Day of My Life by American Authors

9/3/26

START FORMATION: **Start W** - Walk to start position with poms Inverted T facing BACK

Student Assignments: 1- 2- 3- 4- 5- 6- 7- U1 - U2 - 8 - 9- 10- 11 -12- 13 -14 - U3 - U4 -																		
Formation 1: START W																		
Audience (Down Stage)																		
L	8	7	6	5	4	3	2	1	0	1	2	3	4	5	6	7	8	R
1					11								4					1
2				12		10						5		3				2
3			13				9				6				2			3
4		14						8		7						1		4
5							U2				U1							5

[Intro] ALL TOGETHER

WINGS

1x8: Instrumental

Hold Inverted T

1x8: (**Woo**, woo-oooh, woo)

Odd Rows 1,3,5 - **1,2 High V**; **3,4 T**; **5,6 Low V**; **7,8 Inverted T** #2,4,6,9,11,13,U1,U2

Even Rows 2,4 - **1,2 Low V**; **3,4 T**; **5,6 High V**; **7,8 Inverted T** #1,3,5,7,8,10,12,14

[Verse 1] MIXED

BROKEN V TURN - ALL TOGETHER

1x8: I had a dream so big and loud, I jumped so high, I touched the clouds

1,2 Punch Up right arm to High V, left Knee Pop; **3,4 Punch Up** left arm to High V, right Knee Pop; **5,6 Push Turn** ¼ left starting right foot, **5** straight right arm moves diagonal right, bent left arm over head, **6** straight left arm moves diagonal left, bent right arm over head; **7-8 Push Turn** ¼ left starting right foot FRONT, **7** straight right arm moves diagonal right, bent left arm over head, **8** straight left arm moves diagonal left, bent right arm over head; HOLD

HIP RIPPLE FRONT **OUT** - SPLIT/RIGHT TO LEFT

1x8: Woah-oh-oh-oh, oh, oh-oh, oh (Woah-oh-oh-oh, oh, oh-oh, oh)

ALL hold poms in left Broken V waiting for count; on the count **1** swing around right pom to hip **2** swing around left pom to hip; HOLD

STAGE RIGHT- **1,2 #7,U1**; **2,3 #6**; **3,4 #5**; **4,5 #4**; **5,6 #3**; **6,7#2**; **7,8 #1**

STAGE LEFT - **1,2 #8,U2**; **2,3 #9**; **3,4 #10**; **4,5 #11**; **5,6 #12**; **6,7 #13**; **7,8 #14**

BROKEN V TURN - ALL TOGETHER

1x8: I **stretched** my hands out to the sky, We danced with monsters through the night
1,2 Punch Up right arm to High V, left Knee Pop; **3,4** Punch Up left arm to High V, right Knee Pop; **5,6** Push Turn ¼ left starting right foot, **5** straight right arm moves diagonal right, bent left arm over head, **6** straight left arm moves diagonal left, bent right arm over head; **7-8** Push Turn ¼ left starting right foot to FRONT, **7** straight right arm moves diagonal right, bent left arm over head, **8** straight left arm moves diagonal left, bent right arm over head; HOLD

HIP RIPPLE BACK IN- SPLIT/LEFT TO RIGHT

1x8: **Woah**-oh-oh-oh, oh, oh-oh, oh (Woah-oh-oh-oh, oh, oh-oh, oh)

ALL hold poms in left Broken V waiting for count; on the count **1** swing around right pom to hip **2** swing around left pom to hip; HOLD

STAGE RIGHT- **1,2** #1; **2,3** #2; **3,4** #3; **4,5** #4; **5,6** #5; **6,7** #6; **7,8** #7,U1

STAGE LEFT - **1,2** #14; **2,3** #13; **3,4** #12; **4,5** #11; **5,6** #10; **6,7** #9; **7,8** #8,U2

[Pre-Chorus 1] ALL TOGETHER

MOVE TO FORMATION 2: **Reverse W** - Push Turn & Sashay

MUSIC CUT 01

1x8: I'm **never** gonna look back, woah, I'm never gonna give it up, no

1-4 ¼ Push Turns x2 starting right foot turning left to FRONT, hands on hips; **5-8** Sashay to new formation swaying arms low right-left, then sashay in place

1x8: **Please** don't wake me now

1-6 Sashay to new formation, then in place; **7,8** *step, step feet and shake shake poms in Low V*

Student Assignments:																		
Formation 2: REVERSE W																		
Audience (Down Stage)																		
L	8	7	6	5	4	3	2	1	0	1	2	3	4	5	6	7	8	R
1		14						8		7						1		1
2			13				9				6				2			2
3				12		10						5		3				3
4					11			U2		U1			4					4

[Chorus 1] ALL TOGETHER

DANCE BREAK

1x8: (**Woo**, woo-oooh, woo) This is gonna be the best day of my

Jazz Square & Cross Punchout x2 - **1** step forward, Punch arm forward cross; **2** cross foot over other, Punch to cross other arm over; **3** step back first foot, arms I; **4** step back other foot, poms on hips; **5-8** repeat

START RIGHT FOOT & ARM - #1,2,3,4,8,9,10,U2

START LEFT FOOT/ARM - #5,6,7,11,12,13,14,U1

1x8: life (Woo, woo-ooh, woo) My li-i-i-i-i-i-i-i-i-i

Mambo Cha Cha - 1 step foot forward cross diagonal and transfer weight, Punch same side arm forward to Bucket and other arm to hip; 2 rock weight to back foot; 3&4 bring foot to other and triple step in place, poms at hips; 5-8 repeat other side

START RIGHT FOOT & ARM / STEP & PUNCH LEFT - #1,2,3,4,8,9,10,U2

START LEFT FOOT & ARM / STEP & PUNCH LEFT - #5,6,7,11,12,13,14,U1

*for this formation only #4,11 punch straight FORWARD and don't cross foot

1x8: (Woo, woo-ooh, woo) This is gonna be the best day of my Jazz Square x2 - repeat above

1x8: life (Woo, woo-ooh, woo) My li-i-i-i-i-i-i-i-i-i
Mambo Cha Cha - repeat above

[Post-Chorus 1] ALL TOGETHER

MUSIC CUT 02

MOVE TO FORMATION 3 - **Zipper** - Sashay

1x8: (Woo, woo-ooh, woo) Woo

ALL Sashay back to new formation, then in place

1x8: (Woo, woo-ooh, woo)

¼ Push Turns x4 for full turn starting RIGHT foot turning left, hands on hips

Student Assignments:																		
Formation 3: ZIPPER																		
Audience (Down Stage)																		
L	8	7	6	5	4	3	2	1	0	1	2	3	4	5	6	7	8	R
1																		1
2		14		12		10		8		7		5		3		1		2
3			13		11		9				6		4		2			3
4								U2		U1								4

[Verse 2] ALL SPLIT

SWEEP STEP TOUCHES

1x8: I howled at the moon with friends, And then the sun came crashing in

Step Touches - step-together-step-touch

High Sweep - 1 push arms up high, wide straight arms 2 around and down looking up

STAGE RIGHT: 1-4 right Step Touches, High Sweep arms angled diagonal right x2; 5-8 left step touch, High Sweep arms angled diagonal left

STAGE LEFT: 1-4 left Step Touches, High Sweep arms angled diagonal left x2; 5-8 right step touch, High Sweep arms angled diagonal right

DIAGONAL RIPPLE OUT

1x8: **Woah**-oh-oh-oh, oh, oh-oh, oh (Woah-oh-oh-oh, oh, oh-oh, oh)

Inverted T & Diagonal - wait for count with arms Low V Shimmy; on the count **1** Inverted T; **2**

Diagonal looking toward High V partner #1; Hold Diagonal Shimmy

ROW 2/STAGE RIGHT - High V RIGHT **1,2** #7,U1; **#3,4** #5; **5,6** #3; **7,8** #1

ROW 3/STAGE RIGHT - High V LEFT **1,2** #6; **3,4** #4; **5,6** #2

ROW 2/STAGE LEFT - High V LEFT **1,2** #8,U2; **3,4** #10; **5,6** #12; **7,8** #14

ROW 3/STAGE LEFT - High V RIGHT **1,2** #9; **3,4** #11; **5,6** #13

SWEEP STEP TOUCHES

1x8: But **all** the possibilities, No limits, just epiphanies

Step Touches - step-together-step-touch

High Sweep - **1** push arms up high, wide straight arms **2** around and down looking up

STAGE RIGHT: **1-4** right Step Touches, High Sweep arms angled diagonal right x2; **5-8** left step touch, High Sweep arms angled diagonal left

STAGE LEFT: **1-4** left Step Touches, High Sweep arms angled diagonal left x2; **5-8** right step touch, High Sweep arms angled diagonal right

DIAGONAL RIPPLE IN

1x8: **Woah**-oh-oh-oh, oh, oh-oh, oh (Woah-oh-oh-oh, oh, oh-oh, oh)

Inverted T & Diagonal - wait for count with arms Low V Shimmy; on the count **1** Inverted T; **2**

Diagonal looking toward High V partner #2; Hold Diagonal Shimmy

ROW 2/STAGE RIGHT - High V LEFT **1,2** #1; **#3,4** #3; **5,6** #5; **7,8** #7,U1

ROW 3/STAGE RIGHT - High V RIGHT **1,2** #2,22,16,18,20; **3,4** #4; **5,6** #6

ROW 2/STAGE LEFT - High V RIGHT **1,2** #14; **3,4** #12; **5,6** #10; **7,8** #8,U2

ROW 3/STAGE LEFT - High V LEFT **1,2** #13,21,15,17,19; **3,4** #11; **5,6** #9

[Pre-Chorus 2] ALL TOGETHER

MOVE TO FORMATION 4: **Split Diagonals** - Sashay

1x8: I'm **never** gonna look back, woah, I'm never gonna give it up, no

Sashay to new formation, then in place

ONLY 6 COUNTS -

1x6: **1** Just **2** don't **3** wake **4** me **5** now (**6**)*

1-4 Sashay to new formation, then in place; **5,6** step, step feet and **shake shake poms in**

Low V

Student Assignments:																		
Formation 4: SPLIT DIAGONALS																		
Audience (Down Stage)																		
L	8	7	6	5	4	3	2	1	0	1	2	3	4	5	6	7	8	R
1					11			8		7			4					1
2				12			9				6			3				2
3			13			10						5			2			3
4		14			U1								U1			1		4

[Chorus 2] ALL TOGETHER

DANCE BREAK (repeat previous choreography)

1x8: (**Woo**, woo-ooh, woo) This is gonna be the best day of my
Jazz Square x2

1x8: **life** (**Woo**, woo-ooh, woo) My li-i-i-i-i-i-i-i-i-iife
Mambo Cha Cha

1x8: (**Woo**, woo-ooh, woo) This is gonna be the best day of my
Jazz Square x2

1x8: **life** (**Woo**, woo-ooh, woo) My li-i-i-i-i-i-i-i-i-iife
Mambo Cha Cha

[Post-Chorus 2] ALL TOGETHER

MUSIC CUT 04

MOVE TO FORMATION 5: **Reverse Split Diagonals** - Sashay

1x8: (**Woo**, woo-ooh, woo)

Sashay to new formation, then in place

1x8: (**Woo**, woo-ooh, woo)

#1,4,5,7,8,10,11,14 - Sashay to new formation, then in place

#2,3,6,9,12,13, U1,U2 - ¼ Push Turns x4 for full turn starting RIGHT foot turning left, hands on hips (or ALL do 8ct push turn if all can get in place with 1x8 ct)

*On the last **7,8** count Low V - “cheat” last ¼ turn to make it a ½ turn

Student Assignments:																		
Formation 5: REVERSE SPLIT DIAGONALS																		
Audience (Down Stage)																		
L	8	7	6	5	4	3	2	1	0	1	2	3	4	5	6	7	8	R
1		14				10						5				1		1
2			13				9				6				2			2
3				12				8		7				3				3
4					11								4					4
5						U2						U1						5

[Bridge]

WINDMILL CALL & RESPOND - SPLIT

1x8: I hear it calling outside my window

STAGE RIGHT: **1-4** HOLD Low V; **5** windmill left arm across body around and up to Goal Post; **6** hold; **7** left arm to I, heel pivot left foot to left with body angled left; **8** hold

STAGE LEFT: **1** windmill right arm across body around and up to Goal Post; **2** hold; **3** right arm to I, heel pivot right foot to right with body angled right; **4** hold; **5-8** HOLD

1x8: I feel it in my soul (Soul)

STAGE RIGHT: **1** windmill right arm across body around and up to Goal Post, bring left arm down to Low V, heel pivot left foot forward; **2** hold; **3** right arm to I; heel pivot right foot to right with body angled right; **4** hold; **5-8** HOLD

STAGE LEFT: **1-4** HOLD; **5** windmill left arm across body around and up to Goal Post, bring right arm down to Low V, heel pivot right foot forward; **6** hold; **7** left arm to I; heel pivot left foot to left with body angled left; **8** hold

SHIMMY AROUND - SPLIT

1x8: The stars were burning so bright, The sun was out 'til midnight

STAGE RIGHT: **1-4** Shimmy and roll left arm around, up, and down to meet right; **5,6** swing left arm up and around to I; **7** arms to Inverted T, pivot right foot to face front; **8** High V

STAGE LEFT: **1-4** Shimmy and roll right arm around, up, and down to meet left; **5,6** swing right arm up and around to I; **7** arms to Inverted T, pivot left foot to face front; **8** High V

BROKEN V TURN - ALL TOGETHER

1x8: I say we lose control (Control)

x4 $\frac{1}{4}$ Push Turn left for full turn, arms right/left Broken High V

1,2 Push Turn $\frac{1}{4}$ left starting right foot, **1** straight right arm moves diagonal right, bent left arm over head, **2** straight left arm moves diagonal left, bent right arm over head; **3,4** repeat; **5,6** repeat; **7,8** repeat

[Interlude] ALL TOGETHER

MUSIC CUT 05

SHIMMY & WINGS

1x8: Instrumental 8 count

1 Push arms straight up to Goal Post; **2-6** Shimmy Shake down to Low V; **7,8** Inverted T

1x8: (Woo, woo-ooh, woo)

Even Rows 2,4 - **1,2** High V; **3,4** I; **5,6** Low V; **7,8** Inverted T #2,4,6,9,13,11 (odd U1,U2)

Odd Rows 1,3,5 - **1,2** Low V; **3,4** I; **5,6** High V; **7,8** Inverted T #1,3,5,7,8,10,12,14

[Chorus 3] ALL TOGETHER

DANCE BREAK (repeat previous choreography)

1x8: (Woo, woo-ooh, woo) This is gonna be the best day of my
Jazz Square x2

1x8: life (Woo, woo-ooh, woo) My li-i-i-i-i-i-ife
Mambo Cha Cha

1x8: (Woo, woo-ooh, woo) This is gonna be the best day of my
Jazz Square x2

1x8: life (Woo, woo-ooh, woo) My li-i-i-i-i-i-ife
Mambo Cha Cha

[Outro] ALL TOGETHER/SPLIT TO EXIT

HIGH V TURN RIPPLE

1x8: (**Woo**, woo-ooh, woo) This is gonna be, this is gonna be, gonna be the best day of my
Hold Inverted T waiting for the count; on the count turn and step step, Punch one pom then
other to High V and Shimmy?

STAGE RIGHT- turn right, Punch right left - **1,2** #4,7,U1; **3,4** #3,6; **5,6** #2,5; **7,8** #1

STAGE LEFT - turn left, Punch left right - **1,2** #8,11,U2; **3,4** #9,12; **5,6** #10,13; **7,8** #14

Z-STEP KNOCK EXIT

1x8: **life** (**Woo**, woo-ooh, woo) Everything is lookin' up, everybody up now

1x8: (**Woo**, woo-ooh, woo) This is gonna be the best day of my

REVISE TO USE BROKEN V PEPPY WALK EXIT WITH PARTNERS

On the count start right foot Z-Step and Knock High V to exit, picking up other dancers on the
way by knocking pom to pom

STAGE RIGHT (left pom to right pom)

1,2 #4,#7 Z-Step and High V Knock to #3,#6; all continue to advance right (U1)

3,4 #3,#6 Z-Step and High V Knock to #2,#5; all continue to advance right

1,2 #2 Z-Step and High V Knock to #1 all; continue to advance right

3,4 ALL continue to Z-Step and Knock High V to exit right

STAGE RIGHT (right pom to left pom)

1,2 #8,#11 Z-Step and High V Knock to #9,#12; all continue to advance left (U2)

3,4 #9,#12 Z-Step and High V Knock to #10,#13; all continue to advance left

1,2 #13 Z-Step and High V Knock to #14; all continue to advance left

3,4 ALL continue to Z-Step and Knock High V to exit left

1x8: **life** (**Woo**, woo-ooh, woo) My li-i-i-i-i-ife

ALL continue to advance to exit