The Best Day of My Life by American Authors 10/31/26

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

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							16				15							**5**

[Intro]

WINGS - SPLIT ROWS
1x8: Instrumental
Hold Inverted T
1x8: (**Woo**, woo-ooh, woo)
Odd Rows 1,3,5 (*#2,4,6,9,11,13,15,16)* - **1,2** High V; **3,4** T; **5,6** Low V; **7,8** Inverted T
Even Rows 2,4 (*#1,3,5,7,8,10,12,14)* - **1,2** Low V; **3,4** T; **5,6** High V; **7,8** Inverted T

[Verse 1]

BROKEN V TURN - 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 R/L
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 pom to hip **2** swing around other pom to hip; HOLD
STAGE RIGHT- start RIGHT ARM **1,2** #7,15; **2,3** #6; **3,4** #5; **4,5** #4; **5,6** #3; **6,7**#2; **7,8** #1
STAGE LEFT - start LEFT ARM **1,2** #8,16; **2,3** #9; **3,4** #10; **4,5** #11; **5,6** #12; **6,7** #13; **7,8** #14

BROKEN V TURN - 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 R/L

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 pom to hip **2** swing around other pom to hip; HOLD

STAGE RIGHT- start RIGHT ARM **1,2** #1; **2,3** #2; **3,4** #3; **4,5** #4; **5,6** #5; **6,7** #6; **7,8** #7,15

STAGE LEFT - start LEFT ARM **1,2** #14; **2,3** #13; **3,4** #12; **4,5** #11; **5,6** #10; **6,7** #9; **7,8** #8,16

[Pre-Chorus 1] - 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 Feet: Sashay to new formation, Arms: **5,6** Daggers Clap to chest; **7,8** hinge at elbows to drop down in front of thigh (no wrist) - right foot up/down left foot

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***

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			16		15			4					**4**

[Chorus 1] - SPLIT R/L/R/L

DANCE BREAK

1x8: (**Woo**, woo-ooh, 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 T; **4** step back other foot, poms on hips; **5-8** repeat

START RIGHT FOOT & ARM - #1,2,3,4,8,9,10,15

START LEFT FOOT/ARM - #5,6,7,11,12,13,14,16

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

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 - #1,2,3,4,8,9,10,15

START LEFT FOOT & ARM / STEP & PUNCH LEFT - #5,6,7,11,12,13,14,16

*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-ife

Mambo Cha Cha - repeat above

[Post-Chorus 1] - TOGETHER **MUSIC CUT 02**

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

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

Sashay to new formation then in place, **1,2** Daggers Clap to chest; **3,4** hinge at elbows to drop down in front of thigh (no wrist) - right foot up/down left foot; **5-8** continue

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

Continue in place

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								15		16								**4**

[Verse 2]

SWEEP STEP TOUCHES - SPLIT R/L

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

Step Touches - step-together-step-touch

High Sweep - **1** Clap at chest, push arms up to Cone looking up; **2** wide straight arms out, around and down; **3** back to chest looking up; **4** around and down; **5-8** repeat and end with Low V Shimmy

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 x2

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 x2

DIAGONAL RIPPLE **OUT**- SPLIT R/L
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 OUT; Hold Diagonal Shimmy
STAGE RIGHT- High V RIGHT ARM **1,2** #7,15; **2,3** #6; **3,4** #5; **4,5** #4; **5,6** #3; **6,7**#2; **7,8** #1
STAGE LEFT - High V LEFT ARM **1,2** #8,16; **2,3** #9; **3,4** #10; **4,5** #11; **5,6** #12; **6,7** #13; **7,8** #14

SWEEP STEP TOUCHES- SPLIT R/L
1x8: But **all** the possibilities, No limits, just epiphanies
(repeat previous choreography)

DIAGONAL RIPPLE **IN** - SPLIT R/L **MUSIC CUT 03**
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 IN; Hold Diagonal Shimmy
STAGE RIGHT- High V LEFT ARM **1,2** #1; **2,3** #2; **3,4** #3; **4,5** #4; **5,6** #5; **6,7** #6; **7,8** #7,15
STAGE LEFT - High V RIGHT ARM **1,2** #14; **2,3** #13; **3,4** #12; **4,5** #11; **5,6** #10; **6,7** #9; **7,8** #8,16

[Pre-Chorus 2] - 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
1-4 Feet: Sashay to new formation, Arms: **5,6** Daggers Clap to chest; **7,8** hinge at elbows to drop down in front of thigh (no wrist) - right foot up/down left foot
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***

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			16								15			1		**4**

[Chorus 2] - SPLIT R/L/R/L

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

[Post-Chorus 2] - TOGETHER **MUSIC CUT 04**

MOVE TO FORMATION 5: **Reverse Split Diagonals** - Sashay
1x8: (**Woo**, woo-ooh, woo)
Feet: Sashay to new formation then in place, Arms: **1,2** Daggers Clap to chest; **3,4** hinge at elbows to drop down in front of thigh (no wrist) - right foot up/down left foot; continue
1x8: (**Woo**, woo-ooh, woo)
Continue in place

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						16						15						**5**

[Bridge]

WINDMILL RIPPLE - SPLIT GROUPS
1x8: **I** hear it calling outside my window
STAGE RIGHT: HOLD Low V waiting for count; **1-4** Windmill right arm across body around and down to Low V; left arm remains in Low V, hold position
STAGE LEFT: HOLD Low V waiting for count; **1-4** Windmill left arm across body around and down to Low V; left arm remains in Low V, hold position
Group 1 #1,2,5,10,13,14 - **1,2,3,4**
Group 2 #3,6,9,12 - **3,4,5,6**
Group 3 #4,7,8,11,15,16 - **5,6,7,8**

1x8: **I** feel it in my soul (soul)
STAGE RIGHT: HOLD Low V waiting for count; **1-4** Windmill left arm across body around and down to Low V; left arm remains in Low V, hold position
STAGE LEFT: HOLD Low V waiting for count; **1-4** Windmill right arm across body around and down to Low V; left arm remains in Low V, hold position position
Group 3 #4,7,8,11,15,16 - **1,2,3,4**
Group 2 #3,6,9,12 - **3,4,5,6**
Group 1 #1,2,5,10,13,14 - **5,6,7,8**

SHIMMY UP
1x8: The **stars** were burning so bright, The sun was out 'til midnight
1-8 Shimmy up to High V

BROKEN V TURN - TOGETHER
1x8: **I** say we lose control (Control)
x4 ¼ Push Turn left for full turn, arms right/left Broken High V
1,2 Push Turn ¼ 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] **MUSIC CUT 05**
SHIMMY & WINGS - TOGETHER & SPLIT ROWS
1x8: Instrumental 8 count
1 Push arms straight up to High V; **2-6** Shimmy down to Low V; **7,8** Inverted T
1x8: (**Woo**, woo-ooh, woo)
#2,4,6,9,11,13,15,16 - **1,2** High V; **3,4** T; **5,6** Low V; **7,8** Inverted T
#1,3,5,7,8,10,12,14 - **1,2** Low V; **3,4** T; **5,6** High V; **7,8** Inverted T

[Chorus 3] - SPLIT R/L/R/L
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]

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** #4,7,15; **3,4** #3,6; **5,6** #2,5; **7,8** #1
STAGE LEFT - turn left, Punch left right - **1,2** #8,11,16; **3,4** #9,12; **5,6** #10,13; **7,8** #14

EXIT (TBD - BROKEN V PEPPY WALK)
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
1x8: **life** (**Woo**, woo-ooh, woo) My li-i-i-i-i-i-ife