The Best Day of My Life by American Authors 9/1/26

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-ooh, 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

Sashay to new formation, then in place

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-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, arms Low V; **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-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, arms 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-ife

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)

Diagonal with High V arm ***OUT***; wait for count with arms Low V Shimmy; on the count **1** Inverted T then **2** Diagonal; 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)

Diagonal with High V arm ***IN***; wait for count with arms Low V Shimmy; on the count **1** 2 Inverted T then Diagonal; 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)*

Sashay to new formation, then in place; ***5**(now) stomp right**, 6** stomp left* 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-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] 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 count **8** Low V

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 T, step left foot to left, turn body to face left; **8** hold
STAGE LEFT: **1** windmill right arm across body around and up to Goal Post; **2** hold; **3** right arm to T, step right foot to right, turn body to face 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, step left foot next to right; **2** hold; **3** right arm to T; step right foot to right, turn body to face 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, step right foot next to left; **6** hold; **7** left arm to T; step left foot to left, turn body to face 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 abound to T, face front; **7** step right foot to left, arms to Inverted T; **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 abound to T face front; **7** step left foot to right, arms to Inverted T; **8** High V

BROKEN V TURN - ALL 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] 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** T; **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** T; **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 Knock to the beat

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
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-i-ife
ALL continue to advance to exit