

WORKSHOP The Best Day of My Life by American Authors

7/14/26

START FORMATION: **Start W** - During voiceover, walk to start position with poms in Inverted I facing BACK

Student Assignments: STAGE RIGHT: 1-Lily 2-Naomi 3-Joan 4-Linda 5-Wilma 6-Jenny 7-Lela 16-Joyce 18-Debbie 20-Shavon STAGE LEFT: 8-Patty 9-Maria 10-Lori 11-Cynthia 12-Donna 13-Nieda 14-Ann 15-Cathy 17-Sybil 19-																		
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	15				11								4				16	1
2				12		10						5		3				2
3	17		13				9				6				2		18	3
4		14						8		7						1		4
5	19																20	5

Intro - ALL TOGETHER

WINGS

1x8: Instrumental

Hold Inverted I

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

Odd Rows 1,3,5 - **1,2 High V**; **3,4 I**; **5,6 Low V**; **7,8 I**

Even Rows 2,4 - **1,2 Low V**; **3,4 I**; **5,6 High V**; **7,8 I**

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 R/L - 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 right Punch Up left pom to shoulder waiting for count; on the count right pom then left pom to hip, step right left

STAGE RIGHT- #1,16,18,20 **1,2**; #2 **2,3**; #3 **3,4**; #4 **4,5**; #5 **5,6**; #6 **6,7**; #7 **7,8** HOLD

STAGE LEFT - #8 **1,2**; #9 **2,3**; #10 **3,4**; #11 **4,5**; #12 **5,6**; #13 **6,7**; #14,15,17,19 **7,8** HOLD

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 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 L/R- 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 right Punch Up left pom to shoulder waiting for count; on the count right pom then left pom to hip, step right left

STAGE RIGHT- #7 **1,2**; #6 **2,3**; #5 **3,4**; #4 **4,5**; #3 **5,6**; #2 **6,7**; #1,16,18,20 **7,8** HOLD

STAGE LEFT - #14,15,17,19 **1,2**; #13 **2,3**; #12 **3,4**; #11 **4,5**; #10 **5,6**; #9 **6,7**; #8 **7,8** HOLD

Pre-Chorus 1- ALL TOGETHER

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

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:																		
STAGE RIGHT: 1-Lily 2-Naomi 3-Joan 4-Linda 5-Wilma 6-Jenny 7-Lela 16-Joyce 18-Debbie 20-Shavon																		
STAGE LEFT: 8-Patty 9-Maria 10-Lori 11-Cynthia 12-Donna 13-Nieda 14-Ann 15-Cathy 17-Sybil 19-																		
Formation 1: 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	15		13				9				6				2		16	2
3				12		10						5		3				3
4	17				11								4				18	4
5																		5
6	20																20	6

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 - start right foot & arm - **1** step forward, punch right forward and slightly left; **2** cross left foot over right, punch left to cross right; **3** step back right, arms I; **4** step back left, arms Low V; **5-8** repeat

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

Mambo Cha Cha - **1** step right foot forward transfer weight, push left arm forward and right arm back, look to right; **2** rock weight back to left; **3&4** bring right to left and triple step right, left, right in place, arms to Inverted T; **5** step left foot back transfer weight, push right arm forward and left arm back, look to left; **2** rock weight back to right; **3&4** bring left to right and triple step left, right, left in place, arms to Inverted T

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

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: STAGE RIGHT: 1-Lily 2-Naomi 3-Joan 4-Linda 5-Wilma 6-Jenny 7-Lela 16-Joyce 18-Debbie 20-Shavon STAGE LEFT: 8-Patty 9-Maria 10-Lori 11-Cynthia 12-Donna 13-Nieda 14-Ann 15-Cathy 17-Sybil 19-																		
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	15																16	1
2		14		12		10		8		7		5		3		1		2
3	17		13		11		9				6		4		2		18	3
4																		4
5	19																20	5

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 - push arms up high, wide straight arms around and down looking up

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

STAGE LEFT: **1-4** left step touch, High Sweep arms angled diagonal left; **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 Inverted T then Diagonal; Hold Diagonal Shimmy

STAGE RIGHT- #7 **1,2**; #6 **2,3**; #5 **3,4**; #4 **4,5**; #3 **5,6**; #2 **6,7**; #1,16,18 **7,8**

STAGE LEFT- #8 **1,2**; #9 **2,3**; #10 **3,4**; #11 **4,5**; #12 **5,6**; #13 **6,7**; #14,15,17 **7,8**

SWEEP STEP TOUCHES

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

Step Touches - step-together-step-touch

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

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

STAGE LEFT: **1-4** left step touch, High Sweep arms angled diagonal left; **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 Inverted T then Diagonal; Hold Diagonal Shimmy

STAGE RIGHT- #1,16,18 **1,2**; #2 **2,3**; #3 **3,4**; #4 **4,5**; #5 **5,6**; #6 **6,7**; #7 **7,8**

STAGE LEFT- #14,15,17 **1,2**; #13 **2,3**; #12 **3,4**; #11 **4,5**; #10 **5,6**; #9 **6,7**; #8 **7,8**

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** (CALL *stomp, stomp - Jazz)

STAGE RIGHT: 1-Lily 2-Naomi 3-Joan 4-Linda 5-Wilma 6-Jenny 7-Lela 16-Joyce 18-Debbie 20-Shavon
STAGE LEFT: 8-Patty 9-Maria 10-Lori 11-Cynthia 12-Donna 13-Nieda 14-Ann 15-Cathy 17-Sybil 19-

Audience (Down Stage)																		
L	8	7	6	5	4	3	2	1	0	1	2	3	4	5	6	7	8	R
1		15			11			8		7			4			16		1
2	17			12			9				6			3			18	2
3			13			10						5			2			3
4		14			19								20			1		4

DANCE BREAK (repeat previous choreography)

Jazz Square x2

Mambo Cha Cha

Jazz Square x2

Mambo Cha Cha

Positions & Formation Numbers							
	Name	#	Start-W		Reverse W	Zipper	Split Diagonals
S T A G E R I G H T	Joyce	16	Position 8	Row 1	Row 2	Row 1	Row 1 Pos 7
	Debbie	18	Position* 8	Row 3	Row 4	Row 3	Row 2
	Shavon	20	Position 8	Row 5	Row 6	Row 5	Row 4 Pos 4
	Lily	1	Position* 7	Row 4	Row 1	Row 2	Row 4
	Naomi	2	Position* 6	Row 3	Row 2	Row 3	Row 3
	Joan	3	Position* 5	Row 2	Row 3	Row 2	Row 2
	Linda	4	Position* 4	Row 1	Row 4	Row 3	Row 1
	Wilma	5	Position* 3	Row 2	Row 3	Row 2	Row 3
	Jenny	6	Position* 2	Row 3	Row 2	Row 3	Row 2
	Lela	7	Position* 1	Row 4	Row 1	Row 2	Row 1
	Name	#					
S T A G E L E F T	Patty	8	Position* 1	Row 4	Row 1	Row 2	Row 1
	Maria	9	Position* 2	Row 3	Row 2	Row 3	Row 2
	Lori	10	Position* 3	Row 2	Row 3	Row 2	Row 3
	Cynthia	11	Position* 4	Row 1	Row 4	Row 3	Row 1
	Donna	12	Position* 5	Row 2	Row 3	Row 2	Row 2
	Nieda	13	Position* 6	Row 3	Row 2	Row 3	Row 3
	Ann	14	Position* 7	Row 4	Row 1	Row 2	Row 4
	Cathy	15	Position 8	Row 1	Row 2	Row 1	Row 1 Pos 7
	Sybil	17	Position* 8	Row 3	Row 4	Row 3	Row 2
		19	Position 8	Row 5	Row 6	Row 5	Row 4 Pos 4

*Position remains the same