**If I asked you to choose a track to listen to right this minute what would you chose?**

You might choose to listen to a track to reflect how you feel at this moment.

You might opt for something to lift your mood or energy if you are feeling down or tired.

Maybe you want to be taken somewhere else - somewhere you have been, or somewhere in your imagination.

Perhaps you want to think about a certain person, or a time of your life.

I’ve been thinking about the tracks that take me somewhere very specific, namely to a great film moment. You know, those iconic scenes in our favourite films, where a track builds in the background or hits us in a wave of sound as the needle drops onto a record? The emotion and visual memory of those songs seem to stay in us in a similar way to us actually being in that moment ourselves. We are able to experience the love, the romance, the fear, the goose-bumps ourselves, as we watch the characters we have invested our time and feelings in live out their stories.

The laughter, joy, sadness or tears can be as heartfelt as they would in our own lives, and often we are really feeling our own story as we watch theirs unfold. This connects us with these tunes in a way that means they stay with us for years.

So, as a team we have been thinking about some of those tracks; the tracks of that film moment, the iconic scenes in our film memories and the tracks that take us to that moment.

Perhaps unsurprisingly we gathered rather a long list very quickly! There were many over-laps, with multiple people suggesting the same moment, as well as people selecting different musical moments in the same film!

Some of ours are below (in alphabetical order so there’s no preferential treatment!).

With some there is a You Tube link if you want to re-live the moment again - just copy and paste the link into your search engine (please note, some of the films do have age certification).

An Officer and a Gentleman - “Up Where We Belong” Jennifer Warnes and Joe Cocker <https://youtu.be/uo25yQ2uLL4>

Baby Driver - “Harlem Shuffle” Bob and Earl <https://youtu.be/rYv2a_VF328>

Back to the Future – “Johnny B. Good” Marvin Berry and Michael J Fox <https://youtu.be/T_WSXXPQYeY?t=165>

Billy Elliot - “Cosmic Dancer” T-Rex <https://youtu.be/J2cAGnnxK_w>

The Blues Brothers – “Think” Aretha Franklin <https://youtu.be/RTXszRHc0qs>

The Bodyguard - "I Will Always Love You" Whitney Houston <https://youtu.be/9qOcaBhLh3Q>

Breakfast at Tiffany’s - "Moon River" Audrey Hepburn <https://youtu.be/uirBWk-qd9A>

The Breakfast Club - "Don't You (Forget About Me)" Simple Minds <https://youtu.be/DQ1QUK8KLH0>

Butch Cassidy and the Sundance Kid - “Raindrops Keep Falling on my Head” BJ Thomas <https://youtu.be/ZYwhvD2-fYw>

Cars – “Life is Highway” Rascal Flatts <https://youtu.be/mdEc5kiPkLU>

Casablanca - “As Time Goes By” Dooley Wilson <https://youtu.be/Do2olZ49M54>

Despicable Me 2 - "Happy" Pharrell Williams <https://youtu.be/CJ9Tdvqlo_Y>

Dirty Dancing - "(I've Had) The Time of My Life” Bill Medley and Jennifer Warnes <https://youtu.be/CQ2lUog6jZ0>

Easy Rider - “Born to be Wild” Steppenwolf

Ferris Bueller's Day Off - "Oh Yeah" Yello <https://youtu.be/iSjS-iCPeW8>

Flashdance - "Flashdance … What a Feeling" Irene Cara <https://youtu.be/oVD3fwcG5X4>

Frozen - "Let It Go" by Idina Menzel <https://youtu.be/moSFlvxnbgk>

Gilda - “Put the Blame on Mame” Rita Hayworth <https://youtu.be/NY2IpSCV-Nk>

The Graduate – “Sound of Silence” Simon and Garfunkel <https://youtu.be/ZEl-J7lTkKU>

Highlander – “It’s a Kind of Magic” Queen

The Lion King - "Hakuna Matata" Elton John / Nathan Lane <https://youtu.be/BAoCYwefq1A>

O Brother, Where Art Thou - “Down to the River to Pray” Alison Krauss

Pulp Fiction – “You Never Can Tell” Chuck Berry <https://youtu.be/o5qXCzknxn8>

Pretty Woman - "Pretty Woman" by Roy Orbison <https://youtu.be/tSWpPkg3K5Q>

School of Rock – “Smoke on the Water” Jack Black

Singing in the Rain – “Singin' in the Rain" Gene Kelly <https://youtu.be/D1ZYhVpdXbQ>

Sister Act 2 - “Oh Happy Day” St Francis Choir and Ryan Toby <https://youtu.be/z-4mtA6Z88k>

Top Gun - "Take My Breath Away" Berlin

Trolls - "Can't Stop the Feeling!" Justin Timberlake <https://youtu.be/oWgTqLCLE8k>

8 Mile - "Lose Yourself" Eminem



I wonder if your moment is there, or whether yours needs to be added to the list?

Share your film music moments on our Facebook group.