

Mastering the Dance

Mastering the movements
To the beat of the music
Spinning around
On the tips of your toes
feeling the joy
as a young child does
jumping on their bed
A release of order and rules
As you lose yourself
In the dance
each beat synchronized
Like the rhythm of your heart pumping
You're moving without thought
Left and right, to the side
Mastering the moment
When you let go
making it your own

Melissa Kelly

