

Dance
By Evelyn Lo

I feel the rhythm
I feel the beat
Like the song itself
Is calling to me

As I dance and spot
I feel the music's song
It's been in my heart
Where it's always belonged

The energy flows
Down to my fingers
And my strength goes
Where it would linger

All my frustrations
Pour out then
Like a bird set free
Comfort it sends

I feel it all
In a single beat
It all pours out
And runs before me

It's been one of my strengths
E'er since young
It helps me be brave
When there is yet none