

Dance and Music

*Dance and music flow as one,
like a mill wheel turning in the sun.
You lean to the right, then to the left you sway,
while the bright brass horn begins to play.
You jump once high, then rise again,
the drumbeat calls
you follow when your foot steps forward,
your hands lift high,
the guitar sings soft beneath the sky.
And if you move with heart and grace,
the world will see your shining face
for courage lifts you, light and free,
to stand and dance with harmony.*