

How to Dance

By Emily 7V

Don't do the moves.

Feel them from within.

Let the Dance travel through your blood first
direct from your heart.

Then the electricity courses through your legs to the tips of your toes. Thrilling.
Breathe.

The blood pulses through your body.

Then...

You Dance.

You take a deep breath in. Then burst.

Lightning in the storm.

The bird in the sky.

You soar.

A tornado of spins.

A wave of leaps.

Pulsing through your body.

You're not just dancing on the black floor of the dimly lit floor.

You are on a cloud.

