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Dance

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Dance

Abigail Frazier

Breathe in, breathe out

My feet leave the ground and for a moment I am weightless

For just a moment, life is suspended in the air

Dance happens no longer in a studio,

But anywhere, in any place that can be dreamed of

Movement is no longer confined by space or time or convention

It is free

Breathe in, breathe out

Hands cover a face, and emotion is pure again

Where once a body was worn with worry,

Real life takes over

There is a place where blood and spirit mix

Where all that is physical and all that is intangible become one

Breathe in, breathe out