Swing



SWING

Bend your head, let your heels retreat. Now lean back, sending out your feet. To and fro, feel the rhythm swing. Hold your breath, body answering.

Up and off, swing across the sky. Push your weight, feel the world fly by. Earth and sand rushing under you. Clouds above flash among the blue.

Dip and dive hold the line that ties hand and heart to the arching skies. Like a bird, that has found its wings, hear the word that your freedom sings.