

POEM ON VOCAL DANCE, by Kathryn Santospirito

*Enlivening my body - lengthening, strengthening
awakening and shaking its every
nerve, muscle, fibre, bone
and hair*

*Dare-ing, discovering and feeling
beauty
nurturing, nourishing, energizing me
For me. From Me. Allowing me
to be*

FREE

*Allowing spirit, emotion, passion to be expressed
with finesse
remembering, recognizing, trusting what's within
and begin
the emergence, the surgence
of movement newly found
with SOUND*

*vibration, realization
emerging, urging, flowing
information*

SOUND

*vibrating, resonating
dancing through my head...to feet
dancing in my heart*

BEAT

SOUND

*my sound. around.
surrounding me
soothing, moving, grooving me
feeling inspiration, exploration, stimulation
dedication*

*to open up a new world for me
of power, strength, flexibility
courage, joy, curiosity*

At my pace

*achieving grace
yearning learning
my fire burning
my knowing remembers
the flowing begins
my spirit soars
and my heart sings*