

<dance is not a metaphor>

sometimes i can't
i just can't
i hurt so bad
i should stay home soak
in a hot salts pity-bath
ugh that long drive
argh my crampy legs
20 other reasons
to skip dance this week

but i don't
i go
i change slowly
into my dance pants
pull on my dance shoes
shuffle into the studio
where one by one
my tribe hugs me
we spread out

i am not ready
i can't do it
i will start to weep
i will have to leave

but i don't
i move
only a little at first
until moving
gets easier
i wake up
i am not pretty
or graceful
i dance anyway
i forgive myself