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## The Dancer

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## **The Dancer**

At the heart of my being, I'm a dancer.  
I listen to the rhythms of life  
Till I've learned them by heart,  
Then I dance.  
I start very slow,  
Testing unrehearsed steps as they come,  
Then I fly.  
Covering new territory,  
Using what I've learned,  
I adapt my dance to the new situation.  
The dance slows down.  
Puzzled, I stop and look around me,  
Catching my breath and noticing the changes.  
Finding my new steps and a place,  
I start again, slowly.  
In my mind, everyone's a dancer.

**Karen Thompson**