

Move

Sweat drips drops on a shifting beat
Breath drawn smoothly sigh, inside...out
Release it all, All, shuffling feet

Lost swimming through sweltering heat
Rising chest with euphoric sprout
Sweat drips drops on a shifting beat

Just twitch tighten relax repeat
Melodic moving, make them shout
Release it all, All, shuffling feet

Tease some ease, stress together meet
Away yesterday without doubt
Sweat drips drops on a shifting beat

Leave yourself to yourself, gone, Cheat
Push pull, fall till full and not pout
Release it all, All, shuffling feet

Know you are yourself to defeat
Know you are freed from false-fake sweet
Sweat drips drops on a shifting beat
Release it all, All, shuffling feet