

This performance is a celebration of the amazing Movemakers youth.

Spoken word poetry connects today's dance pieces, creatively interpreted through the movements of our Senior Performance Team dancers.

Every word you hear was written by our youth.

Please talk to the Senior Performance Team dancers after the show to learn about the poetry creation process and the personal meaning behind their words.

Scroll down to see a selection of the original poetry.

Enjoy the show!

ELANA

All of us different but together as one
Linked under the same sun
We all dance rhythmically
Our feet hit the beat simultaneously
The ground dances within us
No one makes a fuss
For we are all dance as one
Linked under the same sun

A smile spread across my face
I feel as though I am in space
All my worries wash away
But only for this time of day
I feel like a bird at sea
Soaring high and finally free
The breeze pushes against my hair
Brushing away all despair
The water wakes me to reality
I never want to leave this mentality
The bubbly feeling in my gut
As my eyes begin to shut
I hope this feeling lasts forever
Just me and the breeze together
I feel my arms begin to paddle
The sand starts to rattle
The wave brushes over me
It's the first time I truly breathe

EMIL

Round is finished

My energy is diminished

My heart beats once, the music pauses

My heart beats twice, I look at the judges

My heart beats three times and 3...2...1...

I won.

Strength won't quit

Strength is a leader

Strength was the first spark

Strength will be the ending point

Strength can change fate

felt so bright.

LEANDER

When I played sports in the light.
I kicked the ball. Then I heard in the call. It was not good.
So I stood there patiently. I heard it was not a foul.
So I was happy.

When I am stressed out
My mom gives me some breathing techniques
She tells me to close my eyes
And think about happy and exciting things in my life
I think to myself about sports and playing those sports
Also I think of working out and exercising
Then realizing all the bad stress and tension
And out of my body

Then when I open my eyes
Then I told myself I am going to be happy and exciting
By doing things I love
And doing them in real life
Then feeling perfect the next day
And for the future

ISIS

when I'm out
in the sun
listening to music
hearing lyrics being sung

SOPHIA

I'm waiting in line for my favorite place

I can't wait to kick off my shoes

Looking around there's a big open space

No phones, no worries, and everyone with
their crews

I get my cabin and run as fast as I can

My friends are rushing to say hi

Drop my stuff and get tackled to the ground

So happy that I almost cry

MEDITATION, written by the entire ensemble

Stress

Distracted

Patience

Upset

Unite

Forget

Release

Tension

Focus

Zone out

Flow

Mentality

Mindfulness

Calm

Zen

Dance

I'm ready

BRAVERY, written by the entire ensemble and compiled by Elana

I have a friend
Like a weird hero
We joke but they protect me
This guy got no fear
We need to go a far distance
It's dangerous, but it's fine
We're here
Not scared

There is nothing to be scared
You can get through anything
I haven't been able to see a friend who is going through a hard time
I'm so proud of her
I miss her so much
We used to hangout for days on end

My sister helps me with creativity
She helps me when I have a bad day
My brother caught me
He can be really cool
All of these people go out of their way to pick me up
They show me bravery in everything they do