

# Dancing Inside

When the first step is so unclear  
You're not sure what to do, the future's here  
The only advice I can offer is:

Just keep on dancing inside, it helps me to live my life  
It's a coping mechanism, to live, thrive, survive.

Just keep on dancing – inside.

Have you ever had your own, your own little box of sunshine?  
A little bit of something, a place for a bit of 'me' time?  
And if the weather won't play the game ...

Just keep on dancing inside  
Keep your heart protected, keep your dreams alive.  
It can be your little secret, use it for your life.

Just keep on dancing – inside.

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An attitude to life, triggered by reflections during the Covid lockdown, 2021.