

# One Sided Dance

*By Mark Jensen & Wendy Jensen*

Left shoulder in isolation,  
Making circles around and around,  
Left elbow in isolation,  
Feet planted firmly on the ground.  
Left leg in isolation,  
Swinging circles, can you swing it some more?  
Left foot in isolation,  
Tap the beat, steady on the floor.

It's a one-sided dance, not easy to do,  
It's a left side dance for just me and you,  
Everybody in the house got a special way to move,  
You gotta consider that, let both sides move,  
But you know both sides got an identity,  
Sometimes they exist independently,  
You got a right side neutral, I mean being still,  
While the left side beats with its own free will.

It's all about exploring the left and right,  
It's all about the way we need to move,  
It's all about exploring the left and right,  
One-sided dancing for the day and the night.

Right shoulder in isolation,  
Making circles around and around,  
Right elbow in isolation,  
Feet planted firmly on the ground.  
Right leg in isolation,  
Swinging circles, can you swing it some more?  
Right foot in isolation,  
Tap the beat, steady on the floor.

It's a one-sided dance not easy to do  
It's a right side dance for just me and you,  
Everybody in the house got a special way to move,  
You gotta consider that, let both sides groove,  
But you know both sides got an identity,  
Sometimes they exist independently,  
You got a left side neutral, I mean being still,  
While the right side beats with its own free will.

It's all about exploring the left and right,  
It's all about the way we need to move,  
It's all about exploring the left and right,  
One-sided dancing for the day and the night.



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