Breaking the Surface: REWOUND

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breathe
think
relax
hear applause
break the surface
like no one’s watching
cooling calming clearing
water flows
splash
toes pointed
knees straight
chin tucked
hands clasped
pull out
sight landmark
slowly
turning over
seems like forever
grab ankles
gain momentum
throw arms down
soar
fly
launch
land
feet together
spring
board gives
right foot pushes
left
right
get it done quickly
time to go
what did I get myself into
shaking sweating twitching
all eyes watching
oh so nervous
hard to think
can’t breathe