

Constanza

Dawning

Autumn mornings begin in fog.
In darkness I head for the pool.
The air is damp. The breeze is cool.

Body moves as if in bog.
In warm water I take a chance
and with ai chi I soon can dance.

My freed feet prance- just want to clog.
Pool bottom tapped with dancing shoes
as all my limbs pick up the cues.

Leaving for car, I want to jog.
Despite my sore arthritic knees
I feel I can do as I please.

My spirit laughs, watches agog.
I have prepared a day of fun.
For my high jinx play has begun.

Constanza:

Created by Connie Marcum Wong

1. Triplets. 3-line stanzas.
2. Five or more stanzas.
3. Each stanza read as individual poem.
4. The first lines of each stanza are mono-rhymes.
5. The remaining lines are couplet rhymes.
6. Rhyme Scheme: a-b-b a-c-c a-d-d a-e-e a-f-f etc.
8. Syllable Count: 8 per line