

## Mirrored Refrain

### Catch

- x    When playing baseball, football catch,  
a    the guys enjoy the sports, games' pace.  
B    Grandpa is ready to catch James.  
A    Grandpa's strong arms in embrace
- x    When playing junk ball in the yard  
b    The guys run and give ball their aims..  
A    Grandpa's strong arms in embrace  
B    Grandpa is ready to catch James.
- x    When life throws young James a curve ball  
a    and there're challenges he must face,  
B    Grandpa is ready to catch James  
A    Grandpa's strong arms in an embrace

### **Mirrored Refrain:**

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1. Three or more quatrains.
2. Metered, line length, and pattern at discretion of poet.
3. Rhyme Scheme: x-a-B-A   x-b-A-B   x-a-B-A etc.
4. Three rhymes. X=unrhymed.
5. 2 refrains. Line 3 and line 4 of first quatrain becomes refrain for subsequent stanzas. The refrains alternate position in each stanza.