

## Up and Down

I'm sitting on a see saw, bouncing up and down  
Crashing at the bottom, then my feet won't touch the ground  
Suffering the agony as my counter balance jumps  
And I drop from the heavens, landing with a bump  
Before I've got my breath back I'm quickly on the rise  
My counter balance as hopped back on and I'm heading for the skies  
From the modern, medieval catapult, I'm launched into the air  
My fingers slipped, I lost my grip and my backside left the chair  
For just one fleeting second I'm flying like a bird  
Stomach lurching euphoria, is really quite absurd  
Just as I think, no time to blink, this feeling is bloody ace  
I quickly discover gravity, and land right on my face.

By Lee Haigh