

# The Song of the Feet

By Nikki Giovanni

It is appropriate that I sing  
The song of the feet

The weight of the body  
And what the body chooses to bear  
Fall on me

I trampled the American wilderness  
Forged frontier trails  
Outran the mob in Tulsa  
Got caught in Philadelphia

And am still unrepaired

I soldiered on in Korea  
Jungled through Vietnam sweated out Desert Storm  
Caved my way through Afghanistan  
Tunneled the World Trade Center

And on the worst day of my life  
Walked behind JFK  
Shouldered MLK  
Stood embracing Sister Betty

I wiggle my toes  
In the sands of time  
Trusting the touch that controls my motion  
Basking in the warmth of the embrace  
Day's end offers with warm salty water

It is appropriate I sing  
The praise of the feet

I am a Black woman

Source: *Quilting the Black-Eyed Pea* (HarperCollins Publishers, 2002)