

Line of poem	Key words	Visuals	Sound track
Shh, Come to the shore And listen...	Shore, Listen	WS Fade in, sea, Shore, Waves lapping towards you, clouds in the sky, Sea birds.	Sea sounds, birds circling, wave crashing.
Here, where rocks have been cut and Shaped By waves,	Cut and Shaped by Waves	CU of ground, rocks changing shape with each lap, shrinking	Lapping water, rocks clashing
Where my wild water Kisses your land,			A large swell and sigh from the sea
I will yield to you my secrets	Yield secrets	AV of water rushing to the land, engulfing the beach as it approaches, then shrinks to a point as it recedes, like puckered lips	Sound of a wave, then foam dissipating, effervesence
Like a lover's embrace, I can give and I can heal	Embrace, heal	AS Footprint in the wet sand, smoothed over by lapping wave	Wave, sea bird
Surrender your body	Surrender	Profile of a cliff, a figure stands at the edge with the outlive of a house behind	
And in one breath I'll caress all of it	Breath, hold	The figure dives into the sea, the sea recedes and then lunges at the cliff,	Intake of breath
Yet remember too, that I have the power	Take and destroy	Crashing into its face, taking the house with it	Crashing sea, falling debris
To take away and to destroy			As above
Keep me within your bounds	Bounds, destroy	CU Sand dam on the shore, crumble by a wave	Wave breaking and foam fizzing
and I will destroy them			
Tame me and I'll leap beyond your limits	Leap, Beyond	Boulders with foamy waves crashing and leaping over the top of them	Wave crash
Claiming and reclaiming what is mine	Reclaiming	AV of tidal pattern, moving a piece of seaweed down the beach playfully	
You cannot grasp me, Even in your strong hand	Grasp, fail	AV, CU of a pair of hands try to cup foamy sea water, which dissappears to nothin	
But,			
Shh, Come to the shore And Listen...	Shore, listen	WS of shore like first shot, sea lapping, clouds move across the sky and birds fly	Soft sea sounds, sea birds
There I'll yield to you my secrets	Secrets	Fade out	Whisper sounds, giggle in the distance, a sigh