

# Metro Gnomes

In some metro stations, just under our homes.  
Live kind little folks we refer to as gnomes.  
And frankly, because they are like us in stages,  
They move at a pace that befits all their ages.

For some like to walk and some like to run,  
And some like to saunter while having some fun.  
But some have to crawl, or to waddle or march,  
While others go bounding (a jump and an arch).

And since we can watch them and follow their lead,  
We also can learn from their “musical” speed.  
For we soon discovered that each one of them.  
Moves at “beats per minute,” for short, BPM.

So now you can master in your chromosomes  
The musical tempos of these Metro Gnomes

