Impromptu – NSC Showcase #2

Please submit one video for all rounds – <i>videos must be unedited and must include</i>
prep time.

Prompt Option #1:

"Even if you're on the right track, you'll get run over if you just sit there." - Will Rogers

Prompt Option #2:

"Any new beginning is forged from the shards of the past, not from the abandonment of the past."

— Craig D. Lounsbrough