



I Just Breathe

32 Count 4 Wall Improver Level Dance.
Choreographed by: Helen Owen (UK) & Mathew Sinyard (UK) Aug 2025
Choreographed to: Breathe by Mal Pope
Intro: 16 Counts. Start at approx 9 secs.

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SEC 1 SIDE, TOGETHER, SIDE, TOGETHER FORWARD, SIDE, TOGETHER, SIDE, TOGETHER, BACK

- 1-2 Step right to side, close left beside right
- 3&4 Step right to side, close left beside right, step right forward
- 5-6 Step left to side, close right beside left
- 7&8 Step left to side, close right beside left, step back on left (12:00)

SEC 2 BACK ROCK, STEP PIVOT ½, FORWARD ROCK, BACK HOOK

- 1-2 Rock back on right, recover on to left
- 3-4 Step forward on right, pivot ½ turn left
- 5-6 Rock forward on right, recover on to left
- 7-8 Step back on right, hook left across right (6:00)

Restart Here on Walls 5 and 10, replace count 8 with close left beside right then restart

SEC 3 STEP LOCK, STEP LOCK STEP, STEP LOCK, STEP LOCK STEP

- 1-2 Step forward left to left diagonal, lock right behind left
- 3&4 Step forward left, lock right behind left, step forward left
- 5-6 Step forward right to right diagonal, lock left behind right
- 7&8 Step forward right, lock left behind right, step forward right

SEC 4 CROSS ROCK, CHASSE ¼, STEP PIVOT ¼, STEP PIVOT ¼

- 1-2 Cross rock left in front of right, recover on to right
- 3&4 Step left to side, close right beside left, ¼ turn left stepping forward on left (3:00)
- 5-6 Step forward on right, pivot ¼ turn left (12:00)
- 7-8 Step forward on right, pivot ¼ turn left (9:00)

Ending After 10 counts of Wall 14, step pivot ¼ cross