

I Just Breathe

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Helen Owen (UK) & Mathew Sinyard (UK) - August 2025

Music: Breathe - Mal Pope



Intro: 16 counts. 2 Restarts on walls 5 & 10.

Section 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).

Section 2 Back Rock, Recover, Step Pivot ½, Forward Rock, Recover, 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).

****Step change restart here walls 5 & 10 see below****

Section 3 Diagonal Step Lock, Step Lock Step (Left then Right).

- 1 2 Traveling to left diagonal – Step forward left, lock right behind left.
- 3 & 4 Step forward left, lock right behind left, step forward left.
- 5 6 Traveling to right diagonal – step forward right, lock left behind right.
- 7 & 8 Step forward right, lock left behind right, step forward right (straightening up to 6:00).

Section 4 Cross Rock, Recover, 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).

Step change restarts – on wall 5 & 10 – replace the hook in section 2 with a step together then restart the dance.

Ending – on wall 14, dance up to count 10 then replace the step pivot ½ with a pivot ¼ cross to finish at 12:00.

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