



Take a Breath

ALEXANDRA SKEVINGTON

Instrumentation

Score	1
Violin I	8
Violin II	8
Viola	5
Cello	5
Bass	5
Rehearsal Piano	1

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About the Composer



Alexandra is an English composer. Her writing has encompassed classical, jazz, house and folk music and she's written acoustically, electronically and for soloists, vocalists, ensembles and orchestras.

A multi-instrumentalist with grade 8 distinctions in piano, violin and viola, after Oxford, she held a senior exhibition scholarship for piano performance at the RCM. Not realising composing could be a career, Alexandra then left music completely for several years before eventually starting to share her compositions under pseudonyms. Having gained confidence from competition entries, she left her job and began working as a composer.

Alongside success in writing competitions, Alexandra's music has been played on BBC Radio 3, Radio 1 Czechia and BBC Sounds. Her piano music has been included on Trinity College London's exam syllabus and given a Renee B. Fisher Composer Award for 2025. She is building a reputation as a film scorer and appears as the composer on a shortlisted Sci-Fi London 48-hour Film Challenge film as well as having had a score selected for live performance at Film Score Fest, Minnesota.

Alexandra's music generally tells a story and features elements of jazz, French impressionistic music and house with strong melodic elements. With a background in teaching, she is particularly interested in writing for education, emergent instruments and inclusive music groups alongside continuing to contribute music to film. Alexandra aims to create engaging and inspiring music that's accessible and enjoyable for players and listeners.

Take a Breath

Part of the art of playing together as a group is keeping time. That can be particularly tricky during rests. "Take a Breath" aims to help players focus on playing the silence of a rest as much as the sounding notes. Initially, it might be helpful to take a small breath through the nose during a rest to consciously register its existence. This has the added benefit of ensuring players aren't holding their breath and experiencing tension in their playing as they grapple with learning new music.

In performance, "Take a Breath" becomes a message just as much for a time-pressured audience as for a nervous String Orchestra, as the pacing steps of an upward/downward phrase give way to more relaxed melodies with a big sigh of relief on the last note!

"Take a Breath" is a Grade 0.5 piece. It is in 4/4 and in E minor, using only an F# as an accidental. All other notes used are open strings or D, E, F#, G, A, B in beginner positions. It uses natural bowings only and also features some *pizzicato* for each part.



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Recordings are available on all major streaming services.

ALEXANDRA SKEVINGTON
(PRS)

Relaxed and flowing ♩ = 120

[illegible]

1 2 3 4

Vln. I *sim.*

Vln. II *sim.*

Vla. *sim.*

Cello *sim.*

Bass *sim.*

Pno.

5 6 7 8

11

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

9 10 11 12

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

13 14 15 16

19

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

p

p

p

p

p

p

17 18 19 20

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

f

mf

f

f

f

f

mp

mp

mp

mp

mp

mp

Pizz.

Pizz.

Pizz.

Pizz.

Pizz.

mp

mp

mp

mp

21 22 23 24

27

Breathe, Breathe!

Pizz.

mp

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

25 26 27 28

Breathe! Breathe, Breathe!

Arco

p

Breathe, Breathe! Arco

mp

Breathe, Breathe! Arco

mp

Breathe, Breathe!

Arco

p

Breathe, Breathe!

Arco

p

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

29 30 31 32

35

Vln. I

Vln. II

Vla.

Cello

Bass

Pno.

33 34 35 36

Vln. I

Vln. II

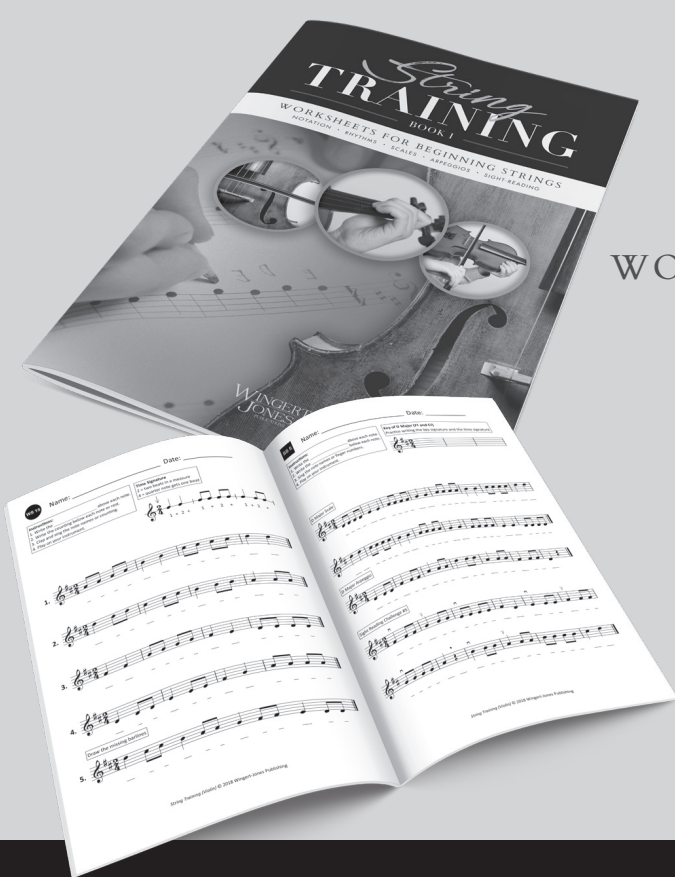
Vla.

Cello

Bass

Pno.

37 38 39 40



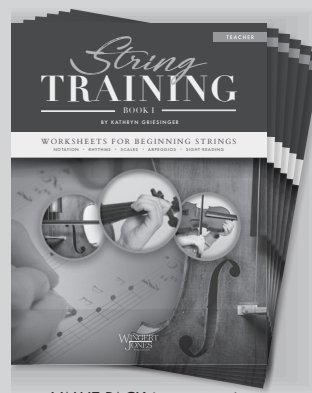
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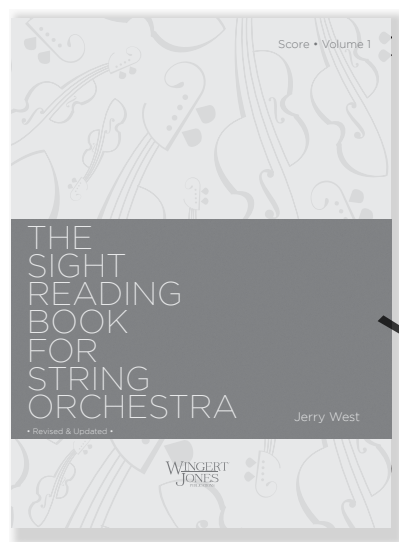
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