

= It Only Hurts When I 'm Breathing =

" It Only Hurts When I 'm Breathing " is a song co @-@ written and performed by Canadian country music singer @-@ songwriter Shania Twain . The track was composed by Twain and her then @-@ husband Robert John " Mutt " Lange , and produced by Lange . It was released on February 9 , 2004 as the eighth and final single from Twain 's album Up ! , and the fifth to impact the North American market . Disparate to the remainder of Up ! , " It Only Hurts when I 'm Breathing " is a ballad that Twain labeled to be the sole heartbreak song on the album . Musically , it lies within the country pop genre while its lyrics speak of misery .

" It Only Hurts When I 'm Breathing " received mixed reviews from music critics . Commercially , the single performed well in Canada , where it peaked at number four , and mildly in United States ' country and adult contemporary markets . It peaked at number seventy @-@ one on the Billboard Hot 100 and at number eighteen on Hot Country Singles & Tracks . Although an official music video for " It Only Hurts when I 'm Breathing " was never filmed , it was given a promotional music video taken from a performance for the concert film Up ! Live in Chicago (2003) . Contestant Michael Lynche performed a cover version of " It Only Hurts when I 'm Breathing " on a Twain @-@ themed episode of the ninth season of the singing competition American Idol .

= = Background = =

After collaborating on her great successes The Woman in Me (1995) and Come on Over (1997) , Twain and her then @-@ husband Robert John " Mutt " Lange decided to take a musical hiatus . The two relocated to Switzerland , settled down , and had a child , Eja , in August 2001 . Twain felt content and was in a very positive state of mind , which inspired Up ! (2002) . She and Lange conceptualized the album to be very positive , optimistic , and uplifting ; they desired to evade dark subject matters , yet still be profound through optimism . In doing so , they co @-@ wrote every track on Up ! , in which few tracks were ballads , something Twain considered a small ratio compared to the nineteen songs on the album . She explained it was not done deliberately , but influenced by her and Lange 's state of mind at the time , adding , " There just didn 't seem to be enough room for [ballads] " . One of the ballads was " It Only Hurts when I 'm Breathing " , which Twain deemed necessary to come down in tempo . She said the song was very powerful and , as with each track on Up ! , was significant to her . Twain said of the track , " This is the only heartbreak song on the new CD . [...] a chance for all of us to catch our breath here . " " It Only Hurts when I 'm Breathing " was later selected as the eighth and final single from Up ! , fifth to impact the North American music market . It was released to country radio on February 9 , 2004 and to adult contemporary radio on March 22 , 2004 . A live CD single and digital download were taken from Up ! Live in Chicago , and released on March 9 , 2004 with the same cover as the video album . CD singles and 7 " singles were later issued by Mercury Nashville Records on March 30 , 2004 .

= = Composition = =

" It Only Hurts when I 'm Breathing " is a ballad that lies within a fine line of country pop , most instrumentation are typical of country music , yet it does not sound distinctively country . The country " Green " version is of three minutes and nineteen seconds in length , and the pop " Red " version is of three minutes and twenty seconds in length . Paul Cognata of The Daily Campus stated , " Twain decides to deeply cross the line into pop music in her song , ' It Only Hurts when I 'm Breathing . ' Since there isn 't any type of country @-@ feel in it , the song sounds like a typical pop ballad that could be found on Kiss 95 @. @ 7 . " It is set in common time and has a slow tempo of 76 beats per minute . Written in the key of D ? major , " It Only Hurts when I 'm Breathing " follows the chord progression G ? Am7 ? F9 . Twain 's vocals span two octaves , from A ? 3 to D5 . Its lyrics reflect misery and burden .

= = Reception = =

== Critical reception ==

" It Only Hurts When I 'm Breathing " received mixed reviews from music critics . Ron Rollins of Dayton Daily News believed the song was " catchier " under its pop format from the Red CD of Up ! . Eric R. Danton of the Hartford Courant felt his heartstrings weakly tugged by " It Only Hurts when I 'm Breathing " , and added , " The whole endeavor feels like a calculated and spectacularly cynical attempt to make money while expending as little effort as possible . " Carol Tannehill of The News @-@ Sentinel called the song one of the hottest singles on country and pop radio at the time . Stephen Thomas Erlewine of Allmusic noted the song 's absence from Twain 's Greatest Hits (2004) album ; however , he said it was not greatly missed . In 2004 , " It Only Hurts when I 'm Breathing " was listed as a " Winning Song " in the country genre by Broadcast Music Incorporated (BMI) . The song was nominated for " Song of the Year " at the 2004 Canadian Country Music Association Awards , but lost to Carolyn Dawn Johnson 's " Die of a Broken Heart " .

== Chart performance ==

" It Only Hurts When I 'm Breathing " debuted at number fifty @-@ seven in mid @-@ March 2004 , and eventually peaked at number four in mid @-@ April 2004 on the Canadian Singles Chart . On the week ending May 8 , 2004 , " It Only Hurts when I 'm Breathing " debuted at number seventy @-@ six on the United States ' main singles chart , the Billboard Hot 100 . In the succeeding week , the track jumped to its peak position at number seventy @-@ one . It spent a total of seven weeks on the Billboard Hot 100 . On the week ending February 21 , 2004 , " It Only Hurts when I 'm Breathing " entered the US Hot Country Singles & Tracks chart at number fifty . The following week , the track ascended to number forty @-@ three , and , after thirteen weeks on the chart , on the week ending May 15 , 2004 , it reached its peak at number eighteen , where it remained for three consecutive weeks . In all , the single managed to remain aboard Hot Country Singles & Tracks for twenty weeks . " It Only Hurts when I 'm Breathing " also charted on the US Adult Contemporary chart , where it peaked at number sixteen on the week ending May 29 , 2004 .

== Live performances ==

Twain first performed the song as part of her setlist for an outdoor concert on July 5 , 2003 at Nowlan Park in Kilkenny , Ireland . She then performed it at another concert on July 12 , 2003 at Hyde Park in London , England . The singer last performed " It Only Hurts when I 'm Breathing " on July 27 , 2003 at a free outdoor concert held in Grant Park in Chicago , filmed for the Up ! Live in Chicago (2003) concert film . The singer donned a tan , multi @-@ patterned halter top and black , sequined wide leg trousers , and performed sitting on a stool placed at the end of the runaway . The recording of the performance at Grant Park was used as a promotional music video for the single .

== Cover version ==

Contestant Michael Lynche performed a cover version of " It Only Hurts when I 'm Breathing " on a Twain @-@ themed episode of the ninth season of the singing competition American Idol , aired on April 27 , 2010 . Lynche performed the contemporary R & B @-@ oriented rendition of song sitting on the staircase of the show 's stage . His performance was received well by judges Ellen DeGeneres (who compared Lynche 's delivery to that of Luther Vandross) , Kara DioGuardi , and Randy Jackson ; judge Simon Cowell felt Lynche 's song selection poor , deeming the song too feminine for him . Sitting in the audience after serving as a guest mentor , Twain herself was moved to tears listening to Lynche 's rendition . Eric Ditzian of MTV News desired for the contestant to tap into his R & B and soul music roots further and concluded , " Last night 's performance was hardly the stuff of Luther Vandross , as Randy Jackson and Simon Cowell maintained , but it 's a

comparison that Mike should take to heart . " Leslie Grey Steeler of The Palm Beach Post acknowledged Lynche was usually cheesy in his performances , but favored his rendition of " It Only Hurts when I 'm Breathing " , saying , " I loved it " and calling it " awesome " . Mary T. Kelly of Salon.com commented , " Big Mike went back to good , ole country basics and sang the song sweet , simple and pure . Tammy Tyree would have been proud . " Lynche was placed in the bottom three that week , and later eliminated .

= = Track listings = =

Live CD / Digital Download

" It Only Hurts When I 'm Breathing " (Live from Up ! Live in Chicago) ? 3 : 42

CD / 7 " single

" It Only Hurts When I 'm Breathing " (Green Version) ? 3 : 20

" It Only Hurts When I 'm Breathing " (Red Version) ? 3 : 19

= = Charts = =