

= Beat of My Heart =

" Beat of My Heart " is a song recorded by American singer Hilary Duff for her first compilation album , Most Wanted (2005) . It was written by Duff and the Dead Executives , a record production team consisting of Jason Epperson , Joel and Benji Madden . Along with the three other new songs on Most Wanted , " Beat of My Heart " was crafted with the intention of having a " totally different sound " from Duff 's previous material . It is an up @-@ tempo new wave @-@ inspired electropop song that incorporates elements of bubblegum pop and dance music in its production . Lyrically , " Beat of My Heart " can be interpreted in many different ways . For Duff , it tells the story of a woman " com [ing] out of her shell again " after a bad break @-@ up .

Following the success of " Wake Up " , " Beat of My Heart " was issued as the second international single from Most Wanted . It was released in Australia by Festival Mushroom Records on December 11 , 2005 and in several European countries on March 6 , 2006 , by Angel Records . The single was a moderate commercial success . It managed to chart in four different countries , reaching its highest position in Italy , where it peaked at number eight . In addition , it reached the top twenty in Australia and Spain and the low @-@ end of the chart in Switzerland . Critical reaction to " Beat of My Heart " was generally mixed , with many criticizing the song for being repetitive and childish , while others gave it credit for presenting an easy @-@ to @-@ listen @-@ to sound .

The music video for " Beat of My Heart " was directed by Phil Harder . The video , which paid homage to bond girls , debuted a " more mature " image of Duff . It emulates the title sequences of James Bond films from the 1960s to present @-@ day , high @-@ tech 3D designs . Duff has performed " Beat of My Heart " live on all of her concert tours since its inception . A pre @-@ recorded performance of the song was played during the 2006 edition of Dick Clark 's New Year 's Rockin ' Eve , which would later become a regular feature during future editions of the program . The song and video were parodied on the American sketchy comedy series Mad TV . The parody satirizes Duff 's thinness and Hollywood 's obsession with body image .

= = Background and development = =

On May 20 , 2005 , MTV News reported that Hilary Duff would be releasing a new album in August , comprising previously released tracks and four new recordings . The following month , in an interview with MTV News , Duff said that she had been working with brothers Joel and Benji Madden , of the American rock band Good Charlotte , and Jason Epperson (together known under the production name the Dead Executives) to write and produce new songs for the compilation . She said that " ... they 're three of my favorite songs I 've ever done It was really fun being in the studio with them . " Described by Duff as the first time when " all the responsibility was on [her] " , she went into the recording studio without the guidance of her record label or management .

According to Duff , she did not tell anyone at her record label that she was working with the Dead Executives . Joel , whom Duff had been dating at the time , was aware that she needed new material for a compilation album , and knew that she wanted a " totally different sound " . Together , the Dead Executives went into the recording studio and worked on new music for Duff , before bringing her into the studio to collectively work on them . Duff described working with them as pleasant , and the music as a new milestone in her career , stating that working with " people you 're close with makes a world of difference when you 're recording and being creative . " At the same time , Duff was also nervous about how her fans would react to the new music . Duff recorded four tracks for the album , three of which were co @-@ written and produced with the Dead Executives .

For Duff , who stated that the song can be interpreted in many different ways , " Beat of My Heart " tells the story of a heterosexual relationship , in which the woman was in love with the man , but he was not " as into her as she was him " . After the couple break @-@ up , she found herself in a place where she " wasn 't herself " . She then " comes out of her shell again " , which Duff described as : " Coming out again , dancing again , smiling again , having fun and seeing everything in a brighter light . " The Dead Executives were instrumental in the instrumentation of " Beat of My Heart " , performing on the bass and guitars . They also mixed and engineered the song ; the latter was

also conducted by Todd Parker and Grant Conway and assisted by Allan Hessler . It was mixed and recorded at the Foxy Studio in Los Angeles , California . The drums featured on the track was performed by Dean Butterworth while Monique Powell and The Fruit performed backing vocals . The song was then mastered by Joe Gastwirt .

= = Composition = =

" Beat of My Heart " is an up @-@ tempo new wave @-@ inspired electropop song that incorporates elements of bubblegum pop and dance music in its production . It contains a " soft electronic pop " sound and has the heart beat sound as its base , as well as guitar strums at a " feverish pace " throughout the song . Spence D. of IGN described " Beat of My Heart " as a " glorious uninhibited slab of Euro pop as filtered through the vocal chords of a warm @-@ blooded American girl . "

" Beat of My Heart " opens with the sound of a beating heart . In the pre @-@ chorus , Duff 's vocals are made distant by the song 's use of guitars and synth keyboards . She sings that she is going to follow her own interests : " To the beat of my / To the beat of my / To the beat of my heart " . In the first verse , a disinterested Duff sings that she is eager to speak her mind and " yield to her every desire " . In the chorus , she sings that her confidence has strained her relationships with her friends . In the second verse , she sings of being over her depression . An " angry guitar " and a " goth piano " interrupts the song in its bridge . Duff sings that she is only listening to herself from now on . According to Chuck Taylor of Billboard magazine , the line " beat of my heart " is repeated forty @-@ four times in the song .

= = Reception = =

= = = Critical response = = =

" Beat of My Heart " received generally mixed reviews from contemporary music critics . Pam Avoledo of Blogcritics wrote that Duff sounds like she is bored and " going through the motions " on the song . She further stated that Duff has " lost her sauciness and ironically , her spunk " in the song . Avoledo concluded her review by calling " the bland electro pop " song an " insult to the genre . It 's like spilling ramen on a Vivienne Westwood evening gown . " A reviewer from CBBC Newsround commented that the song is so repetitive that you will feel like " you 've listened to it 20 times after just one play " . The reviewer praised the heartbeat present on the track , writing that it " make it a bit of a foot @-@ tapper " , but deemed the lyrics to be " meaningless " . The reviewer concluded that : " You 'll find yourself humming it but will be hard pushed to remember what on earth she was singing about ! " Spence D. of IGN wrote that " Beat of My Heart " does not try for subtlety as it utilizes the " much overused heartbeat " for the " foundation rhythm " of the song .

A reviewer for Billboard noted that the song " seems to toss her back to her Disney days " . They concluded that : " Pop music is always appreciated , but this is a kiddie anthem , plain and simple [...] it is hardly a contender for contemporary radio " . Bill Lamb of About.com found the song , along with " Break My Heart " , to be " disappointing cookie cutter copies " of Avril Lavigne 's " Sk8er Boi " . He stated that although the songs are " easy to listen " , they " break no new ground " . Gabriel Leong of MTV Asia stated that " Beat of My Heart " sounds " very much like " songs that Debbie Gibson , Tiffany and Bananarama would have recorded in 1980s , a direction that suits Duff " much better than the whole budding rock chick image she 's been trying out . We don 't want a squabble with Ashlee [Simpson] now , do we Hil ? "

= = = Commercial performance = = =

" Beat of My Heart " was a moderate commercial success . The single managed to chart in four different countries , reaching its highest position in Italy , where it peaked at number eight on the

week ending on April 6 , 2006 , after debuting at number ten . In Australia , " Beat of My Heart " outperformed " Wake Up " by reaching number 13 ; it stayed on the chart for a total 14 weeks . The song gained lower positions in Spain , where it managed to peak inside the top twenty by reaching number 17 ; and in Switzerland , where it reached number 89 . In 2006 , " Beat of My Heart " was placed at number 90 on the Australian year @-@ end singles chart , and at number 74 on the year @-@ end Australian Physical Singles chart .

= = Promotion = =

= = = Music video = = =

The music video for " Beat of My Heart " was shot in Los Angeles , California on the week of September 26 , 2005 . It was directed by Phil Harder for Harder / Fuller Films , who is best known for his mid @-@ to @-@ late 1990s videos for seminal indie rock acts Low , the Red House Painters and The Afghan Whigs , as well as his videos for The Barenaked Ladies . The video , which pays homage to bond girls , contains " that hip sensibility " of James Bond films and presents a " more mature " image of Duff . A representative for Duff 's record label said that : " She 's always been a huge James Bond fan . She watched those movies with her sister growing up , and she loved the Bond girls , because they were always so stylish , and she 's stylish . " The music video was made available to purchase on the iTunes Store from November 2 , 2005 . It later made its on @-@ air premiere on MTV 's Total Request Live a week later , on November 9 .

The music video emulates the title sequences of Bond films from the 1960s to present @-@ day , high @-@ tech 3D designs . In the opening sequence , one of the graphics turns into a wire frame of a beating electronic heart , which " pulls out " with each beat . As the camera zooms , the heart grows in size and " weaves " to become Duff . According to MTV News , while she doesn 't " take on " Pussy Galore , Plenty O 'Toole , Holly Goodhead , or any other Bond girl , she becomes a " Bond girl in spirit " , switching from era to era with different looks , with her hair blowing and flying around in graphic silhouettes . Instead of cutting from image to image , the shots evolve in a Bond @-@ like style " as shapes take on different forms to reveal something else " . Duff performs in silhouette , with a microphone , " where a gun would otherwise be " . In another shot , her band is a silhouette . The edition of the video is matched to the beat of the song , " zapping the view in and out , until a lull in the song , when the view travels back into her eyes , through her skin and back to her beating heart . "

= = = Live performances = = =

Duff premiered " Beat of My Heart " as part of the set list of the Still Most Wanted Tour , which commenced on July 12 , 2005 in Los Angeles . She co @-@ hosted the 2006 edition of Dick Clark 's New Year 's Rockin ' Eve . A pre @-@ recorded performance of " Beat of My Heart " was played during the program . The event also featured a live performance from Times Square by Mariah Carey ? the first in the show 's history . These live performances would become a regular feature during future editions of New Year 's Rockin ' Eve . Duff performed the song as part of the set list of the Dignity World Tour (2007 ? 08) .

= = Track listings = =

= = Credits and personnel = =

Credits adapted from the liner notes of " Beat of My Heart " CD single .

= = Charts = =

= = Release history = =