

= Rock Steady Live =

Rock Steady Live is a video album by American ska punk band No Doubt , released on DVD on November 25 , 2003 under the Interscope records label . The DVD was directed by Sophie Muller . It is a recording of two of No Doubt 's concerts during their Rock Steady Tour in 2002 to promote their fifth studio album , Rock Steady , which was released in December 2001 . The material was recorded in November 2002 in Long Beach Arena , California . The concert features performances of seventeen songs from the band 's previous three albums : Tragic Kingdom , Return of Saturn and Rock Steady ; extras include performances of four extra songs , interviews with each band member and backstage footage of the tour .

Rock Steady Live was released alongside The Singles 1992 @-@ 2003 , a greatest hits album , and Boom Box , a box set containing two CDs and two DVDs . No Doubt then went into hiatus , allowing singer Gwen Stefani to pursue solo projects . The DVD received mixed reviews , with critics praising the band 's variety of musical styles . The DVD was certified gold by the Recording Industry Association of America and platinum by the Argentine Chamber of Phonograms and Videograms Producers .

= = Background = =

After spending January to August 2001 writing and recording , No Doubt released their fifth studio album Rock Steady on December 11 , 2001 . They released four singles from it between October 2001 and July 2003 : " Hey Baby " , " Hella Good " , " Underneath It All " and " Running " . The album sold over three million copies . It was certified double platinum by the Recording Industry Association of America , indicating sales of over two million units , gold by the Australian Recording Industry Association , indicating sales of over 35 @,@ 000 units , platinum by the Canadian Recording Industry Association , indicating sales of over 100 @,@ 000 units , and silver by the British Phonographic Industry , indicating sales of over 60 @,@ 000 units .

In 2002 , No Doubt embarked on their Rock Steady Tour , beginning with two dates outside the mainland United States on March 14 and 16 in Puerto Rico and Venezuela , before starting their main tour in Sacramento , California on March 18 , travelling across the U.S. and ending in Anaheim , California in November . Some performances featured burlesque group , the Pussycat Dolls . The concerts received positive reviews , with reviewers complimenting the variety of musical styles , elaborate stage and costume design and crowd interaction .

In April 2003 , No Doubt went into hiatus , before coming together in September 2003 to compile various retrospective works and record a new single : " It 's My Life " . Singer Gwen Stefani went on to record two solo albums : Love . Angel . Music . Baby . , released in November 2004 , and The Sweet Escape , released in December 2006 .

= = Content and release = =

Rock Steady Live was released on DVD on the Interscope Records label on November 23 , 2003 . On the same day , both The Singles 1992 ? 2003 and Boom Box were also released by the band . The Singles 1992 ? 2003 is a greatest hits album , featuring thirteen of No Doubt 's previous singles , " Trapped in a Box " from their first album No Doubt and new single , " It 's My Life " . Boom Box is a box set , containing Live in the Tragic Kingdom , a recording of a concert as part of the band 's Tragic Kingdom Tour , The Singles 1992 @-@ 2003 , The Videos 1992 @-@ 2003 , compilation of the band 's music videos , and Everything in Time , a collection of B @-@ sides and rare songs . The DVD was directed by Sophie Muller , who also produced the band 's previous video release , Live in the Tragic Kingdom .

The DVD contains a recording the two concerts performed in Long Beach Arena , California during No Doubt 's Rock Steady Tour . The concert features performances of 17 songs : " Just a Girl " , " Spiderwebs " , " Don 't Speak " and " Sunday Morning " from No Doubt 's third album Tragic Kingdom ; " New " , Ex @-@ Girlfriend " , " Simple Kind of Life " , " Bathwater " and " Magic 's in the

Makeup " from their fourth album Return of Saturn ; and " Hey Baby " , " Underneath It All " , " Hella Good " , " Running " , " Don 't Let Me Down " , " In My Head " , " Platinum Blonde Life " and " Rock Steady " from their fifth album Rock Steady .

The DVD also includes over an hour and a half of extra features . There are live performances of an extra four songs : " Excuse Me Mr. " and " Different People " from Tragic Kingdom , " Trapped in a Box " from their first album No Doubt and " Total Hate " from their second album , The Beacon Street Collection . Also included are an interview with Liam Lynch , a friend of the band ; documentary pieces featuring interviews with each band member : Tom Dumont , Tony Kanal , Gwen Stefani , Adrian Young and two touring members Stephen Bradley and Gabriel McNair ; backstage footage of the tour ; and footage of the band receiving the " Key to the City " of Anaheim , California from Mayor Tom Daly on November 22 , 2002 on KROQ @-@ FM radio .

= = Reception = =

= = = Certifications = = =

" Rock Steady Live " was certified platinum by the Argentine Chamber of Phonograms and Videograms Producers in 2004 , indicating sales of over 40 @,@ 000 units . The DVD was certified gold by the Recording Industry Association of America in December 2004 , indicating sales of over 50 @,@ 000 units .

= = = Critical reception = = =

The video received mixed reviews from critics . Allmovie reviewer Michael Hastings commented that the band " has managed to stay fresh and inventive after more than a decade together " , praising their " skills as a touring act " . He stated that the DVD encompassed a " virtual career retrospective of the band and its hits " , from its " ska @-@ punk roots into the pop realm " . In particular , he complimented the performances of " Don 't Speak " , " Hey Baby " and " Just a Girl " , giving the DVD 3 out of 5 stars . Allmusic reviewer Hal Horowitz , however , described the music as so " radically doctored " that " it is nothing like what the crowd at the venue heard " . He criticised the DVD for being " heavily edited " , the vocals for being " heavily and consistently overdubbed " and the editing for being " breathlessly nervous " . However , he complimented the band 's " high @-@ energy " performance , calling Gwen Stefani " a whirlwind of activity , strutting , preening , pouting , and prancing " . He gave the DVD 2 stars out of 5 . The Age reviewer Andrew Murfett gave a positive review , calling the sound quality " excellent " and praising the " glossy close @-@ ups to grainy back shots " of the camerawork . He described No Doubt as " endurable " and commented that the set list " stands out [as the band 's greatest hits] " .

MusicOMH reviewer Mark Fielding gave the DVD a positive review , calling the DVD a " very desirable package " and " must for any No Doubt fan out there " . He described the band as " one of the most versatile bands on the planet " , performing a " mish @-@ mash of rock , ska , reggae [and] punk " and calling Stefani 's performance " her gorgeous hyperactive best " . He complimented the camera work as providing " superb " pictures and sound , stating that they " [captured] the concert in all its fast and furious glory " . In particular , he praised the performances of " Hella Good " , " Hey Baby " , " Don 't Speak " , " Ex @-@ Girlfriend " and " Spiderwebs " and the inclusion of so many extra features . Rockfeedback.com reviewer Samantha Hall gave the DVD a positive review , calling the music " fun " and the DVD more representative of No Doubt 's greatest hits album , The Singles 1992 @-@ 2003 , than their fifth studio album Rock Steady . She complimented the focus of the footage covering all four band members plus two touring members , instead of just singer Stefani , and the dancing : " the wind n ' grind dancehall moments " , " the No Doubt signature @-@ stamp " and " a seemingly inexhaustible torrent of jumps and high kicks " . Hall singled out the performance of " Magic 's In The Make @-@ up " , an album track from Return of Saturn , as the highlight of the DVD . She praised the live footage as " resplendent in near @-@ perfection " , describing the " wide

range of dishy , fancy close @-@ ups and pausing effects " and calling the sound " precision @-@ balanced , distinct and clear " . She gave the DVD 4 stars out of 5 .

= = Track listing = =

= = = Concert = = =

Bonus tracks

= = = Extra Features = = =

Liam Lynch interview

Merkley Footage : Individual documentary pieces for each band member

Backstage Footage

Anaheim Key to the City

Hidden Footage