

= Sick Cycle Carousel =

" Sick Cycle Carousel " is a song by American alternative rock band Lifehouse . It is the second single released from their debut studio album No Name Face (2000) . The track was written by Lifehouse lead singer Jason Wade and Scott Faircliff , who says he felt freedom when writing songs for the album . American record producers Ron Aniello and Brendan O 'Brien produced and mixed the song , respectively . Musically , " Sick Cycle Carousel " is a moderate rock song with an influence of soft rock . The song was released on June 4 , 2001 by DreamWorks Records .

The song received positive reviews from critics , who applauded how the producers brought out Wade 's vocals over the instrumentation . It managed to chart on the Billboard Alternative Songs chart at number 21 . The track later charted in the Netherlands and New Zealand at number 71 and 47 , respectively . An official music video for the song premiered on VH1.com on June 27 , 2001 that features effects to make objects look smaller than they really are .

= = Background , release and composition = =

The song was written by Lifehouse lead singer Jason Wade and was produced by American record producer Ron Aniello . When asked about his experience with making songs for No Name Face in an interview with Billboard , Wade said , " DreamWorks has been amazing in letting us make the record . They 're super @-@ artist @-@ friendly . They let us make our record the way we wanted to make it . It 's the best label we could be on . " In an interview with MTV Radio , Wade explained the message behind " Sick Cycle Carousel " and said , " It 's one of those songs I 'm really afraid to put an explanation to as far as what it 's about for me personally . I don 't want it to lose its mystery and mystique . Everyone interprets it differently . It 's funny hearing people telling what 's it 's about to them because then I can go , ' Maybe that 's what it 's about . ' It 's got a weird mystique to me still . " It was released on March 25 , 2002 by DreamWorks Records .

" Sick Cycle Carousel " was described as being a rock song with an influence of soft rock . According to the sheet music published at Musicnotes.com by Sony / ATV Music Publishing , the song is set in common time with a moderate tempo of 92 beats per minute . It is composed in the key of A minor with Wade 's vocal range spanning from the low @-@ note of C4 to the high @-@ note of G5 . The song has a basic chord progression of F ? G ? Am7 ? F ? G ? Am7 . John DiBiase of Jesus Freak Hideout called it " a song about the preverbal merry go round we feel like we 're on when we keep committing the same sins over and over " . Liana Jonas of Allmusic applauded on how Aniello and O 'Brien " brought Wade 's vocals and lyrics to the forefront of the mix " for all the songs on the album .

= = Chart performance = =

" Sick Cycle Carousel " had limited commercial success after the success of Lifehouse 's first single , " Hanging by a Moment " . The track debuted at number 33 on the Billboard Alternative Songs chart for the week of May 26 , 2001 . After it spent 12 consecutive weeks on the chart , the song eventually peaked at number 21 for two consecutive weeks . In the Netherlands , the song debuted at number 84 on the Mega Single Top 100 for the week of December 8 , 2001 . It eventually peaked at number 71 after it spent six consecutive weeks on the chart . On the New Zealand Singles Chart , the track debuted at number 50 for the week of August 19 , 2001 . The song then peaked at number 47 during the week of September 2 , 2001 before leaving the chart .

= = Music video = =

The music video was filmed in June 2001 at an airplane hangar at Los Angeles International Airport and at a Lifehouse show in London . It was directed by Marcos Siega , who is most notable for his work with Blink @-@ 182 and Papa Roach . In an interview with MTV , Wade talked about the idea behind the music video and said , " This is the closest we 'll probably ever come to being in a Tim

Burton fantasy world . It was done in a real ' Jack and the Beanstalk ' style . And Marcos used some camera tricks that make it look amazing . From far away , the stage set looked normal , but when you get closer you get smaller and it gets huge . We were being filmed in front of this bookcase that was like 150 feet high . It 's a real visual trip . " It premiered on VH1.com on June 27 , 2001 .

It begins with a shot of Wade 's face and the guitar introduction . He then sings the first line of lyrics , which is followed by a transition to a boy lying on a bed . As the video switches between Wade and the boy , it zooms on the bed frame (which has the same face from the album cover) and opens into another area . The boy is then seen walking around the new area looking around until he goes up nearby stairs . While going up the stairs , the video switches between shots of the boy going up the stairs and Wade singing the lyrics . Once up the stairs , the boy looks around and then walks into a bright light that he sees nearby . He walks through the bright archway into a dark room as the video switches to Lifehouse playing the song . After this , it switches to the boy as he looks up and the camera zooms out to reveal that he is in a giant maze . He then walks back where he came from to find that he is in a house with Lifehouse playing on the television . He then jumps off a window sill and appears tiny as he walks up to a book that is bigger than him . It then transitions to Lifehouse playing the song as the boy gets up on a chair which slowly transcends into his original bed . The video then zooms out on the boy lying on his bed and then switches to the band . It ends with the boy walking into darkness and Wade 's face looking on the floor .

= = Promotion = =

On January 10 , 2001 , MTV confirmed that Lifehouse would serve as an opening act on a 14 @-@ day tour for Matchbox Twenty , who were promoting their album Mad Season (2000) . The tour started February 27 , 2001 in Minneapolis and ended on March 29 , 2001 in Universal City . In July 2001 , Lifehouse went on tour with 3 Doors Down as an opening act on 12 select dates , and performed songs from No Name Face , including " Sick Cycle Carousel " . Before they went on tour with 3 Doors Down , the band went on The Tonight Show with Jay Leno on June 25 , 2001 and performed " Sick Cycle Carousel " .

= = Credits and personnel = =

Songwriting ? Jason Wade , Scott Faircliff

Production ? Ron Aniello

Mixing ? Brendan O'Brien

Engineering ? Bob Kearny , Marc Green , Paul Hayden

Credits and personnel adapted from Allmusic .

= = Track listing = =

Australian CD single

European CD single

= = Charts = =