

= Spice Up Your Life =

" Spice Up Your Life " is a song by the British pop group Spice Girls . It was written by the group members , with Matt Rowe and Richard Stannard , at the same time as the group was filming scenes for their movie Spice World . The song was produced by Rowe and Stannard for the group 's second album Spiceworld , released in November 1997 .

" Spice Up Your Life " is a dance @-@ pop Latin song . The lyrics are inspired by Bollywood films and reflects the group desire to " write a song for the world " . The music video , directed by Marcus Nispel , features the Spice Girls in a futuristic setting , inspired by the 1982 film Blade Runner , controlling every aspect of society in a dark futuristic cityscape . The group promoted the song heavily , performing it on many television programmes and award shows .

Despite the lukewarm reception from music critics , it was a commercial success . Released as the album 's lead single in October 1997 , it topped the UK Singles Chart on 19 October 1997 for one week , becoming the group 's fifth consecutive chart @-@ topper . This made the Spice Girls the first act to have its first five singles reach number one in the United Kingdom . It performed almost as well internationally , peaking inside the top five on the majority of the charts that it entered . In the United States , the song did not perform as well as their previous releases , peaking at number eighteen on the Billboard Hot 100 .

= = Background = =

In June 1997 , the group began filming scenes for their movie Spice World . At the same time , Virgin Records started the first marketing meetings for the promotional campaign for the album Spiceworld , set to be released in November . No song had been written for the album at this point , so the group had to do all the song @-@ writing and recording at the same time as they were filming the movie . Between takes and at the end of each filming day , the group usually went straight into a mobile recording studio set up in a Winnebago , which followed them between film sets . The schedule was physically arduous with logistical difficulties , as Melanie Brown commented on in her autobiography : " doing the two full @-@ time jobs at the same time took its toll and within a couple on weeks , exhaustion set in . "

= = Writing and recording = =

A session with the production and songwriting duo Richard Stannard and Matt Rowe was booked to record the group 's next single . During the recording of the Spiceworld tracks , the group was so busy with the filming schedule that the quality of their contributions became more erratic and piecemeal . About the writing process during the session Rowe recalls :

I remember when they came to record ' Spice Up Your Life ' . It was in the middle of the chaos . It had been booked in , that they were coming in to record their next single , and write it , with us . It was at Whitfield Street Studios and there was going to be an MTV crew there filming them as they did this , which there was . Well , how on earth can you possibly do this ? You can 't write and record a song in half @-@ an @-@ hour with a film crew watching .

The session was interrupted constantly , with people entering the building , phoning them , or throwing things through the window . Eventually , when the filming crew left the room , the group managed to finish the song . Stannards commented about the inspiration behind it to Music Week : " We were talking about Bollywood films , the colours and how the Spice Girls could present themselves . It was a matter of how do we get everything in to one song ? " All the writing and the vocal recording was completed in one afternoon , and instead of taking turns , the five members went inside the vocal booths and recorded the chorus together . Brown commented that for this reason the final mix sounds " spontaneous and full of energy " .

= = = B @-@ side = = =

" Spice Up Your Life " was already finished and ready to be released , but nothing was recorded for the B @-@ side . Every other song available had been used in the Spice album , and the group needed a new track for their next single . A session with Paul Wilson and Andy Watkins ? the songwriters and production duo known as Absolute ? was booked . Because of the limited time and the scarce creative inspiration at that point , Virgin told the duo to make anything they liked .

The duo created " Spice Invaders " by placing four microphones and telling the group to just talk about anything they wanted , the conversation was recorded and as Wilson described it , a " hideous bubblegum " backing track was added behind the voices . After the group left , Watkins and the mix engineer finished the track during the night .

= = Composition = =

" Spice Up Your Life " is an uptempo dance @-@ pop song , with influences of Latin rhythms such as salsa and samba . It is written in the key of F minor , with a time signature set on common time ( 4 / 4 ) , and moves at a fast tempo of 126 beats per minute .

The song is constructed in a verse @-@ pre @-@ chorus @-@ chorus form , with a bridge before the third and fourth chorus , and uses a simple chord progression of Fm ? C7 . It opens with an introduction , which consists of the repeated use of the word la . The first verse follows , the lyrics are an international rally cry , targeted to a global market , as Melanie Chisholm described it : " We always wanted to do a carnival tune and write a song for the world . " After the first verse , the group sings the pre @-@ chorus and the chorus . The same pattern occurs , leading to the second chorus . A spoken bridge , in which the girls mention different dance styles , ? flamenco , lambada , hip @-@ hop , moonwalk , foxtrot , polka , salsa and haka ? precedes the third chorus . The group closes the song repeating the chorus for a fourth time .

= = Release = =

" Spice Up Your Life " was released in the United Kingdom on 13 October 1997 , in two single versions . The first one , released in cassette and maxi single format , included the Mark Stent radio mix , the Morales radio mix , an instrumental version of the song , and the B @-@ side " Spice Invaders " . The second version , released on digipak format , contained three tracks : the Stent radio mix , the David Morales carnival club mix , and the Murk Cuba Libre mix . In the United States , Virgin Records sent the song to radios on 1 October 1997 , and the single to record stores on 21 October 1997 . The American version , released in cassette and maxi single format , featured the same track listing as the first UK version .

= = Reception = =

= = Critical response = =

" Spice Up Your Life " received mostly negative reviews from music critics , with many of them criticizing the lyrics and the Latin @-@ inspired music . David Browne of Entertainment Weekly described it as a " ha @-@ cha @-@ cha slice of tropical @-@ boat @-@ cruise frivolity " . In a review of Spiceworld , The Miami Herald said that " the busy Latin @-@ styled first single is a condescending dud " . George Varga of The San Diego Union @-@ Tribune believed that the song " does for Latin music what Hanson has done for death metal " , while Andy Gill of The Independent called it a " pseudo @-@ salsa [ ... ] pop pastiche " . However , Scott Schinder of Newsday was pleased with the track , referring to it as a " silly but irresistible uplift " . South Florida Sun @-@ Sentinel 's Sean Picolli described it as a " salsa @-@ lite hootenanny " . Rolling Stone magazine 's David Wild called it " a global call to arms and legs with a distinct carnallike flavor and a message of Up With Spice People positivity " . Stephen Thomas Erlewine from Allmusic , commented that the song added Latin rhythms that " consolidates and expands the group 's style " .

The song drew comparisons to the work of other artists . The Contra Costa Times said that the song have shades of Gloria Estefan . The Daily Mirror went even further , commenting that it was a rehash of Estefan 's ' 80s music , and called it a " throwaway Latinstyle song " . Melissa Ruggieri of the Richmond Times @-@ Dispatch believed that the song was a copy of Miami Sound Machine 's " Conga " , and added that it had a " zingy mariachi @-@ flavored rhythm and infectious chorus chant " , while Ann Powers of The New York Times said that it " skates over Latin hip hop from Lisa Lisa to the Lambada . " The Dallas Morning News noted influences of ABBA , Bananarama and Bow Wow Wow in the song , and added that it " doesn 't quite reach the pop heights of ' Wannabe ' " .

Some of the reviewers criticized the lyrics . Dele Fadele of the NME called it " the poppermost pop single ever invented " , adding that it contained " a brilliant line in nonsense lyrics . As such it is the Spice Girls ' message of peace to the world " . The Reading Eagle reviewer , David Bauder , said that it " sounds like it was written by a focus group who told them to add a Latin flavor " . The Telegram & Gazette commented that its lyrics were " concerned more with shaking hips than moving social consciousness " . Larry Flick of Billboard magazine was mixed on the track . Although he described it as " insanely catchy and devilishly fun " , he also felt that it was not a real song , saying that it is " just a festive cha @-@ cha groove and a lyrical command to add some ' spice ' to your life by way of countless dance moves . A runaway hit . " The Hartford Courant music critic Roger Catlin , believed that the song " recognizes and embraces the group 's worldwide audience with savvy Latin rhythms and a self @-@ promoting lyric of dizzy Esperanto " . Chicago Sun @-@ Times ' critic Jim DeRogatis was unimpressed with the lyrics , yet when comparing it to Aqua 's " Barbie Girl " , he found that its " unifying sentiment is more admirable " .

== = Chart performance == =

" Spice Up Your Life " was originally going to be released in the UK on 6 October 1997 , but the release date was delayed in an attempt to displace Elton John 's " Candle in the Wind 1997 " ? a tribute to Princess Diana , who had died two months before ? from the top position . The single was released the next week , debuting at the top of the UK Singles Chart on 19 October 1997 , making the Spice Girls the first group to reach number one with their first five singles , and the first to debut at the top of the chart four times in a row . It stayed one week at number one , twelve weeks inside the top forty , fifteen inside the top seventy @-@ five , and was certified platinum by the British Phonographic Industry ( BPI ) in October 1997 .

" Spice Up Your Life " was commercially successful also in the rest of Europe . On 1 November 1997 it peaked at number three on the Eurochart Hot 100 , and performed similarly across the continent , peaking inside the top five in Belgium ( both the Flemish and French charts ) , Denmark , Finland , France , Ireland , Italy , the Netherlands , Norway , Spain , Sweden , and Switzerland ; and inside the top fifteen in Austria and Germany . The song was released in Oceania on 6 October 1997 . In New Zealand , it debuted at number two , where it stayed for four consecutive weeks , blocked by " Candle in the Wind 1997 " . In Australia , it debuted at number seventeen , peaking at number eight two weeks later . It remained twenty weeks on the chart , and was certified platinum by the Australian Recording Industry Association ( ARIA ) .

" Spice Up Your Life " had mediocre success in North America . In the US , the single debuted on the Billboard Hot 100 on 8 November 1997 at number thirty @-@ two ; at the time it was the group 's lowest debut in the country . It peaked at eighteen in its fourth week , becoming their fourth consecutive top twenty on the chart . The song barely broke the Hot 100 Airplay , peaking at number seventy @-@ two , but despite the track 's weak airplay , the CD single sold well , peaking at number eleven on the Hot 100 Singles Sales chart . It received a gold certification by the Recording Industry Association of America ( RIAA ) in January 1998 . The song reached number four on the Hot Dance Club Play chart , but only had moderate success on other formats , peaking at twenty @-@ two on the Hot Dance Singles Sales chart , at thirty @-@ seven on the Mainstream Top 40 , and at twenty @-@ seven on the Rhythmic Top 40 . " Spice Up Your Life " was more successful on the Canadian Singles Chart , where it peaked at number two on 15 November 1997 . New remixes by Ralphi Rosario were produced in 2007 in conjunction with the release of their Greatest Hits CD

and these rose to number seventeen on the Billboard Dance Charts .

= = Music video = =

The music video for " Spice Up Your Life " was directed on 6 September 1997 , by Marcus Nispel in a two @-@ day shoot located in New York City . The video features the group in a futuristic setting , inspired by the 1982 film Blade Runner , controlling every aspect of society in a dark futuristic cityscape . Nispel came up with the concept based on a sketch that was faxed to him signed " Ginger Spice " . He recalls : " I looked at what Disney did to Times Square in NYC and tried to imagine how the Spice Girls would transform it , as their career seemed to have no limits ? at the time . " The group was not consulted about the concept . According to Brown 's autobiography , they wanted a carnival party theme , but were too tired to fight about it with the label , and ended up with a concept linked to the theme of world domination . Brown commented : " It wasn 't right . I don 't think any of us liked it much , even though we enjoyed making it . I still can 't understand what 's going on in it half the time . " The video exclusively premiered on MTV in September 1997 .

The video featured the group as globalising masters , in a spaceship going through a dark city , looking at themselves on various billboards , while shoots of rooms and bars with televisions plays the videos for " Say You 'll Be There " and " Wannabe " , live footage of the girls inside the spaceship is also broadcast . The group then zoom aimlessly around the city on flying surfboards . The scenes are interspersed with shoots of the girls doing different things , such as Brown at a turntable with bright flashing lights and a large rotating fan , Beckham posing on top of a platform while photographers takes pictures of her , Bunton in a room surrounded with neon @-@ blue balloons , Chisholm winning a boxing match and Halliwell giving a speech at a press conference to a crowd of journalists . The video won the award for Best Video at the 1998 Edison Music Awards , and was nominated for Best Video at the 1998 BRIT Awards .

= = Live performances = =

" Spice Up Your Life " had its premiere in the UK on 27 September 1997 , on the BBC 's National Lottery programme , which attracted more than nine million viewers . The song was subsequently performed many times on television , in both Europe and the US , including An Audience with ... , Top of the Pops , All That , The Jay Leno Show , the Late Show with David Letterman , and The Oprah Winfrey Show . " Spice Up Your Life " was also performed in many award ceremonies such as the 1997 Smash Hits ! Awards , the 1997 MTV Europe Music Awards , the 1997 Billboard Music Awards , the 1997 Premios Ondas , the 1997 Channel V Music Awards , and the 2000 BRIT Awards . In October 1997 , the group performed " Spice Up Your Life " as the eleventh song of their first live concert at the Abdi ?pekçi Arena in Istanbul , Turkey . The performance was broadcast on Showtime in a pay @-@ per @-@ view event titled Spice Girls In Concert Wild ! , and was later included in the VHS and DVD release Girl Power ! Live in Istanbul . The song was also used during the climax of their 1997 film , Spice World . In the scene , the group performs " Spice Up Your Life " at London 's Royal Albert Hall , surrounded by the media and thousands of fans , while the rest of the supporting cast can be seen dancing and singing during the performance .

The Spice Girls have performed the song on three of their tours : the Spiceworld Tour , the Christmas In Spiceworld Tour , and the Return of the Spice Girls . The performance at the Spiceworld Tour 's final concert can be found on the video Spice Girls Live at Wembley Stadium , filmed in London on 20 September 1998 . After Halliwell left the group , Melanie C took over her solo line in the song in every live performance until their reunion . The group performed " Spice Up Your Life " as the opening song of their 2007 ? 2008 Return of the Spice Girls tour . The show started with the screens above the stage displaying an introductory film , which featured five little girls ? Spice Girls ' look @-@ alike ? opening a magic box , dancing in their bedroom and talking about their wish to be world famous . Old headlines about the Spice Girls flash up ? the last one announcing the end of the band . Then the group appeared standing motionless in five ascending platforms , dressed in tight bronze and copper coloured outfits made by Italian fashion designer

Roberto Cavalli .

During the encore , the group closed the show performing a remix version of the song , each dressed in a glittery outfit of a different bright colour . At the end , a cannon exploded showering the stage with pieces of gold , white and black paper strips , while flags from different countries flashed across the backdrop screens . As they left the stage , the words " Mission accomplished " appeared on the screens .

The Spice Girls performed the song on 12 August 2012 at the 2012 Summer Olympics closing ceremony in London as part of a medley with the group 's debut single , " Wannabe " .

= = Formats and track listings = =

These are the formats and track listings of major single releases of " Spice Up Your Life " :

= = Credits and personnel = =

Published by Windswept Pacific Music Ltd / PolyGram Music Publishing Ltd .

= = Charts = =