

= Here We Go Again (Demi Lovato song) =

" Here We Go Again " is a song performed by American recording artist Demi Lovato . It was written by Isaac Hasson , Lindy Robbins and Mher Filian and produced by SuperSpy , for Lovato 's second studio album of the same name . It was released as the album 's lead single on June 23 , 2009 , through Hollywood Records . " Here We Go Again " is a power pop song with guitar lines and pop hooks and the lyrics speak of the protagonist 's on @-@ off relationship with a hesitant boyfriend .

The song received positive reviews from critics , who praised its pop hook and made comparisons with works by Kelly Clarkson . " Here We Go Again " peaked at number 15 on the Billboard Hot 100 and became Lovato 's first top 40 hit on the chart as a solo artist . The song was certified platinum by the RIAA in 2014 . It also peaked at number 36 in New Zealand and in the lower region of the Canadian Hot 100 .

= = Background = =

Lovato released her debut studio album , Don 't Forget , in September 2008 . Shortly thereafter in January 2009 , she had already begun writing material for her sophomore effort . The recording sessions for the album began in January 2009 , right after filming from the first season of Sonny with a Chance . According to Lovato , the album 's writing process was nearly finished in just two weeks . Unlike Don 't Forget , Lovato did not collaborate with the Jonas Brothers for her second album as she wanted to see what her sound would be like without their input . " Here We Go Again " was written by Isaac Hasson , Lindy Robbins and Mher Filian , and produced by Hasson and Filian under the production name SuperSpy . The duo also co @-@ wrote and produced the album track " U Got Nothin ' on Me " .

" Here We Go Again " was recorded at three different recording studios in California ; SuperSpy Studios in Los Angeles , Resonate Studios in Burbank , and The Jungle Room in Glendale . Additional recording took place at Safe House Studios in Greensboro , North Carolina . Co @-@ writer Robbins contributed backing vocals . Hasson provided programming , guitars and synths , and Filian handled programming and keys . The instruments were played by Dorian Crozier , who provided drums , and Kenny Johnson , who played the bass . The song was ultimately mixed by Chris Lord @-@ Alge . " Here We Go Again " premiered during Planet Premiere on Radio Disney on June 17 , 2009 , and was released as the lead single for the album of the same name via digital download on June 23 , through Hollywood Records . It was later released in Australia and New Zealand on July 17 , 2009 .

= = Composition = =

" Here We Go Again " is an uptempo power pop song , with guitar lines and pop hooks . Critics made comparisons with works by Kelly Clarkson , particularly the song " Since U Been Gone " . According to sheet music published at Musicnotes.com by Kobalt Music Publishing , " Here We Go Again " is written in the time signature of common time , with a moderately fast tempo of 144 beats per minute . It is composed in the key of F major and Lovato 's vocal range spans from the low @-@ note of C3 to the high @-@ note of F5 . It has a basic sequence of F ? Dm ? Dm ? Gm / B ? ? F as its chord progression . The song 's lyrics chronicle the protagonist 's on @-@ off relationship with an indecisive boy as she sings that " Something about you is so addictive " . Lovato explained : " So it 's about , basically , being in a relationship where you break @-@ up and you make @-@ up , and you break @-@ up and it 's like ' Here we go again , we just keep doing this over and over ' . "

= = Reception = =

= = = Critical reception = = =

" Here We Go Again " received generally positive reviews from music critics . The Arizona Republic 's Ed Masley referred it to as " an explosion of pop hooks delivered with a winning blend of heartache and bravado " . Kerri Mason of Billboard called the song a potential hit single and noted that Lovato " almost sounds like Kelly Clarkson 's kid sister " . Margaret Wappler of Los Angeles Times compared it to Clarkson 's " Since U Been Gone " and wrote that Lovato " tells a guy where to stick it over buff guitar lines " . Stephen Thomas Erlewine of Allmusic called the album " not quite as much fun " as Don 't Forget , " but still fun , particularly when Lovato tears into hooky power pop like ' Here We Go Again ' " . Erlewine also named it one of the best tracks on the album . Chicago Tribune 's Althea Legaspi referred it to as " anthemic " and " catchy " , while Houston Chronicle critic Joey Guerra described it was not as " immediate a grabber " as Lovato 's previous singles .

== Chart performance ==

In the United States , " Here We Go Again " debuted on the Billboard Hot 100 at number 51 on July 11 , 2009 . After two weeks on the chart , it fell to number 66 , before rising to number 24 the next week , in addition to being named the " greatest digital gainer " . Coinciding with the release of the parent album , the song peaked at number 15 on August 8 , 2009 . The song became Lovato 's highest @-@ peaking solo single on the chart until " Skyscraper " , peaked at number 10 in July 2011 . The song has sold 862 @,@ 000 digital copies in the United States , according to Nielsen SoundScan . In Canada , " Here We Go Again " debuted at number 86 on July 11 , 2009 of the Canadian Hot 100 . It fell off the following week , and re @-@ entered on August 8 , 2009 at number 61 , which became its peak position . In New Zealand , the song entered and peaked at number 38 , becoming Lovato 's first entry on the chart .

== Music video ==

" Here We Go Again " was directed by Brendan Malloy and Tim Wheeler , both who directed Lovato 's previous video " La La Land " . The music video was filmed on June 8 , 2009 in Los Angeles , California . The video premiered on June 26 , 2009 on Disney Channel , following the premiere of Princess Protection Program (which stars Lovato) . The video begins with Lovato in her dressing room to prepared for her concert . Lovato is talking to her boyfriend (portrayed by Christopher Mason) over the phone . After hanging up , she rips up a photograph of the two of them together , implying he ended their relationship . He tries to call her back , but she ignores the call and heads to the stage . The boyfriend is shown visiting the concert and after Lovato is finished the performance , she returns to her dressing room . He meets her with a rose and they begin their relationship again .

== Live performances ==

Lovato has performed " Here We Go Again " on several occasions . To promote the album , she appeared on The Tonight Show with Conan O 'Brien to perform the song on July 17 , 2009 . She performed it alongside the album cut " Catch Me " on Good Morning America on July 23 , while performing " Here We Go Again " only on Late Night with Jimmy Fallon and The View later the same day . The song was also performed during her first headlining tour , Summer Tour 2009 , where it was the closing song . In September 2011 , Lovato performed the song during the revue concert An Evening with Demi Lovato as part of a medley with " Get Back " and " La La Land " . She later performed the same medley during the tour A Special Night with Demi Lovato .

== Track listing ==

US / Europe CD single / digital download

" Here We Go Again " ? 3 : 46

" Here We Go Again (Jason Navis Remix) - 6 : 34

= = Credits and personnel = =

Recording

Recorded at SuperSpy Studios , Los Angeles , California ; Resonate Studios in Burbank , California ; The Jungle Room , Glendale , California ; and Safe House Studios , Greensboro , North Carolina

Personnel

Credits are adapted from the Here We Go Again liner notes .

= = Charts and certifications = =