

Charts

TRUETONE RECORDS St Lukes Top 10 Hip Hop 12"

- 1 Method Man *I'll Be There* (Def Jam)
- 2 Mobb Deep *Survival Of The Fittest* (RCA/Loud)
- 3 Dr Dre *Keep Their Heads Ringin'* (Priority)
- 4 Mystidious Misfits *I Be* (Epic)
- 5 Raekwon *Criminology* (Loud)
- 6 Big L *MVP* (Sony)
- 7 Channel Live *Reprogram* (Capitol)
- 8 Notorious Big *One More Chance* (Bad Boy)
- 9 Ill Al Skratch *Don't Shut Down* (Tommy Boy)
- 10 Blacksheep *North South* (Payday)

Top 10 House 12"

- 1 Blak 'N' Spanish *Blak N Spanish* (Mousetrap)
- 2 Lisa White *Keep on Doing* (Azuli)
- 3 Jasper Street Company *Feeling* (Azuli)
- 4 Deep Dish Presents Quench *Sexy Dance* (Tribal UK)
- 5 Johan S *Dynamic Kutz Vol. 2* (Underground)
- 6 Toka *Dub 4 You* (DIY)
- 7 Liberty City *That's What I Got* (Tribal UK)
- 8 Take Aim *Praise Dance* (Junior Boys Own)
- 9 Andrea Mendez *Bring Me Love Remixes* (Azuli)
- 10 Heller & Farley *B.Boy Blak* (Justrax)

Truetone Records, St Lukes (09)
841555

Dance

Paula Abdul Dining and Dancing

These days Paula Abdul is better known as the bulimic, Pepsi drinking ex-wife of actor Emilio Estevez, than as a dance music artist. With her third solo record on the verge of release, she plans to change all that.

Hers has been a tough life since she came off the 1992 world tour that followed the release of her last album, *Spellbound*. A whirlwind romance with Estevez led to a marriage that quickly foundered, and resulted in divorce. Without prompting, she begins a brief dissection of the demise of the relationship.

"Unfortunately, with my schedule and Emilio's schedule, we never were able to spend time together, and we realised that we got married too quickly, without really getting to know one another. Basically, we realised we just weren't cut out to be married, that we're better being really good friends, and I'm grateful that we are good friends. We remained friends throughout the whole winding up process."

A divorce wasn't the only drama Abdul got herself involved in. In early 93, Yvette Marine, a backing vocalist who featured on Abdul's

1988 debut album *Forever Your Girl*, claimed the singer had failed to credit her for vocal duties performed on the record. After a drawn out trial in a Los Angeles federal court, a jury found unanimously in favour of Abdul.

"That was a major thing for me because I'd never been in a courtroom before. I was so happy we were vindicated because I was willing to go the complete distance and so was Virgin Records, to prove that Paula Abdul is for real, and that record companies don't have to pay off frivolous lawsuits."

Naturally, she didn't come away from either event unscathed. Whereas many musicians climb inside a bottle of booze to cope with life's curve balls, Abdul found her solace in food — but soon discovered there was a price to be paid for the indulgence. She speaks of depression and weight fluctuations of Oprah-like proportions, that prevented her from writing, performing, and following her main passion, choreography. It wasn't until the former LA Lakers cheerleader entered an over-eaters anonymous programme that she decided to pull her finger out, and get down to the business of penning and recording *Head Over Heels*.

"The album ended up being my therapy outlet. It turned into a whole process of my feelings. The songs that I recorded at the beginning were the ballads, the deeper songs that related to what was happening in my life emotionally. Through the process of making the album, all the uplifting and feel-good songs began coming into play as I began to recover emotionally. The album is a true reflection of the ups and downs I've been through, and I just feel like I've really triumphed personally through this album. It was a great project for me."

Head Over Heels will hold few surprises for long-time Abdul fans; ultimately she is just opening a new chapter of her catchy blend of pop, dance, funk and R&B. Abdul is determined to stick with the sound that has given her such smash hits as 'Rush Rush' and 'Straight Up', even if it means being out of step with any current musical trends.

"Flavours and opinions change constantly, so there's no formula to guarantee success. You just have to do what you love, and hope that other people love it as much as you do. Being an entertainer is scary because its the one occupation where you have to stand up and say: 'This is my love, this is my life, I hope you like me.' It's a very scary, vulnerable place to be."

JOHN RUSSELL

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