

Throwback: Paula Abdul - Vibeology



[youtube id="ib01_vWRpx0"] Paula Abdul became one of the rare choreographers to have a successful music career when Epic released her 1988 debut album *Forever Your Girl*. The album spawned three no. 1 hits and Abdul's highly-choreographed videos proved that she was a pop star for the video-driven era of MTV. "Vibeology" is from her second album *Spellbound* and it was written by Sandra St. Victor, Peter Lord and V. Jeffrey Smith and Peter Lord of The Family Stand. "Vibeology" quickly became popular in clubs because of Steve "Silk" Hurley's remix and was the fourth single from *Spellbound* in North America. It was appropriate that the hottest choreographer in the music industry would have a certified club hit. Abdul released one more album before retiring from recording until 2008 when she returned with the single "Dance Like There's No Tomorrow" for Randy Jackson's *Music Club Vol.1*. She has become known to a new generation for her work as a judge on the TV shows *American Idol*, *So You Think You Can Dance* and *The X Factor*. In 2017, she was a performer alongside Boyz II Men and New Kids On The Block for the Total Package Tour.

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