

# Soul II Soul In The BBC 1Xtra Live Lounge

[youtube id="y-CjszLk-eQ"] [youtube id="uiAr8XAL49A"] [youtube id="1oYLsrWZI84"] [youtube id="-m\_NpoYLDys"] Soul II Soul is celebrating almost 30 years since the release of their iconic *Club Classics Vol. 1*. No other Black British group has asserted its identity and made a global impact like Soul II Soul thanks to their famous songs "Back To Life" and "Keep On Movin'." Here they are in the BBC 1Xtra Live Lounge performing "Fairplay," "Back To Life," "Keep On Movin'" and "Get A Life." On October 21st Metropolis Recordings is releasing [\*Origins: The Roots Of Soul II Soul\*](#) which comes from an intimate show the band performed at Metropolis studios in 2015 before 120 people. The recording is packaged as a vinyl box set with a USB drive that has exclusive video content.

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# Soul II Soul-Keep On Moving At Lovebox 2014

[youtube id="awAmOW0kFAQ"]

Soul II Soul appeared at this year's Lovebox Festival in their native London and performed Funk Dred anthem, "Keep On Moving" for an excited cross-generational crowd.

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# Caron Wheeler At The Shrine

[vimeo]24828303[/vimeo]

Caron Wheeler performed at The Shrine recently and did an interview with Jeff Baraka. Avery Sunshine is caught on camera chatting with Caron. Hopefully Wheeler will release new material this year as she previously mentioned.

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## Throwback: Caron Wheeler-Blue (Is The Color Of Pain)



[youtube]jYdCBV57SyI[/youtube]

Caron Wheeler is a UK bred vocalist who rose to fame in the late '80's as the central singer and writer of Soul II Soul's "Keep On Moving" and "Back To Life (However Do You Want Me)". Before she was a member of Soul II Soul she sang in the groups Brown Sugar and Afrodiziak. She also sang back-up for Elvis Costello, Howard Jones, Phil Collins and Erasure. In 1990 she released her first solo album *UK Blak* that produced the successful single ["Livin' In The Light."](#) "Blue (Is The Color Of Pain)," ["UK Blak"](#) and ["Don't Quit"](#) also came from this album. *Beach Of The War Goddess* was the successor to *UK Blak* and it was released in 1990. ["I Adore You"](#) was the lead single that also appeared on the "Mo' Money" soundtrack. ["Soul Street,"](#) ["In Our Love"](#) and ["Beach Of The War Goddess"](#) would be the commercial centerpieces of the project. Wheeler kept a mostly low profile for the rest of the '90's except for the song ["Free Again"](#) with Jazzie B and Soul II Soul for the "How

Stella Got Her Groove Back” soundtrack in '98. In 2002 she was featured on the songs, [“Earth”](#) and [“Better By The Pound”](#) from Meshell Ndegeocello’s *Cookie: The Anthropological Mixtape*. Richard X featured her on the Lil Louis song [“Lonely”](#) from his 2003 compilation *Richard X Presents His X-Factor Vol. 1*. The singer is [currently recording](#) a new solo album and new material with Soul II Soul both scheduled for release in 2011.