

The Sidleys are here to explain their new Sugar Kingdom album track by track.

Audiences may know them best as performers, musicians, and vocalists, but Annie and Steve Sidley are songwriters first and foremost. Since people often ask where the songs come from, here's a primer on their new album, Sugar Kingdom

Of course, whatever a song means to you, the listener, will always be the most important thing. But here we present the origins of each track on the new release by The Sidleys:

Green Light

This song started out as an ode to gettin' it on but slowly turned into a song about that moment where everything comes together and you become unstoppable. You can feel the energy viscerally and nothing can possibly stop you on your path to incredible-ness!

Blackout

Years ago, Annie had a fan who was super into her. He'd show up at every gig and send secret, drunken, suggestive texts late at night. And then he stopped. Where'd ya go, man?

Sugar Kingdom

This title comes from the name of a candy shop in Virginia Beach, and once Steve saw the sign he knew it had to be a song. Big, shiny, and psychedelic; with candy imagery and lots of sexual innuendo, this tune has been called the song of the summer!

Come a Little Closer

This song was written a few months into the pandemic of 2020 when we finally felt able to hug and touch the people outside of our little bubbles again. And those hugs were long and plentiful for us!

Twilight

This is a meditation on death and re-birth; someone is about to fade into the ether and pondering what comes next. Is it Heaven? Re-incarnation? Nothing? Maybe you already think you know, but in that tender moment you will realize exactly how little you actually know.

Yes Warning

We have always put an instrumental on each album we make. This is because we're musicians first...and because some industry people have told us not to, which means we absolutely must!

No Warning

A funky little pop number about how life pulls the rug out from under you when you least expect it. You can dance Britney Spears to this one!

One That Got Away

A couple of years ago, a country artist and friend of ours was looking for songs to put on her new record. We wrote this one for her and surprised ourselves.

Above the Ashes

Annie's heartfelt song about picking up the pieces of our lives from the ashes. Our strength and resilience are forged in the fires of difficulty and allow us to soar high above all the turmoil and chaos. And if Marvel doesn't use this chorus as a movie anthem, then what are they even doing?

Miles Away

It can be so hard for us to be close to each other, as it requires openness and vulnerability. And now we use our cell phones and ear buds to hide from each other so we don't have to deal with all the pain we could be working through. But by the end of the song these beautiful family harmonies come together and illuminate the path to healing.

In the Womb

The most personal song on the album, Steve plays all the instruments and sings all of the harmonies on this one. It's a meditation on birth and death and how the time in between moves so quickly. A few years ago, Steve lost his mother, the matriarch of the Sidley family, and her passing is still reverberating for all of us.

Invisible

Annie wrote this song after seeing a video of model Paulina Porizkova talk about how she felt increasingly unseen as she got older. As we hit a certain age, we don't get as many looks, or flowers, or drinks from the person at the end of the bar. It can be easy to feel like we've stop mattering to people, but we still do. And we need to matter to ourselves most of all.