

CD Track Listing

Fast Tracks

- 1 Boil Them Cabbage Down
- 2 Twinkle, Twinkle, Little Star
- 3 Mary Had a Little Lamb
- 4 Camptown Races
- 5 Oh Susannah
- 6 Bonnie Tammie
- 7 Oh the Britches
- 8 Angeline the Baker
- 9 Skye Boat Song
- 10 Sandy Boys
- 11 Cripple Creek
- 12 Old Joe Clark
- 13 Cock of the North
- 14 Steamboat Quickstep
- 15 Road to Boston
- 16 Cindy
- 17 Spotted Pony
- 18 Joys of Quebec
- 19 All the Way to Galway
- 20 Seneca Squaredance
- 21 Sean Ryan's Polka
- 22 Stool of Repentance
- 23 Red Wing
- 24 North Nobleboro Jig
- 25 Rochester Schottische
- 26 Hundred Pipers
- 27 Road to Lisdoonvarna
- 28 June Apple
- 29 Cork Polka
- 30 Fanny Power

Learning Tracks

- 31 Tuning Notes
- 32 Basic Finger Positions
- 33 Boil Them Cabbage Down
- 34 Shave and a Haircut
- 35 A Major Scale Exercises
- 36 Shuffle Bowing Tutorial
- 37 Boil Them Cabbage Down with Shuffle Bows

- 38 Ringing Strings and Shuffle Bow Back Up
- 39 Twinkle, Twinkle, Little Star
- 40 Mary Had a Little Lamb
- 41 Camptown Races
- 42 Oh Susannah
- 43 Bonnie Tammie
- 44 G# Grace Note Tutorial
- 45 Oh the Britches
- 46 Angeline the Baker
- 47 Slide Tutorial
- 48 D Major Scale Exercises
- 49 Skye Boat Song
- 50 G Natural Tutorial
- 51 Sandy Boys
- 52 Cripple Creek
- 53 Old Joe Clark
- 54 Jig Rhythm Tutorial
- 55 Cock of the North
- 56 Finger Flick Tutorial
- 57 Steamboat Quickstep
- 58 4th Finger Tutorial
- 59 Road to Boston
- 60 Cindy
- 61 Spotted Pony
- 62 High 3rd Finger G# Tutorial
- 63 Joys of Quebec
- 64 All the Way to Galway
- 65 Seneca Squaredance
- 66 G Major Scale Exercises
- 67 Sean Ryan's Polka
- 68 Stool of Repentance
- 69 Red Wing
- 70 North Nobleboro Jig
- 71 Rochester Schottische
- 72 Hundred Pipers
- 73 Road to Lisdoonvarna
- 74 June Apple
- 75 June Apple Variation and 4th Finger Ornament
- 76 Cork Polka
- 77 Fanny Power