

# Track Listing

#	Title	Length
1	p9 c# note	0:07
2	p10 b note	0:07
3	p10 Exercise 1	0:19
4	p11 a note	0:07
5	p11 g note	0:07
6	p11 Exercise 2	0:19
7	p12 Mary Had A Little Lamb	0:21
8	p13 f# note	0:07
9	p13 e note	0:07
10	p13 d note	0:07
11	p14 Hot Cross Buns	0:14
12	p14 Oranges and Lemons	0:11
13	p15 Exercise 1	0:06
14	p15 Exercise 2	0:13
15	p16 Exercise 3	0:13
16	p16 Au Clair de la Lune	0:25
17	p17 Scale of D	0:21
18	p17 Scale of G	0:22
19	p18 Frere Jacques	0:24
20	p18 Good King Wenceslas	0:27
21	p19 Rhythm exercise 1	0:14
22	p20 Rhythm Exercise 2	0:09
23	p20 Rhythm exercise 3	0:12
24	p21 Tonguing Exercise 1	0:08
25	p21 Tonguing Exercise 2	0:09
26	p21 Tonguing Exercise 3	0:07
27	p22 Courtin in the Kitchen	0:51
28	p23 Mairi's Wedding	0:25
29	p24 Bog Down in the Valley	0:24
30	p25 Cockles and Mussels	0:25
31	p26 Breathing 1	0:10
32	p27 Breathing 2	0:08
33	p27 Breathing 3	0:17
34	p28 Making Breath Space	0:13
35	p28 Making Breath Space 2	0:08

36	p29 Making Breath Space 3	0:08
37	p30 Dawning of the Day	0:34
38	p31 Mo Ghile Mear	0:35
39	p32 Spencil Hill	0:42
40	p33 Irish Rover	0:42
41	p34 The Boys of Wexford	0:37
42	p35 Kelly from Killane	0:40
43	p36 Einini	0:30
44	p37 Clare's Dragoons	0:31
45	p38 Star of the County Down	0:30
46	p39 Down by the Sally Gardens	0:45
47	p40 I'll Tell Me Ma	0:24
48	p41 The Minstrel Boy	0:39
49	p42 Spanish Lady	0:27
50	p43 Whiskey in the Jar	0:37
51	p44 Roddy McCorley	0:37
52	p45 Amazing Grace	0:42
53	p46 Mursheen Durkin	0:24
54	p47 Follow me up to Carlow	0:47
55	p58 Mulhare's Jig	1:10
56	p59 Coleman's Jig	1:05
57	p60 Maid on the Green	1:07
58	p61 Trip to Athlone	1:05
59	p62 Jig Rhythm Exercise 1	0:13
60	p63 Jig Exercise 2	0:12
61	p63 Jig Exercise 3	0:12
62	p64 Coleman's Jig Offbeat Example	0:14
63	p64 Jig Offbeat Example	0:15
64	p64 Jig Exercise 4	0:11
65	p65 Jig Exercise 5	0:11
66	p65 Jig Exercise 6	0:13
67	p66 Mulhare's Jig Accent 1	0:13
68	p66 Mulhare's Jig Accent 2	0:12
69	p66 Mulhare's Jig Offbeat 1	0:12
70	p67 Mulhare's Jig Offbeat 2	0:12
71	p68 Mulhare's Jig Note Accent	0:49
72	p69 Coleman's Jig Note Accent	0:52
73	p70 Maid on the Green Note Accent	1:01
74	p71 Mulhare's Phrasing 1	0:18

75	p72 Mulhare's Phrasing 2	0:34
76	p72 Mulhare's Phrasing 3	0:29
77	p73 Mulhare's Phrasing 4	0:18
78	p73 Mulhare's Phrasing 5	0:18
79	p74 Mulhare's Phrasing 6	0:18
80	p75 Coleman's Jig - Phrasing	1:01
81	p76 Maid on the Green - Phrasing	0:51
82	p78 Dunphy's Hornpipe	1:18
83	p79 The Harvest Home	1:16
84	p80 Poll Ha'Penny	1:13
85	p82 Hornpipe Exercise 1	0:13
86	p82 Hornpipe Exercise 2	0:13
87	p82 Hornpipe Exercise 3	0:10
88	p83 Hornpipe Exercise 4	0:15
89	p83 Hornpipe Exercise 5	0:15
90	p83 Hornpipe Exercise 6	0:09
91	p84 Harvest Home Rhythm 1	0:24
92	p85 Harvest Home Rhythm 2	0:23
93	p86 Dunphy's Hornpipe - Note Accent	1:12
94	p87 Harvest Home Phrasing 1	0:14
95	p87 Harvest Home Phrasing 2	0:13
96	p87 Harvest Home Phrasing 3	0:22
97	p89 The Shannon Breeze (Rolling in the Ryegrass)	0:40
98	p90 Drowsy Maggie	0:39
99	p91 The Boyne Hunt	0:35
100	p92 Maud Millar	0:43
101	p 93 Reel Rhythm 1	0:13
102	p94 Reel Exercise 1	0:15
103	p94 Reel Exercise 2	0:28
104	p95 Reel Exercise 3	0:16
105	p95 Reel Exercise 4	0:13
106	p95 Reel Exercise 5	0:13
107	p96 Reel Exercise 6	0:15
108	p96 Reel Exercise 7	0:14
109	p96 Reel Exercise 8	0:24
110	p97 Shannon Breeze Rhythm 1	0:20
111	p97 Shannon Breeze Rhythm 2	0:22
112	p98 Shannon Breeze Rhythm 3	0:22
113	p98 Shannon Breeze Rhythm	0:18

114	p99 Boyne Hunt - Note Accent	0:34
115	p100 Drowsy Maggie - Note Accent	0:33
116	p101 Shannon Breeze - Breathing 1	0:37
117	p101 Shannon Breeze - First Bar	0:07
118	p102 Shannon Breeze - Removing Notes	0:11
119	p102 Shannon Breeze - Breathing & Phrasing	0:38
120	p103 Drowsy Maggie - Breathing & Phrasing	0:38
121	p104 The Boyne Hunt - Breathing & Phrasing	0:43
122	p106 Cuts - Lower Octave	0:17
123	p106 Cuts - Higher Octave	0:15
124	p107 B Cut	0:05
125	p107 A Cut	0:05
126	p107 G Cut	0:07
127	p107 F Cut	0:07
128	p107 E Cut	0:07
129	p107 D Cut	0:07
130	p108 Boyne Hunt - Cuts 1	0:28
131	p108 Mulhare's - Cuts 1	0:22
132	p109 Cut Exercise 1 - High	0:15
133	p109 Cut Exercise 1- Low	0:15
134	p109 Cut Exercise 2 - Low	0:11
135	p109 Cut Exercise 2 - High	0:11
136	p110 Cut Exercise 3 - Low	0:18
137	p110 Cut Exercise 3 - High	0:18
138	p110 Boyne Hunt - Cuts with Accent	0:28
139	p111 Boyne Hunt - Cuts with Accent 2	0:24
140	p111 Cut Exercise 4	0:11
141	p112 Cut Exercise 5	0:15
142	p112 Shannon Breeze - Nonaccented Cut	0:12
143	p113 Coleman's - Cut in Long Note	0:21
144	p114 Mulhare's Jig - Cuts	0:58
145	p115 Coleman's Jig - Cuts	1:01
146	p116 The Maid on the Green - Cuts	1:13
147	p117 The Trip to Athlone - Cuts	1:08
148	p118 Jerry's Beaver Hat - Cuts	1:06
149	p119 The Harvest Home - Cuts	1:27
150	p120 Dunphy's Hornpipe - Cuts	1:19
151	p121 Poll Ha'Penny - Cuts	1:16

152	p122 The Shannon Breeze - Cuts	0:39
153	p122 Drowsy Maggie - Cuts	0:39
154	p123 The Boyne Hunt - Cuts	0:39
155	p124 B Tap	0:06
156	p124 A Tap	0:04
157	p124 G Tap	0:05
158	p124 F Tap	0:05
159	p124 E Tap	0:04
160	p125 All Taps	0:25
161	p125 Mulhare's Jig - Taps 1 - Separating Notes	0:19
162	p126 Eavesdropper - Tap & Cut	0:25
163	p126 Tap Exercise 1	0:17
164	p126 Tap Exercise 2	0:18
165	p127 Boyne Hunt - Tap - Accented Notes	0:10
166	p127 Mulhare's Jig - Taps - Accented Notes	0:22
167	p128 Eavesdropper - Taps 2	0:25
168	p128 Eavesdropper - Taps 3	0:25
169	p129 Tap Exercise 3	0:13
170	p129 Tap Exercise 4	0:14
171	p129 Tap Exercise 5	0:17
172	p130 Mulhare's Jig - Taps	1:13
173	p131 Coleman's Jig - Taps	1:10
174	p132 The Maid on the Green - Taps	1:12
175	p133 The Trip to Athlone - Taps	1:26
176	p134 Jerry's Beaver Hat - Taps	1:26
177	p135 - The Harvest Home - Taps	1:38
178	p136 Dunphy's Hornpipe - Taps	1:28
179	p137 Poll Ha'Penny - Taps	1:20
180	p138 The Boyne Hunt - Taps	0:40
181	p138 The Shannon Breeze - Taps	0:36
182	p139 Maud Millar - Taps	0:39
183	p140 B-C# Slide	0:08
184	p140 B-C Slide	0:08
185	p140 A-B Slide	0:07
186	p140 G-A Slide	0:07
187	p141 F-G Slide	0:07
188	p141 E-F Slide	0:07
189	p141 D-E Slide	0:07
190	p141 All Slides - Low	0:13

191	p141 All Slides - High	0:13
192	p142 Mulhare's Jig Slide 1	0:07
193	p142 Mulhare's Jig Slide 2	0:11
194	p142 Mulhare's Jig Slide Articulation	0:09
195	p143 Coleman's Jig Slide 1	0:12
196	p143 Slide Exercise 1	0:13
197	p144 Mulhare's Jig Slide 3	0:12
198	p144 Slide vs Tap	0:11
199	p144 Slide Exercise 2	0:13
200	p145 Slide Exercise 3	0:14
201	p145 Coleman's Slide - Long Note	0:11
202	p145 Maid on the Green Slide - Long Note	0:11
203	p146 Slide C Natural	0:07
204	p146 Poll Ha'Penny Slide 1	0:16
205	p146 Poll Ha'Penny Slide 2	0:15
206	p147 Poll Ha'Penny Slides 3	1:27
207	p148 Dunphy's Hornpipe - Slides	1:27
208	p149 Poll Ha'Penny - Slides	1:26
209	p150 Mulhare's Jig - Slides	1:10
210	p151 Coleman's Jig - Slides	1:10
211	p152 The Boyne Hunt - Slides	0:51
212	p152 The Shannon Breeze - Slides	0:48
213	p153 B Roll	0:13
214	p153 A Roll	0:13
215	p153 G Roll	0:13
216	p153 F Roll	0:14
217	p153 E Roll	0:14
218	p155 London Lasses - G Roll	0:20
219	p155 Jim Ward'sd - G Roll	0:17
220	p156 Mulhare's - Final Bar 1	0:10
221	p156 Mulhare's - Final Bar 2	0:10
222	p156 Mulhare's - Final Bar 3	0:10
223	p157 London Lasses - Roll - Repeated Notes	0:17
224	p157 Drowsy Maggie - Roll - Repeated Notes	0:11
225	p157 Coleman's - Roll - Repeated Notes	0:14
226	p158 Maud Millar - Roll - Repeated Notes	0:20
227	p158 Maid on the Green - Opening	0:15
228	p158 Maid on the Green - Roll - Group of Notes	0:15
229	p159 Drowsy Maggie - Roll - Group of Notes	0:19

230	p159 Jerry's Beaver Hat - Roll - Group of Notes	0:15
231	p160 London Lassies - Roll Articulation	0:18
232	p160 Roll Articulation 1	0:10
233	p160 Roll Articulation 2	0:10
234	p161 Boyne Hunt - E Roll	0:12
235	p161 Boyne Hunt - Nonaccented Roll	0:08
236	p161 Boyne Hunt - Accented Roll 1	0:08
237	p161 - Accented Roll 2	0:08
238	p162 G Roll Exercise 1	0:14
239	p162 G Roll Exercise 2	0:17
240	p162 G Roll Exercise 3	0:17
241	p163 G Roll Exercise 4	0:17
242	p163 G Roll Exercise 5	0:17
243	p163 G Roll Example - London Lassies	1:45
244	p164 F Roll Exercise 1	0:14
245	p164 F Roll Exercise 2	0:18
246	p164 F Roll Exercise 3	0:17
247	p165 F Roll Exercise 4	0:17
248	p165 F Roll Exercise 5	0:17
249	p165 F Roll Example - Roaring Mary	1:29
250	p166 E Roll Exercise 1	0:14
251	p166 E Roll Exercise 2	0:18
252	p166 E Roll Exercise 3	0:18
253	p167 E Roll Exercise 4	0:18
254	p167 E Roll Exercise 5	0:16
255	p167 E Roll Example - The Fermoy Lassies	0:49
256	p168 A Roll Exercise 1	0:13
257	p168 A Roll Exercise 2	0:17
258	p168 A Roll Exercise 3	0:16
259	p169 A Roll Exercise 4	0:16
260	p169 A Roll Exercise 5	0:15
261	p169 A Roll Example - The Silver Spear	1:35
262	p170 B Roll Exercise 1	0:15
263	p170 B Roll Exercise 2	0:17
264	p170 B Roll Exercise 3	0:15
265	p171 B Roll Exercise 4	0:14
266	p171 B Roll Example - Toss the Feathers	0:47
267	p172 The London Lassies - Rolls	1:06
268	p173 The Boyne Hunt - Rolls	0:35

269	p174 Anderson's Reel - Rolls	0:33
270	p175 Maud Millar - Rolls	0:34
271	p176 The Redhaired Lass - Rolls	0:34
272	p177 The Green Fields of Rossbeigh - Rolls	1:22
273	p178 Roaring Mary - Rolls	1:36
274	p179 The Drunken Landlady - Rolls	1:22
275	p180 Coleman's Jig - Rolls	1:02
276	p181 Jerry's Beaver Hat - Rolls	1:06
277	p182 The Maid on the Green - Rolls	1:04
278	p183 The Harvest Home - Rolls	1:16
279	p184 Poll Ha'Penny - Rolls	1:13
280	p185 B Short Roll	0:07
281	p185 A Short Roll	0:07
282	p185 G Short Roll	0:06
283	p185 F Short Roll	1:45
284	p185 E Short Roll	0:07
285	p187 Redhaired Lass Short Roll	0:12
286	p187 Trip to Athlone Short Roll	0:08
287	p188 Dunphy's Short Roll	0:15
288	p188 Trip to Athlone Short Roll 2	0:12
289	p188 Trip to Athlone Short Roll 3	0:12
290	p189 G Short Roll Exercise 1	0:20
291	p189 G Short Roll Exercise 2	0:21
292	p189 G Short Roll Exercise 3	0:13
293	p190 G Short Roll Exercise 4	0:13
294	p190 G Short Roll Example - The Sally Gardens	1:39
295	p191 F Short Roll Exercise 1	0:17
296	p191 F Short Roll Exercise 2	0:17
297	p191 F Short Roll Exercise 3	0:13
298	p192 F Short Roll Exercise 4	0:21
299	p192 F Short Roll Example - The Carraroe Jig	1:14
300	p193 E Short Roll Exercise 1	0:18
301	p193 E Short Roll Exercise 2	0:17
302	p193 E Short Roll Exercise 3	0:13
303	p194 E Short Roll Exercise 4	0:13
304	p194 E Short Roll Example - Drowsy Maggie	0:55
305	p195 B Short Roll Exercise 1	0:16
306	p195 B Short Roll Exercise 2	0:16
307	p195 B Short Roll Exercise 3	0:12



308	p196 B Short Roll Exercise 4	0:12
309	p196 B Short Roll Example - Cregg's Pipes	1:17
310	p197 A Short Roll Exercise 1	0:17
311	p197 A Short Roll Exercise 2	0:17
312	p197 A Short Roll Exercise 3	0:12
313	p198 A Short Roll Exercise 4	0:12
314	p198 A Short Roll Example - The Bag of Spuds	1:33
315	p199 Maud Millar - Short Rolls	0:43
316	p200 The Redhaired Lass - Short Rolls	0:41
317	p201 The Green Fields of Rossbeigh - Short Rolls	1:11
318	p202 The Shannon Breeze Short Rolls	0:40
319	p203 The Maid on the Green - Short Rolls	1:07
320	p204 The Trip to Athlone - Short Rolls	1:05
321	p205 Coleman's jig - Short Rolls	1:05
322	p206 Dunphy's Hornpipe - Short Rolls	1:18
323	p207 Poll Ha'Penny - Short Rolls	1:15
324	p208 Triplets Scale - Ascending	0:16
325	p209 Triplets Scale - Descending	0:13
326	p210 Triplet Exercise 1	0:13
327	p210 Triplet Exercise 2	0:14
328	p210 Maud Millar Triplets 1	0:22
329	p211 Maud Millar Triplets 2	0:23
330	p211 Anderson's Reel Triplets	0:22
331	p212 Coleman's Jig Triplets	0:31
332	p213 FED Triplet	0:07
333	p213 Floating Crowbar FED Triplet	0:12
334	p213 Redhaired Lass FED Triplet	0:24
335	p214 The Floating Crowbar - Triplets	1:07
336	p215 Maud Millar - Triplets	0:36
337	p216 The Drunken Landlady - Triplets	1:06
338	p217 Coleman's jig - Triplets	0:52
339	p218 The Maid on the Green - Triplets	1:01
340	p219 Dunphy's Hornpipe - Triplets	1:12
341	p221 Bounces	0:14
342	p221 Shannon Breeze - Bounce - Accented Notes	0:13
343	p221 Coleman's Jig - Bounces - Accented Notes	0:11
344	p222 Bounce Exercise 1	0:15
345	p222 Bounce Exercise 2	0:15

346	p222 Bounce Exercise 3	0:11
347	p222 Anderson's Reel - Bounces on Off-beat	0:13
348	p223 The Maid on the Green - Bounces on Off-beats	0:20
349	p223 Bounce Exercise 4	0:12
350	p223 Bounces Exercise 5	0:17
351	p224 Maid on the Green - Non-accented Bounce	0:22
352	p224 Maid on the Green - Bounces - Interpretation	0:10
353	p225 The Redhaired Lass - Bounces	0:35
354	p226 The Green Fields of Rossbeigh - Bounces	1:05
355	p227 The Shannon Breeze - Bounces	0:34
356	p227 The Boyne Hunt - Bounces	0:34
357	p228 Coleman's Jig - Bounces	0:53
358	p229 The Maid on the Green - Bounces	0:54
359	p230 Dunphy's Hornpipe - Bounces	1:11
360	p231 Cran 1	0:11
361	p231 Cran 2	0:11
362	p232 Cran Exercise 1	0:13
363	p232 Cran Exercise 2	0:11
364	p232 Cran Exercise 3	0:13
365	p232 Cran Exercise 4	0:11
366	p233 The Floating Crowbar - Cran	0:18
367	p233 I Buried my Wife - Cran	0:16
368	p234 The Redhaired Lass - Cran	0:21
369	p235 The Repeal of the Union - Crans	0:35
370	p236 Boil the Breakfast Early - Crans	0:40
371	p237 The Blarney Pilgrim - Crans	1:18
372	p238 The Carraroe Jig - Crans	0:52
373	p239 Tap + Cut	0:12
374	p239 The Maid on the Green - Tap + Cut	0:55
375	p240 Slide + Cut	0:12
376	p240 The London Lasses - Slide + Cut	1:07
377	p241 Slide + Roll	0:13
378	p241 The Boyne Hunt - Slide + Roll	0:33
379	p242 Tap + Roll	0:12
380	p242 Coleman's Jig Tap + Roll	0:53
381	p243 Staccato Triplet	0:14
382	p243 Toss the Feathers - Staccato Triplets	1:02
383	p245 Denis Murphy's Polka	0:40
384	p246 O'Keefe's Slide	0:38

385	p247 A Fig For A Kiss Slip Jig	0:35
386	p248 The Blackbird Set Dance	1:20
387	p249 The Curlew Hills Barn Dance	1:01
388	p251 The Cook in the Kitchen	1:22
389	p252 The Broken Pledge D Whistle	1:24
390	p253 The Broken Pledge C Whistle	1:32
391	p261 The Haunted House	0:52
392	p261 The Rose in the Heather	1:31
393	p262 The Killavil Jig	1:31
394	p262 The Ship in Full Sail	0:50
395	p263 Saddle the Pony	0:51
396	p263 The Humours of Glendart	0:51
397	p264 Out on the Ocean	0:52
398	p264 The Leitrim Jig	0:52
399	p265 The Frost is all Over	0:48
400	p265 The Rambling Pitchfork	0:48
401	p266 Pay the Reckoning	0:48
402	p266 Club Ceili	0:49
403	p267 The Battering Ram	1:06
404	p267 The Blackthorn Stick	0:48
405	p268 The Mist on the Meadow	0:44
406	p268 The Monaghan Jig	1:26
407	p269 The Skylark	0:58
408	p269 The Ashplant	0:28
409	p270 Jackie Coleman's Reel	0:54
410	p270 Ships are Sailing	0:52
411	p271 Sheehan's Reel	0:55
412	p271 Over the Moor to Maggie	1:21
413	p272 The Heather Breeze	0:29
414	p272 Lady Ann Montgomery	0:54
415	p273 The Teetotaller	0:53
416	p273 St Anne's Reel	0:54
417	p274 The Cup of Tea	1:27
418	p275 The Silver Spear	0:56
419	p275 The Humours of Tulla	0:31
420	p276 The Green Mountain	0:55
421	p276 Miss Monaghan	1:00
422	p277 Sean Reid's	0:59
423	p277 The Wind that Shakes the Barley	0:31

424	p278 Micho Russel's	0:55
425	p278 The Earl's Chair	0:59
426	p279 The Galway Rambler	0:34
427	p280 The Home Ruler	1:14
428	p281 Kitty's Wedding	1:04
429	p282 The Boys of Bluehill	1:07

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**Duration:** 3h 47m 21s