

# TRACK LIST

## STEP 3

### DETERMINE THE FEEL OF THE SONG TRACK PAGE 12

1. Basic Straight Feel
2. Basic Shuffle Feel
3. Basic Waltz Feel
4. Basic 6/8 Feel

## STEP 4

### IDENTIFY THE SONG FORM AND COUNTING THE BARS TRACK PAGE 14

5. Count Out the Song Form  
Song "One Foot in Front of the Other"  
Writers; Jill Sissel/Mike Kuhl/ Tom Gould

### BASIC PRACTICE SHEET FOR ALL FEELS TRACK PAGE 26-27

6. Basic Straight 8th Note Pattern 1
7. Basic Straight 8th Note Pattern 2
8. Basic Straight 8th Note Pattern 3
9. Basic Straight 8th Note Pattern 4
10. Basic Straight 8th Note Pattern 5
11. Basic Straight 8th Note Pattern 6
12. Basic Straight 8th Note Pattern 7
13. Basic Straight 16th Note Pattern 1
14. Basic Straight 16th Note Pattern 2
15. Basic Straight 16th Note Pattern 3
16. Basic Straight 16th Note Pattern 4
17. Basic Straight 16th Note Pattern 5
18. Basic Straight 16th Note Pattern 6
19. Basic Straight 16th Note Pattern 7
20. Basic Shuffle Pattern 1
21. Basic Shuffle Pattern 2
22. Basic Shuffle Pattern 3
23. Basic Waltz Pattern 1
24. Basic Waltz Pattern 2
25. Basic 6/8 Pattern 1
26. Basic 6/8 Pattern 2

### SECTION 2 LISTENING AND LEARNING TAKE THE TEST TRACK PAGE 28

27. Test 1
28. Test 2
29. Test 3
30. Test 4
31. Test 5
32. Test 6

## PRACTICE CHARTING

### TRACK PAGE 41-43

33. Song 1 Haunted Highway  
Writers; Jill Sissel/Mike Kuhl
34. Song 2 Day After Day  
Writers; Jill Sissel/Liz Ficalora/ Irene Goodnight
35. Song 3 Take A Picture of This  
Writers; Jill Sissel/Liz Ficalora

### HOW TO COUNT THE BAND IN TRACK PAGE 48

36. Count the band in 4/4 Straight
37. Count the band in 4/4 Shuffle
38. Count the band in 3/4 or Waltz
39. Count the band in 6/8

### ADVANCED PRACTICE SHEET FOR ALL FEELS TRACK PAGE 52-53

40. Advanced Straight 8th Note Pattern 1
41. Advanced Straight 8th Note Pattern 2
42. Advanced Straight 8th Note Pattern 3
43. Advanced Straight 8th Note Pattern 4
44. Advanced Straight 8th Note Pattern 5
45. Advanced Straight 8th Note Pattern 6
46. Advanced Straight 16th Note Pattern 1
47. Advanced Straight 16th Note Pattern 2
48. Advanced Straight 16th Note Pattern 3
49. Advanced Straight 16th Note Pattern 4
50. Advanced Straight 16th Note Pattern 5
51. Advanced Straight 16th Note Pattern 6
52. Advanced Shuffle Pattern 1
53. Advanced Shuffle Pattern 2
54. Advanced Waltz Pattern 1
55. Advanced 6/8 Pattern 1
56. Advanced 6/8 Pattern 2