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Music

ALL THE MUSIC FOR THE DANCES IN THIS MANUAL HAVE BEEN COMPOSED AND PERFORMED BY JACOB GRANT.

The Dances and accompanying tracks are as follows:-

- Warm Ups - 7 tracks
- Dance 2 - 13 tracks
- Dance 3 - 11 tracks
- Dance 4 - 11 tracks
- Dance 5 - 6 tracks
- Dance 6 - 14 tracks
- Dance 7 - 8 tracks
- Dance 8 - 11 tracks
- Dance 9 - 9 tracks
- Dance 10 - 7 tracks
- Dance 11 - 11 tracks

There is a separate CD for each unit of work (dance). Phases and sections of each dance have been isolated and put on separate tracks to ease delivery. These are all tally referenced in the text. The piece of music for the complete dance is always the last track on the CD.