

A. Field Holler, Call Response, Riffs and Work Songs			
A1	Documentary	Work Songs in a Texas Prison (Call and Response)	1:02
A2		Field Holler	1:15
A3		Congo Square (Field Hollers/Call and Response)	1:55
A4	Bessie Smith	Ma Man's Gotta Heart like a Rock n Steel (Bent)	1:08
A5		Polyrhythm (3-4 Cross Rhythm)	0:19
A6	Glenn Miller	In the Mood (Riffs + Call and Response)	3:35
A7	Miles Davis	So What (Call and Response)	9:06
B. Offbeat, Swung and Bent Notes			
B1	Billie Holiday / Lest Young	A Sailboat in the Moonlight	3:01
B2	Demo	Swung 8th Note on Guitar	1:41
B3	Demo	Bent Notes on Guitar	0:30
B4	Bessie Smith	Backwater Blues	3:16
C. Blues Notes, Pentatonic and Blue Scales			
C1	Demo	The Blue Scale and Its Intervals	7:00
C2	Demo	Pentatonic Scales Illustrated On The Piano	1:50
C3	Unknown	Ashrat Ayyam	7:24
C4	Bobby McFerrin	Shows the Power of the Pentatonic Scale	3:04
D1. 16 Bar Songs			
D1.1	George Harrison	The Devil and the Deep Blue Sea	3:48
D1.2	Chuck Berry	Sweet Little Sixteen	2:41
D1.3	Beethoven	Ode to Joy (4th Movement Sympony No 9)	0:51
D2. Standard 12 Bar Blues			
D2.1	W. C. Handy	St. Louis Blues (First recorded 12 Bar Blues)	3:48
D2.2	Bloms	Bloms Boggie (Boogie Woogie)	1:41
D2.3	Ursula Ricks	Early One Morning (Jimmy Williams)	3:14
D2.4	Beatles	Birthday	2:43
D2.5	Turnaround		0:20
D2.6	Rolling Stones	I Can't be Satisfied (Animation of 12 Bars)	3:17

D3. Eight Bar Blues			
D3.1	Big Bill Broonzy	Key to the Highway	3:02
D3.2	Muddy Waters	Baby Please Don't Go	3:30
D3.3	Oscar Peterson	Eight Bar Boogie Blues	4:43
D3.4	John Lee Hooker	Baby Please Don't Go (with Van Morrison)	3:52
D3.5	Billie Holiday	Tain't Nobody's Business if I do	3:03
D3.6	Elvis Presley	C. C. Rider	2:51
D4. Country Blues			
D4.1	Robert Johnson	Come on in my Kitchen	2:52
D4.2	Blind Lemon Jefferson	See that my Grave is Kept Clean	2:52
D4.3	Peter, Paul and Mary	See that my Grave is Kept Clean	3:12
D4.4	Big Bill Broonzy	I Can't Be Satisfied	2:48
D4.5	Mother Maybelle+Carter Sisters	Sun's gonna Shine in my Backdoor	2:52
D5. Urban and Modern Blues			
D5.1	Thelonious Monk	Blue Monk	10:13
D5.2	Dextor Gordon	Blue Monk	10:52
D5.3	Jimi Hendrix	Red House	7:26
D5.4	Georgie Fame	Bluesology (Milt Jackson)	4:29
D5.5	Pentangle	I've Got a Feeling (in Waltz time)	4:29
D5.6	Dave Brubeck	Blues Piece	1:16
D5.7	Miles Davis	Freddy Freeloader	9:35
D5.8	Chucho Valdez	Blues	5:28