This CD has been specially designed for you to learn your vocal part alone. To hear your part alone, turn the balance knob on your stereo receiver all the way to the left side (or use only your left ear bud). To hear the other parts alone, turn the balance knob all the way to the right side (or use only your right ear bud). To hear all the parts together, turn the balance knob to the center (or use both ear buds)."