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- 01 SENTIMENTO**  
5'01 (Epifânia Evora "Tutula")
- 02 TCHON DE FRANÇA**  
4'32 (Nando da Cruz)
- 03 MÃE CARINHOSA**  
3'42 (Teófilo Chantre)
- 04 DOR DI SODADE**  
5'55 (B. Leza)
- 05 TALVEZ**  
4'17 (B. Leza)
- 06 DOS PALAVRAS**  
2'39 (Humberto "Chicuco" Palomo)
- 07 ESSÊNCIA D'VIDA**  
4'40 (Constantino Cardoso)
- 08 QUEM TEM ÓDIO**  
2'23 (Frank Cavaquinho)
- 09 CABOVERDEANOS D'ANGOLA**  
4'56 (Gregorio Gonçalves)
- 10 EMIGUE INGROTE**  
3'26 (Jon Luz)
- 11 ESPERANÇA**  
3'38 (Nando da Cruz)
- 12 CMÊ CATCHÔRR**  
2'47 (Manuel de Novas)
- 13 NÓS CABO VERDE**  
5'16 (Pedro Rodrigues)
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