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| 1. | "Shake It On" | * Jay Kay * Matt Johnson | 5:14 |
| 2. | "[Automaton](https://en.wikipedia.org/wiki/Automaton_(song)" \o "Automaton (song))" | * Kay * Johnson | 4:47 |
| 3. | "[Cloud 9](https://en.wikipedia.org/wiki/Cloud_9_(Jamiroquai_song)" \o "Cloud 9 (Jamiroquai song))" | * Kay * Johnson | 3:56 |
| 4. | "[Superfresh](https://en.wikipedia.org/wiki/Superfresh_(song)" \o "Superfresh (song))" | * Kay * Johnson | 3:48 |
| 5. | "Hot Property" | * Kay * Johnson | 4:31 |
| 6. | "Something About You" | * Kay * Johnson | 3:58 |
| 7. | "Summer Girl" | * Kay * Johnson | 5:31 |
| 8. | "Nights Out in the Jungle" | Kay | 5:09 |
| 9. | "Dr Buzz" | * Kay * Johnson | 6:01 |
| 10. | "We Can Do It" | * Kay * Johnson | 4:06 |
| 11. | "Vitamin" | * Kay * Johnson | 4:26 |
| 12. | "Carla" | * Kay * Johnson | 5:33 |