FREE CHEAT SHEET

30 Ableton Live shortcuts I use every session

Learn one a day. In a month your hands stop reaching for the mouse and your ideas get finished while they're still fresh.

GET AROUND

MAC	WINDOWS	WHAT IT DOES
Tab	Tab	Switch between Session and Arrangement View
Shift+Tab	Shift+Tab	Swap Clip View and Device View
Cmd+Alt+B	Ctrl+Alt+B	Show or hide the Browser
Cmd+Alt+L	Ctrl+Alt+L	Show or hide the Detail View
Cmd+Alt+M	Ctrl+Alt+M	Show or hide the Mixer
Cmd+F	Ctrl+F	Search the Browser

EDITING

MAC	WINDOWS	WHAT IT DOES
Cmd+E	Ctrl+E	Split a clip at the cursor
Cmd+D	Ctrl+D	Duplicate the selection
Cmd+J	Ctrl+J	Consolidate the selection into one clip
Cmd+L	Ctrl+L	Loop the selection
Cmd+I	Ctrl+I	Insert silence
Cmd+Shift+M	Ctrl+Shift+M	Insert an empty MIDI clip

PLAY, RECORD, FINISH

MAC	WINDOWS	WHAT IT DOES
Space	Space	Play and stop
Shift+Space	Shift+Space	Continue from where you stopped
F9	F9	Record
Cmd+M / Cmd+K	Ctrl+M / Ctrl+K	MIDI Map / Key Map mode
Cmd+Shift+R	Ctrl+Shift+R	Export audio
Cmd+Z / Cmd+Shift+Z	Ctrl+Z / Ctrl+Y	Undo / redo

TRACKS

MAC	WINDOWS	WHAT IT DOES
Cmd+T	Ctrl+T	New audio track
Cmd+Shift+T	Ctrl+Shift+T	New MIDI track
Cmd+Alt+T	Ctrl+Alt+T	New return track
Cmd+G	Ctrl+G	Group selected tracks
Cmd+R	Ctrl+R	Rename the selected track or clip
0	0	Deactivate (or reactivate) a clip or device

GRID AND TIMING

MAC	WINDOWS	WHAT IT DOES
Cmd+1 / Cmd+2	Ctrl+1 / Ctrl+2	Narrow or widen the grid
Cmd+3	Ctrl+3	Triplet grid on or off
Cmd+4	Ctrl+4	Snap to grid on or off
Cmd+U	Ctrl+U	Quantise
Cmd+Shift+U	Ctrl+Shift+U	Quantise settings
B	B	Draw Mode on or off

YOUR THREE THIS WEEK

Pick three you haven't used yet. Use them all week.

1.

2.

3.

PUT THEM TO WORK

A 10 minute drill

Open an empty project and run through this without touching the mouse where a shortcut exists.

1. Cmd+Shift+T for a MIDI track, Cmd+R to name it "Drums".
2. Cmd+Shift+M to make a clip, B for Draw Mode, then draw a four bar beat.
3. Cmd+U to quantise it, then Cmd+D three times to fill 16 bars.
4. Tab to Arrangement View. Cmd+E to split at bar 9 and 0 to mute a section for a breakdown.
5. Cmd+T for an audio track, drop in a loop, Cmd+L to loop a section, Cmd+J to consolidate it.
6. Cmd+G to group your drums, Cmd+Alt+T for a reverb return.
7. Space to play it back. Cmd+Shift+R to export. Done.

WHY THIS MATTERS

Nobody taught me music. I learned Ableton on my own, and the biggest jump I made wasn't a new plugin. It was speed. When the software stops getting in the way, you finish more tracks, and finished tracks are how you actually get better.

If you want the full system, the Ableton Course takes you from first sound to finished track in 106 lessons, with my plugins, 70 construction kits, templates, a 1 to 1 call and feedback on your music.

> See the courses at **musicworkflowacademy.store/courses**. Lifetime access, 30 day money back guarantee.