Lilt is the Irish traditional music duo of Tina Eck on flute and tin whistle and Keith Carr on bouzouki and banjo. They play the traditional dance music of Ireland - jigs, reels, hornpipes, the occasional slow air or vocal number. They met in the Washington DC pub session circuit a few years ago, and found that their musical tastes and playing styles matched. They have been performing together steadily since 2009. They have released three CDs; "Lilt", their first (2010) became a surprise hit in their local Irish scene. Their second, "Onward", came out in 2011, and "Little Falls", their latest, was released in December 2013. Their recordings have been critically acclaimed in the US and in the international Irish music press. In addition to Keith and Tina, "Onward" and "Little Falls" feature a number of prominent guest artists, who add a variety of stylistic nuances to the duo's signature "flute and zouk" sound.

Lilt is a multiple nominee for the Wammy Awards (2011-2016) and they were nominated for the international Irish Music Awards in 2012. They have appeared in concert throughout the eastern US, with performances at such notable venues as The Embassy of Ireland, The Kennedy Center, The Birchmere, The Institute of Musical Traditions, The Old Brogue Celtic Concert Series, the Washington Conservatory of Music, the Swift Run Celtic Concert Series, and numerous music festivals. Their concerts often include world-class Irish dancers.

“…fresh, exhilarating, and wonderfully, blissfully alive.”
- IrishPhiladelphia

“…a sound that is often moody, sometimes delicate, and – perhaps when you least expect it – will seize you by the shoulders with a quiet yet prodigious intensity.”
- Boston Irish Reporter

“Great stuff on this CD…a duo to watch out for!”
- Matt Molloy, The Chieftains

“It was easy to drift off into this music... their playing is of such great quality and feeling. You owe it to yourself to take in traditional music at least once in a while, and I can recommend few better than Lilt.”
- DC Rock Live

"It has all been a lovely listen. I am in awe..... the things you are playing are so beautiful and very complex."
- Reed Martin, Old Time musician

Lilt's latest CD is "Little Falls"