How to Playback DualMono tracks in Final Cut Pro

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Open Final Cut Pro timeline with the LtRt audio tracks loaded

Go to > Sequence > Settings

Go to the Audio Outputs Tab

Choose Load Audio Output Preset and choose Stereo

Choose the Grouping Setting as

Dual Mono

Change the Downmix (dB) setting to "0" on both channels
This is the final settings that should be set for proper LiRt playback.

Press OK when finished to apply the settings.