

SOBHD Recommended Tempos

Highland Fling	112 – 124 beats to the minute
Sword Dance	104 – 116 beats to the minute slow time 120 – 144 beats to the minute quick time
Seann Triubhas	92 – 104 beats to the minute slow time 112 – 124 beats to the minute quick time
Strathspey	112 – 124 beats to the minute
Reels	100 – 108 beats to the minute
Irish Jig	120 beats to the minute
Sailors' Hornpipe	208 beats to the minute

It should be noted that the above tempos can be adjusted slightly for Pre-Premier dancers.

Lesser Known Dance Tempos

Scottish Lilt	32 Bars to the minute
Wilt Thou Go to the Barracks Johnnie	50 Bars to the minute
Village Maid	40 Bars to the minute
Blue Bonnets	44 Bars to the minute
Earl of Errol	36 Bars to the minute
Flora MacDonald's Fancy	43 Bars to the minute
Highland Laddie	48 Bars to the minute
Scotch Measure	44 Bars to the minute