

Highland Dancing Tunes and Tempos

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| Highland Fling | 114 beats to the minute 4 bar introduction 4/4 time Tune: 'Monymusk' or any other Strathspey tune |
| Sword | 102 beats to the minute slow time 122 beats to the minute quick time 4 bar introduction Tune: 'Gillie Chalum' |
| Sean Triubhas | 94 beats to the minute slow time 114 beat to the minute quick time 4 bar introduction Tune: 'Whistle ower the Lave o't' |
| Strathspey | 114 beats to the minute 4 bar introduction Tune: Any Strathspey tune |
| Reels | 106 beats to the minute 4 bar introduction Tune: Any Scottish Reel tune |
| Reel of Tulloch | 106 beats to the minute Tune: 'Reel of Tulloch' |
| Scottish Lilt | 9/8 time 40 bars to the minute 4 bar introduction Tune: 'Drops O' Brandy' or 'Broase and Butter' Usually danced 4 steps 32 bars + intro Or danced 6 steps 48 bars + intro |
| Wilt Thou go to Barracks Johnnie | 2/4 time 52 bars to the minute 8 bar introduction Tune: 'Braes O' Ma' Usually danced 4 steps 64 bars + intro Or danced 6 steps 96 bars + intro |

- Scotch Measure** 4/4 time
 40 bars to the minute
 8 bar introduction
 Usually danced 4 steps 64 bars + intro
 Or danced 6 steps 96 bars + intro
- Highland Laddie** 2/4 time
 50 bars to the minute
 8 bar introduction
 Tune: 'Highland Laddie'
 Usually danced 4 steps 64 bars + intro
 Or danced 6 steps 96 bars + intro
- Flora macDonald's Fancy** 6/8 time
 40 bars to the minute
 8 bar introduction
 Tune: 'The Last Measure Prince Charlie Danced with
 Flora MacDonal' or 'Wha'll be King but Charlie'
 Usually danced 4 steps 64 bars + intro
 Or danced 6 steps 96 bars + intro
- Blue Bonnets Over the Border**
 6/8 time
 48 bars to the minute
 8 bar introduction
 Tune: 'Blue Bonnets over the Border'
 Usually danced 4 steps 64 bars + intro
 Or danced 6 steps 96 bars + intro
- The Earl of Errol** 4/4 time
 36 bars to the minute
 8 bar introduction
 Tune: 'The Earl of Errol' or 'The 23rd Countess of Errol'
 Usually danced 4 steps 64 bars + intro
 Or danced 6 steps 96 bars + intro
- The Village Maid** 2/4 time
 40 bars to the minute
 8 bar introduction
 Tune: 'The Village Maid'
 Usually danced 4 steps 64 bars + intro
 Or danced 6 steps 96 bars + intro

Irish Jig

6/8 time

120 beats to the minute (60 bars to the minute)

8 bar introduction

Tune: Any suitable Irish Jig

Usually danced 4 steps 64 bars + intro

Or danced 6 steps 96 bars + intro

Hornpipe

4/4 time

208 beat to the minute (52 bars to the minute)

8 bar introduction

Tune: Any suitable traditional Hornpipe

Usually danced 4 steps 64 bars + intro

Or danced 6 steps 96 bars + intro