

SOBHD Recommended Tempos

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| 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

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| Scottish Lilt | 96 - 120 beats to the minute |
| Wilt Thou Go to the Barracks Johnnie | 96 - 104 beats to the minute |
| Village Maid | 80 - 84 beats to the minute |
| Blue Bonnets | 88 beats to the minute |
| The Earl of Errol | 72 - 76 beats to the minute |
| Flora MacDonald's Fancy | 80 - 88 beats to the minute |
| Highland Laddie | 96 – 100 beats to the minute |
| Scotch Measure | 80 - 96 beats to the minute |