

DANCE	Dress	Intro Nb of bars	Nb of bar per step	Tempo range (1) (beats per minute)	Nb of Steps	Average Duration	Time signature	Most worldwide played tunes
16 Pas de basque	Kilt dress	4	8	104 - 116 26 to 29 bars to the minute	1	0:25 to 0:28	Sword 4/4 time count 4 in the bar	Ghillie Calum
Pas de basques and High cuts	Kilt dress	4	8	104 - 116 26 to 29 bars to the minute	2	0:41 to 0:47	Sword 4/4 time count 4 in the bar	Ghillie Calum
Highland Fling	Kilt dress	4	8	112 - 124 28 to 31 bars to the minute	4	1:10 to 1:18	Strathspey 4/4 time count 4 in the bar	The Marquis of Huntly The Devil in the Kitchen Orange and Blue
					6	1:41 to 1:52		
Sword dance	Kilt dress	4	Slow: 16 Quick: 16	Slow: 104 - 116 26 to 29 bars to the minute Quick: 120 - 144 30 to 36 bars to the minute	3 slow & 1 quick	2:15 to 2:32	Sword 4/4 time count 4 in the bar	Ghillie Calum (slow time) Ghillie Calum (quick time)
					2 slow & 1 quick	1:42 to 1:56		
					2 slow & 2 quick	2:09 to 2:28		
Seann Triubhas	Kilt dress	4	Slow: 8 Quick: 8	Slow: 92 - 104 23 to 26 bars to the minute Quick: 112 - 124 28 to 31 bars to the minute	3 slow & 1 quick	1:21 to 1:32	4/4 time count 4 in the bar	slow part: Wisthlie O'er the Lave O't Quick part (strathspey): Wisthlie O'er the Lave O't / The Keel Row / Orange and Blue
					4 slow & 2 quick	1:55 to 2:09		
Strathspey and Highland Reel	Kilt dress	4	Strathspey: 16 Reel: 16	Strathspey: 112 - 124 28 to 31 bars to the minute Reel: 200 - 216 50 to 54 bars to the minute	2 steps Strathspey 2 steps Reel	1:46 to 1:57	Strathspey and Reel 4/4 time count 4 in the bar	Strathspeys The Keel Row / The Rose Among the Heather / O'er the Bows to Ballindalloch Dalnahassraig / Miss Ada Crawford / Monymusk / Susan MacLeod / Mac an Irish Captain Home Reels The Reel of Tulloch / Miss Girdle / Mrs MacLeod of Raasay The Piper of Drummond / Jock Wilson's Ball / Sleepy Maggie Willie Davie / High Road to Linton / Lexie Mcaskill Kate Dalrymple / The Kilt is my Delight / The Fairy dance The Ale is Dear / Tired We are a Carrying / The Devil among the Tailors Mason's Apron / Clumsy Lover
2 steps Strathspey 4 steps Reel					2:22 to 2:35			
2 steps Strathspey 2+4 steps Reel					2:58 to 3:14			
Half reel of Tulloch	Kilt dress	8	16	200 - 216 50 to 54 bars to the minute	4	1:20 to 1:27	Reel 4/4 time count 4 in the bar	The Reel of Tulloch / Miss Girdle / Mrs MacLeod of Raasay The Piper of Drummond / Jock Wilson's Ball / Sleepy Maggie Willie Davie / High Road to Linton / Lexie Mcaskill / Mason's Apron Kate Dalrymple / The Kilt is my Delight / The Fairy dance / Clumsy Lover The Ale is Dear / Tired We are a Carrying / The Devil among the Tailors
Full reel of Tulloch or Hullachan					8	2:32 to 2:44		
Highland Laddie	Kilt dress	8	16	96 - 100 48 to 50 bars to the minute	4	01:30	March 2/4 time count 2 in the bar	Highland Laddie
					6	02:10		
Wilt thou go to barracks Johnny	Kilt dress	8	16	100 - 106 50 to 53 bars to the minute	4	01:27	March 2/4 time count 2 in the bar	The Braes of Mar / Teribus / Corriechoillie's Welcome to the Northern Meeting The Barren Rocks of Aden / High Road to Gairloch / The 79th Farewell to Gibraltar Mairi's wedding
					6	02:05		
Irish Jig	Jig dress	8	16	118 - 122 59 to 61 bars to the minute	4	01:12	Jig 6/8 time count 2 in the bar	Paddy's Leather Breeches The Atholl Highlanders / The Irish Washerwoman Cork Hill / The Banjo Breakdown
					6	01:44		
Sailor's Hornpipe	Sailor dress	8	16	104 52 bars to the minute	4	01:24	Hornpipe 2/4 time count 2 in the bar	Crossing the Minch / My Love She's But a Lassie Yet The wee man of Skye / 78th's Walk Round / Jackie Tar / Bobbie Cuthbertson
					6	02:00		
Scottish Liit	Liit/Aboyne dress	4	8	96 - 102 32 to 34 bars to the minutes	4	01:08	9/8 time count 3 in the bar	The battle of Somme Drops of Brandy The Heights of Dargai
					6	01:38		
Flora MacDonald Fancy	Liit/Aboyne dress	8	16	86 - 96 43 to 48 bars to the minute	4	01:40	6/8 time count 2 in the bar	Leaving Port Askaig / The Glendaruel Highlanders / The Atholl Highlanders Haughs of Cromdale / Dovecote Park / Steamboat / Muckin' o' Geordies Byre Miss Lily Christie
					6	02:25		
Village Maid	Liit/Aboyne dress	8	16	80 - 92 40 to 46 bars to the minute	4	01:48	2/4 time count 2 in the bar	The Liberton Pipe Band / A Man's A Man For A' That
					6	02:36		
The Earl of Errol	Liit/Aboyne dress	8	16	72 - 76 36 to 38 bars to the minute	4	02:00	4/4 time count 2 in the bar	The Earl of Errol The Black Bear
					6	02:54		
Scotch Measure (Twasome)	Liit/Aboyne dress	8	16	88 - 96 44 to 48 bars to the minute	4	01:38	4/4 time count 2 in the bar	Mairi's wedding / Teribus / The Liberton Pipe Band Corriechoillie's Welcome to the Northern Meeting Campbell's Farewell to Redcastle
					6	02:22		
Blue Bonnets are over the Border	Liit/Aboyne dress	8	16	88 - 94 44 to 47 bars to the minute	4	01:39	6/8 time count 2 in the bar	All the Blue Bonnets are O'er the Border
					6	02:22		

(1) RSOBHD Recommended Tempos