A bar of 12/8 holds twelve eighths, grouped into four beats of three.

The feel

It sounds like **metronome** 4/4 with a triplet feel on every beat. Slow blues, doo-wop and power ballads often use it.

Counting

Count 1-and-a 2-and-a 3-and-a 4-and-a.

Metronome setup

Set four beats per bar with *free metronome* triplet subdivisions, or a 12/8 preset accenting each group.