

The Song-O-Nome:

Finding Beats Per Minute Using Familiar Tunes and Songs

Just about all musicians can tap 120 beats per minute – they just have to sing Stars and Stripes Forever and tap the beat. Sixty BPM is also easy – just half of that. But what about all the other tempos? To that end, I have constructed the Song-O-Nome: a list of familiar tunes and songs arranged in order of BPM slow to fast. The tempi are approximate and personal; I sing them a bit faster or slower on different days or if I've had caffeine. So feel free to adjust the list to suit you or substitute your own favorite tunes that seem to fit certain tempos better to you. For BPM numbers that are not on the chart, you can extrapolate by tapping either whole measures, part of measures, or every beat; e.g. a waltz could be tapped on each quarter note or each measure; a march could be tapped on each quarter note or each half note. NB: This list can also serve you at the gym to check to see if your heart rate is in the range it should be. For instance, for me, I know I should be between "Yankee Doodle" and "Beer Barrel Polka." If it gets up to "Casey Jones," or "When I'm Sixty-Four," I know I need to slow down...

<u>BPM</u>	<u>Work</u>
49	My Bonnie (1 beat per measure)
54	Summertime
58	O Holy Night; We Three Kings
60	½ of Stars and Stripes; Kum Bah Yah, Abide With Me
63	Go Tell Aunt Rhody; Impossible Dream, Misty
66	Shenandoah; Little Drummer Boy; Silent Night
68	Rain, Rain, Go Away
72	Over the Rainbow
74	Bridal Chorus (Lohengrin)
76	Swing Low Sweet Chariot
78	Amazing Grace
82	Yesterday, Annie Laurie
84	Kookaburra, Shortnin' Bread
88	Wheels on the Bus; Star Spangled Banner
90	Scotland's Burning
92	Mary Had a Little Lamb; Clementine; Muffin Man
94	Happy Birthday
96	Rule, Britannia; Hunting Chorus (Freischütz); London Bridge
98	My Country, Tis of Thee
100	Eensy Weensy Spider
102	Joy to the World

104	Yankee Doodle; God Rest Ye Merry Gentlemen, Shoo Fly
106	I Saw Three Ships
108	Row, Row, Row Your Boat; Yellow Submarine
112	I've Been Working on the Railroad; Twinkle Twinkle
116	She'll Be Coming Around the Mountain; Girl from Ipanema; Good King Wenceslas
118	Hard Day's Night
120	Stars and Stripes Forever; Overture to "Carmen"
126	Drunken Sailor
128	76 Trombones, She'll Be Comin' Around the Mountain Give My Regards to Broadway, Simple Gifts
130	I've Got Sixpence
134	Alouette
136	Beer Barrel Polka
140	Casey Jones
144	When I'm Sixty-Four
148	My Bonnie (quarter notes); The Yellow Rose of Texas; Hava Nagila
150	Rock-a-Bye Baby
154	All My Loving
160	My Favorite Things; Sweet Betsy from Pike
164	On Top of Old Smoky
168	We Wish You a Merry Christmas
175	My Hat It Has Three Corners
180	I Feel Pretty
185	Little Brown Jug
190	Can Can
200	When the Saints Go Marchin' In
208	Turkey in the Straw