A bar of 12/8 holds twelve eighths, felt as four beats each split in three.

What it sounds like

It sounds like 4/4 with a triplet feel on every beat. Slow blues, doo-wop and power online metronome 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 triplet subdivisions, or choose a 12/8 preset.