12/8 has twelve eighth notes per bar, felt as four beats each split in three.

The feel

It's like 4/4 with triplets throughout. You hear it in slow blues and 50s ballads.

Counting

Say 1 trip-let 2 trip-let 3 trip-let **metronome** 4 trip-let.

Setting the click

Use 4/4 with triplets, or a ***online metronome*** 12/8 preset accenting each group.