Whole Notes = 4 Beats

- A WHOLE NOTE is four beats long.

Half Notes = 2 Beats

- HALF NOTES are 2 beats long.

Quarter Notes = 1 Beat

- QUARTER NOTES are 1 beat long.

Eighth Notes = ½ Beat

- EIGHTH NOTES receive ½ beat. Two EIGHTH NOTES = 1 beat. EIGHTH NOTES are counted "one and two and three and four and."