

| Dance | Type | Cpl | Set | Book |
|-----------------------------|-------|-----|-----|--|
| Jack o' Carron | J4x48 | 4/4 | lw | Imperial Book of Scottish Country Dances, The. Vol 1 - 3 |
| Jag's Jig | J8x32 | 3/4 | lw | Greenburn Book, The: Vol 2 |
| James Gray | J4x32 | 4/4 | lw | RSCDS Book 42 |
| James Senior of St Andrews | S4x32 | 4/4 | lw | RSCDS Book 42 |
| Jan Wilson's Strathspey | S8x32 | 3/4 | lw | Australian Book |
| Jean Reid | R8x32 | 3/4 | lw | Elizabeth Mary's Book of Reels & Jigs |
| Jeannie O' the Witchin' E'e | J8x40 | 3/4 | lw | MacNab II |
| Jennifer's Itchy Fingers | R8x32 | 3/4 | lw | Sixth Carnforth Collection of Scottish Country Dances, The |
| Jenny Come Down to Jock | J8x24 | 2/4 | lw | RSCDS Book 3 |
| Jenny Dang the Weaver | R8x32 | 2/4 | lw | RSCDS Book 12 |
| Jenny's Bawbee | S8x24 | 2/4 | lw | RSCDS Book 5 |
| Jessie Cruickshank | S8x32 | 3/4 | lw | Donside Book of SCD's, The |
| Jessie's Hornpipe | R8x32 | 3/4 | lw | RSCDS Book 8 |
| Jewel in the Navel, The | J8x32 | 3/4 | lw | Australian Book |
| Jig for Garry, A | J8x32 | 3/4 | lw | Sixth Carnforth Collection of Scottish Country Dances, The |
| Jig for Mrs Dunn, A | J8x32 | 2/4 | lw | Scottish Country Dances for Children |
| Jig to the Music | J3x32 | 3/3 | lw | Second Book of Graded Scottish Country |
| Jiggle Joggle Jump | J8x32 | 3/4 | lw | Loose sheet |
| JillwithaJ | R3x48 | 3/3 | lw | Ribble Valley Book of SCD's |
| Jimmy's Fancy | S8x32 | 3/4 | lw | RSCDS Book 14 |

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| Jimp Waist, The | S10x32 | 3/5 | lw | RSCDS Book 9 |
| Joan's Jig | J4x32 | 4/4 | lw | Second Carnforth Collection of Scottish Country Dances, The |
| Joe MacDiarmid's Jig | J4x32 | 4/4 | lw | Five Scottish Country Dances 1982 |
| John Brown | S3x40 | 3/3 | lw | Deeside Book, The: Part 1 |
| John Cass | J5x32 | 5/5 | lw | RSCDS B00k 49 |
| John of Bon Accord | R8x32 | 3/4 | lw | RSCDS Book 33 |
| Johnnie's Welcome Hame | R8x40 | 3/4 | lw | RSCDS Book 32 |
| Johnny Groat's House | R8x32 | 3/4 | lw | RSCDS Book 18 |
| Johnny McGill | J8x40 | 2/4 | lw | RSCDS Book 11 |
| Joie de Vivre | J8x32 | 3/4 | lw | RSCDS Book 39 |
| Jordanhill Strathspey, The | S8x32 | 3/4 | lw | Twelve More Social Dances |
| Joy's Kitchen | R4x40 | 4/4 | lw | Blue Ribbon Collection |
| Joy's Undulations | S8x32 | 3/4 | lw | World Wide Weavings |
| Jubilee Greeting, The | S8x32 | 3/4 | lw | Bankhead Book, The: Part 5 |
| Julian's Jig | J8x32 | 3/4 | lw | Allanton Collection, The |
| Just around the Corner | S8x32 | 3/4 | lw | Sixth Carnforth Collection of Scottish Country Dances, The |
| Just as I was in the Morning | J8x40 | 2/4 | lw | RSCDS Book 19 |
| Just One More | R4x32 | 4/4 | lw | World Wide Weavings |