

# APPROVED TEMPI



- The following approved tempi are given in Measures per Minute — MPM and Beats per Minute — BPM
- Music directors may vary the tempi of traditional dances +/- 1 MPM and for Nightclub dances +/- 2.5 MPM at their discretion depending on the level and needs of the specific competition.
- Music directors must have the equipment necessary to adjust the tempo while the music is playing at the direction of the Chairman of Adjudicators.
- Where there is a low and high end of MPM and BPM, professional and open level competitors may dance the lower end of the range, (also slower music would be played for senior competitors in dances such as Swing and Viennese Waltz)
- For exact tempi played in competitions, check the regulations for the governing body of the specific competition as they may vary.

## SMOOTH

DANCES	BEATS PER MEASURE	TEMPO
Waltz	3	29–30 MPM (87–90 BPM)
Tango	4	30 MPM (120 BPM)
Viennese Waltz	3	52–53 MPM (156–159 BPM)
Foxtrot	4	28–30 MPM (112–120 BPM)
Peabody	4	60 MPM (240 BPM)

## RHYTHM

DANCES	BEATS PER MEASURE	TEMPO
Cha Cha	4	30 MPM (120 BPM)
Rumba	4	30–31 MPM (124 BPM)
Swing	4	34–36 MPM (140 BPM)
Bolero	4	23 MPM (92 BPM)
Mambo	4	47 MPM (188 BPM)

## BALLROOM

DANCES	BEATS PER MEASURE	TEMPO
Waltz	3	29 MPM (87 BPM)
Tango	4	32 MPM (120 BPM)
Viennese Waltz	3	58 MPM (174 BPM)
Foxtrot	4	28 MPM (112 BPM)
Quickstep	4	50 MPM (200 BPM)

## LATIN

DANCES	BEATS PER MEASURE	TEMPO
Cha Cha	4	31 MPM (124 BPM)
Samba	2	50 MPM (100 BPM)
Rumba	4	25 MPM (100 BPM)
Paso Doble	2	55 MPM (110 BPM)
Jive	4	43 MPM (172 BPM)

## CLUB

DANCES	BEATS PER MEASURE	TEMPO
Merengue	2	32 MPM (64 BPM)
Paso Doble	2	55 MPM (110 BPM)
Samba	2	50 MPM (100 BPM)
West Coast Swing	4	28 MPM (112 BPM)
Polka	2	60 MPM (120 BPM)
Hustle	4	30 MPM (120 BPM)
Bachata	4	30 MPM (120 BPM)
Salsa	4	50 MPM (200 BPM)
Nightclub 2-Step	4	18-20 MPM (76BPM)