

# Music

# MUSIC

# Tempo

Music used in the competition heats will pertain to these current tempo standards:

## SMOOTH :

### Smooth

LEVEL 1 & 2	MPM	BPM	ALL OTHERS	MPM	BMP
Waltz	30-32	90-96	Waltz	28-30	84-90
Tango	30-32	120-128	Tango	30	120
Foxtrot	32-34	128-136	Foxtrot	30	120
Viennese Waltz	52-54		Viennese Waltz	52-54	
Peabody	60	240	Peabody	60	240

## STANDARD :

### Standard

LEVEL 1 & 2	MPM	BPM	ALL OTHERS	MPM	BMP
Waltz	29	87	Waltz	29	87
Tango	32	64	Tango	32	64
Foxtrot	28	112	Foxtrot	28	112
Viennese Waltz	58	174	Viennese Waltz	58	174
Quickstep	48-50	200	Quickstep	50	200

## RHYTHM :

### Rhythm

LEVEL 1 & 2	MPM	BPM	ALL OTHERS	MPM	BMP
Cha Cha	30	120	Cha Cha	30	120
Rumba	31-36	124-144	Rumba	31	124
East Coast Swing	34-36	136-144	East Coast Swing	35	140
Bolero	24-26	88-104	Bolero	24	88
Mambo	47-51	188-204	Mambo	47	188

## LATIN :

### Latin

LEVEL 1 & 2	MPM	BPM	ALL OTHERS	MPM	BMP
Cha Cha	31	124	Cha Cha	31	124
Rumba	26	104	Rumba	24	96
Jive	43	172	Jive	43	172
Samba	50	100	Samba	50	100
Paso Doble	55	110	Paso Doble	55	110

## CLUB DANCES :

### Club

ALL LEVELS	MPM	BPM	ALL LEVELS	MPM	BMP
Salsa	45-52	180-210	Lindy Hop	30-45	120-180
Merengue	29-32	58-64	Argentine Tango	22.50-32.50	90-130
Hustle	28-30	120	Peabody	60	240
West Coast Swing	28-32	112-128	Night Club 2 Step	34-39	136-156
Country 2 Step	84-100	168-200	East Coast Swing	34-36	136-144
Samba	50	100	Bachata	30-34	120-136