

# DANCE TEMPO FOR BALLROOM DANCING

(As compiled by Tim Spiro May 2008)

The following is a guide to help music providers present a music program that will provide danceable rhythms for **ballroom** dancers. **The tempo for some of these (especially foxtrot and waltz) are likely slower than most bands play for general entertainment.**

This is the tempo in **measures per minute** for each type of dance rhythm best for ballroom dancing, and is a melding of the American and International Ballroom styles. Measures per minute (MPM) multiplied by beats per measure will equal beats per minute.

<u>DANCE STYLE</u>	<u>Measures per Minute</u>	<u>Beats per Minute</u>
--------------------	----------------------------	-------------------------

## Smooth dances

<b>Foxtrot (4/4 time)</b>	<b>28-30 MPM</b>	<b>112-120 BPM</b>
<b>Waltz (3/4 time)</b>	<b>28-30 MPM</b>	<b>84 - 90 BPM</b>
Viennese Waltz 3/4 time	58-60 MPM	174-180 BPM
Quickstep (4/4 time)	50-52 MPM	200-208 BPM

## Latin dances

Cha-Cha	30-32 MPM	120-128 BPM
Rumba	25-27 MPM	100-108 BPM
Mambo	48-51 MPM	192-204 BPM
Tango	31-33 MPM	124-132 BPM
Samba	50-52 MPM	200-208 BPM
Bolero	24-26 MPM	96 -104 BPM
Merengue	29-32 MPM	116-128 BPM
Paso Doble	58-60 MPM	232-240 BPM

Samba is played in 2/4 time and is usually played at 104 to 108 beats per minute

## Swing dances

Swing (East Coast)	34-36 MPM	136-144 BPM
West Coast Swing	28-32 MPM	112-128 BPM
Jive (+/- Lindy Hop)	42-46 MPM	168-184 BPM

## Other dances

Hustle	28-30 MPM	112-128 BPM
Nightclub Two-step	30-32 MPM	120-128 BPM
Polka	40-50 MPM	160-200 BPM