

## Best Tempo Range for Various Social Dances

| Dance:                                    | Tempo:      |
|---|-------------|
| Country Two-Step                          | 182-198 bpm |
| Waltz                                     | 84-100 bpm  |
| West Coast Swing                          | 112-128 bpm |
| Cha Cha                                   | 100-116 bpm |
| Night Club Two Step                       | 60 - 84 bpm |
| East Coast Swing                          | 142-158 bpm |
| Polka                                     | 114-130 bpm |
| Tempos are specified in beats per minute. |             |

**Keep in mind that the tempos referenced are simply guidelines. Many dances can be danced to a variety of tempos. (ex: Hustle, Swing, Cha cha, and Salsa)**