

MUSIC TEMPI

The tempo of each dance is intricately linked to the steps and character of that dance. The following dance tempi are those recognized by the USA Dance and are specified in measures per minute (MPM).

<u>Dances</u>	<u>MPM</u>	<u>Dances</u>	<u>MPM</u>
International Waltz	28-30	American Waltz	28-30
International Tango	31-33	American Tango	30-32
International Viennese Waltz	58-60	American Foxtrot	30-32
International Slow Foxtrot	28-30	American Viennese Waltz	54
International Quickstep	50-52	American Cha Cha	30
International Samba	50-52	American Rumba	32-36
International Cha Cha	30-32	American East Coast Swing	34-36
International Rumba	25-27	American Bolero	47-51
International Paso Doble	60-62	American Peabody	60-62
International Jive	42-44	American Merengue	29-32
		American Paso Doble	58-60
		American Samba	52
		American West Coast Swing	28-32
		American Polka	60-62
		American Hustle	28-30

MUSIC LENGTH

While the length of the music played for each round in a competition may vary, below are the typical minimum and maximum lengths recognized by USA Dance.

INTERNATIONAL STANDARD:	<u>Minimum</u>	<u>Maximum</u>
a) Waltz	90 Seconds	120 Seconds
b) Tango	90 Seconds	120 Seconds
c) Viennese Waltz	60 Seconds	90 Seconds
d) Slow Foxtrot	90 Seconds	120 Seconds
e) Quickstep	90 Seconds	120 Seconds

INTERNATIONAL LATIN:		
a) Cha Cha	90 Seconds	120 Seconds
b) Samba	90 Seconds	120 Seconds
c) Rumba	90 Seconds	120 Seconds
d) Paso Doble	90 Seconds	120 Seconds
e) Jive	60 Seconds	90 Seconds

AMERICAN SMOOTH:		
a) Waltz	90 Seconds	120 Seconds
b) Tango	90 Seconds	120 Seconds
c) Foxtrot	90 Seconds	120 Seconds
d) Viennese Waltz	90 Seconds	90 Seconds

AMERICAN RHYTHM:		
a) Cha Cha	90 Seconds	120 Seconds
b) Rumba	90 Seconds	120 Seconds
c) East Coast Swing	90 Seconds	120 Seconds
d) Bolero	90 Seconds	120 Seconds
e) Mambo	90 Seconds	120 Seconds