



UCWDC

Couples and ProAm Music - Beats per Minute

Triple Two

For Syllabus, IV, III, New, Nov, Plat: 86-92

For II, Int or above: 80-86.

Polka

For Syllabus, IV, III, New, Nov, Plat: 112-116

For II or Int and above, 116-120

NightClub

For Syllabus, IV, III, New, Nov, Plat: 58-62

For II or Int and above: 54-58

Cha Cha

For Syllabus, IV, New, Nov: 104-110,

For II or Int and above: 110-116

Waltz

For Syllabus, IV, III, New, Nov, Plat: 86-92

For II or Int and above: 80-86

Two Step

For Syllabus, IV, New, Plat: 172-180, 174 preferred.

For III or Nov: 180-188, 184 preferred.

For II or Int and above: 188-196, 194 preferred.

East Coast Swing

For Syllabus, IV, New, Plat: 126-132, 130 preferred.

For III or Nov: 132-138, 136 preferred.

For II or Int and above: 138-144

West Coast Swing

For Syllabus, IV, III, Nov, Plat: 104-112, 108 BPM preferred.

For II, Int and above 96-104