



# UCWDC

## Couples & ProAm/ProPro Music Beats Per Minute

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The below competition music tempo ranges were compiled from the following UCWDC documents:

- [UCWDC® Rules, Contest Procedures and Scoring Format 2020 – 2022: ProPro ProAm](#)
- [UCWDC® Rules, Contest Procedures and Scoring Format 2020 – 2022: Couples](#)

### **Triple Two**

For Syllabus, Division IV, Division III, Newcomer, Novice, Platinum: 86-92

For Division II, Intermediate and above: 80-86.

### **Polka**

For Syllabus, Division IV, Division III, Newcomer, Novice, Platinum: 112-116

For Division II, Intermediate and above, 116-120

### **NightClub**

For Syllabus, Division IV, Division III, Newcomer, Novice, Platinum: 58-62

For Division II, Intermediate and above: 54-58

### **Cha-Cha**

For Syllabus, Division IV, Division III, Newcomer, Novice, Platinum: 104-110

For Division II, Intermediate and above: 110-116

### **Waltz**

For Syllabus, Division IV, Division III, Newcomer, Novice, Platinum: 86-92

For Division II, Intermediate and above: 80-86

### **Two Step**

For Syllabus, Divisions IV/III, Newcomer, Platinum: 172-180. 174 preferred

For Division III, Novice 180-188, 184 preferred.

For Division II, Intermediate and above: 188-196, 194 preferred.

### **East Coast Swing**

For Syllabus, Division IV, Newcomer, Platinum: 126-132, 130 preferred

For Divisions III, Novice: 132-138, 136 preferred.

For Division II, Intermediate and above: 138-144

### **West Coast Swing**

For Syllabus, Division IV, Division III, Newcomer, Novice, Platinum: 104-112, 108 preferred

For Division II, Intermediate and above: 96-104