



UCWDC

Couples & ProAm/ProPro Music Music Timings/Beats Per Minute

The below 2023-2025 competition music timings have compiled from the following UCWDC documents:

- [UCWDC® Rules, Contest Procedures and Scoring Format 2023 – 2025: ProPro ProAm](#)
- [UCWDC® Rules, Contest Procedures and Scoring Format 2023 – 2025: Couples](#)

Triple Two	Overall Range: 76 – 84 bpm
-------------------	----------------------------

- Gold / Platinum / Pearl: upper end of the range
- AllStars: Lower end of range.

NightClub	Overall Range: 54 – 60 bpm
------------------	----------------------------

- Newcomer, Gold, Platinum, and Pearl: upper end of range

Waltz	Overall Range: 84 - 90
--------------	------------------------

- Newcomer, Gold, Platinum, and Pearl: upper end of range

Polka	Overall Range: 106 - 120 bpm
--------------	------------------------------

- Newcomer and Novice: 112 - 116
- Gold, Platinum, and Pearl: 106 - 110
- Intermediate and above: 116 - 120

Cha-Cha	Overall Range: 102-116 bpm
----------------	----------------------------

- Newcomer, Novice: 102 - 110
- Gold, Platinum, and Pearl: 102 - 106
- Intermediate and above: 108 - 116

East Coast Swing	Overall Range: 126-144 bpm
-------------------------	----------------------------

- Newcomer, Gold, Platinum, and Pearl: 126 - 132
- Novice: 130 – 138 preferred
- Intermediate or above: 136 - 144

Two Step	Overall Range: 168-192 bpm
-----------------	----------------------------

- All Newcomer: 170 - 178
- Gold, Platinum, and Pearl: 168 - 174
- Novice: 176 - 186
- Intermediate and above: 184 - 192

West Coast Swing	Overall Range: 92 - 100 bpm
-------------------------	-----------------------------