



159 N. 25th Street, Camp Hill, PA, USA, 17011-3609

Couples and ProAm/ProPro Music Tempos in Beats Per Minute

Triple Two Overall Range: 76 – 84 bpm

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

NightClub Overall Range: 54 – 60 bpm

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

Waltz Overall Range: 84 - 90

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

Polka Overall Range: 106 - 120 bpm

- Platinum/Pearl Newcomer and Novice/Division III: 106 - 112
- Newcomer and Novice/Division III for all other age divisions: 110 - 116
- Platinum and Pearl Intermediate/Division II and above 110 - 116
- Intermediate/Division II and above for all other age divisions: 114 – 120

Cha-Cha Overall Range: 102-116 bpm

- Platinum/Pearl Newcomer and Novice/Division III: 102 - 106
- Newcomer and Novice/Division III for all other age divisions: 102 - 110
- Platinum/Pearl Intermediate/Division II and above: 102-110
- Intermediate/Division II and above for all other age divisions: 108 – 116

East Coast Swing Overall Range: 126-144 bpm

- Platinum/Pearl Newcomer and Novice/Division III: 126 – 136
- Newcomer for all other age divisions: 126 - 136
- Intermediate/Advanced Platinum/Pearl and Novice/Division III for all other age divisions: 130 – 140
- Intermediate/Division II and above: 134-144

Two Step Overall Range: 168-192 bpm

- Newcomer for all age divisions: 170 - 178
- Platinum/Pearl Newcomer and Novice: 168-178
- Novice/Division III for all other age divisions: 174 - 186
- Platinum/Pearl Intermediate/Division II and above: 174 - 184
- Intermediate/Division II and above for all other age divisions: 182 - 192

West Coast Swing Overall Range: 92 - 100 bpm