

Music Tempos for Social Dancing

by Dr Matt Moody

	Dance 3/3 Rhythms	Tempo Range	Ideal
Monster Mash **	SSS	44 - 68 bpm	
Standard Waltz	SSS	84 - 108 bpm	96 bpm
Viennese Waltz	qqq	108 - 124 bpm	116 bpm

	Dance 4/4 Rhythms	Tempo Range	Ideal
Slow Fox Trot	Sqq	56 - 68 bpm	60 bpm
Night Club Two Step	qqS	70 - 92 bpm	84 bpm
Samba	qqS *	84 - 106 bpm	96 bpm
Rumba	qqS	96 - 112 bpm	104 bpm
Walk Rhythm Foxtrot	SSSS	84 - 116 bpm	100 bpm
West Coast Swing	SSqqSqqS *	112 - 124 bpm	116 bpm
New York Hustle - 3 Beat	SSqq	104 - 124 bpm	116 bpm
Cha Cha	SSqqS	106 - 124 bpm	116 bpm
Latin Hustle	SSSSqqS	112 - 128 bpm	120 bpm
Slow Fox Trot	Sqq	112 - 132 bpm	120 bpm
Meringue	SSS	116 - 128 bpm	124 bpm
Walk Rhythm New York	SSSS	120 - 132 bpm	124 bpm
Triple Swing	qqSqqSSS	124 - 152 bpm	136 bpm
Magic Rhythm Fox Trot	SSqq	144 - 176 bpm	160 bpm
Night Club Two Step	qqS	144 - 184 bpm	168 bpm
Single Swing	SSqq	156 - 210 bpm	176 bpm
Mambo / Salsa	qqS	144 - 210 bpm	177 bpm

* Dance Rhythms change with step variations

** The Monster Mash is a name that Dr Matt gives an undesirable Social Dance. This so-called "dance" is essentially the same as the Bear Hug, but the tempo is un-dance-ably slow.

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