

Dance	Beats Per Min
Rumba	85 to 100
Bolero	120
Nightclub 2 Step	136 to 156
Mambo/Salsa	180 to 300
Single Swing	
Triple Swing	120 to 250
East Coast Swing	
West Coast Swing	
Hustle	
Cha-Cha	
Bachata	90 to 200
Progressive Cha-Cha	
Closed Waltz	
Slow Waltz	
Vien Waltz	
Slow Foxtrot	
Closed Foxtrot	
Two Step	
Quickstep	200 to 208
Milonga	150 to 240
Argentine Tango	80 to 160
American Tango	
Merengue	130 to 200