

Dances best Beats per minutes

Beginner  Intermediate  Advance 

Non Phrases Dances

	Best	50-60	61-70	71-80	81-90	91-100	101-110	111-120	121-130	131-140	141-150	151-160	161-170	171-180	181-190	191-200
Two-Step	174, 184, 194															
Jive	162															
EC Swing	130, 136,															
WC Swing	108															
Six Step	120															
Triple 2-Step	94															
Phrased Dances																
Polka	110, 116															
Waltz	94, 88															
Cha Cha	102, 112															
NightClub	62, 56															
Pony	106															
Shuffle	108															
Schottische	120-132															
Hustle	110															

Music and Dance - Groupings of musical notes need five ingredients in order to become a song, and these ingredients need to be well defined in a song if it is to accommodate dance. These ingredients are **tempo, time, rhythm, phrasing & accent**. **Tempo** is how fast or slow the song is being played; **time** is how the notes are grouped together into measures, **phrasing** is how the measures are grouped, **rhythm** is the beat of the music, and **accent** is the degree of force a certain beat may have over the others in a given measure. **Accent & Rhythm** are the "feel" of the music. **BPM or COUNTING TEMPO** - Tempo is the speed at which a song is played. **Beats Per Minute (BPM)** is how we count the tempo. Except for the Waltz, all C/W Dance music is counted in groupings of 4 beats at a time. This counting establishes how slowly or quickly you will need to execute the footwork pattern of each dance in order to dance "in time" to the music. When listening to music for dancing you can use a stopwatch for counting the BPM (some software will tell you). Listen to a song until you get the flow or the "rhythm" and then begin counting 1&2&3&4&, 1&2&3&4&, along with the music's rhythm. The "&" is called an "up beat" and the "numbers" occur on the "down beat". The Pony best exemplifies "up beat" & "down beat" in that each step with the left foot is on the "down" or "accented" beat and each step with the right foot is on the "up" beat".

When were comfortable with the counting we ready the stopwatch, and activate it on the count of 4. Then, with the next count of 1 (the "downbeat"), we count 1&2&3&4&,5&6&7&8&, etc, until the stopwatch reaches 15 seconds. The number we've counted to on, or just before the 15 second mark is the number we multiply by four to determine the number of Beats per minute. So, if we counted 30 beats in 15 seconds the song is 120BPM. This is also why most of our BPM counts are divisible by four. For Waltz music just follow the guidelines above except count in threes instead of fours. ie, 1-2-3, 1-2-3, 1-2-3, to get into the rhythm; Then activate the stopwatch on the 5 count then, on the next beat, count 1-2-3, 4-5-6, 7-8-9 etc. for 15 seconds and multiply the number by 4 to find the songs BPM. (Waltz counting doesn't use an 8: between down beats.) While the Beats Per Minute only lets you know the tempo of the song, it does give a hint as to which dance is (rather isn't) appropriate to dance to the song. For instance the faster the tempo, the less likely it's a West Coast Swing, and the slower the tempo, the less likely it's an East Coast Swing, Hence the concept of BPM "windows" for the various dance categories. Some organizations and competitions vary greatly on the minimum and maximum music tempos permitted for each dance category. Using a wide range for each category, can accommodate beginner through advanced dancers. A wide range in the window gives dancers of all age, and those who dance just for the fun of it, as well as those in competition which it is possible to do any dance to any song. While it is possible to do any dance to any song, there is a minimum and maximum tempo range beyond which the dance becomes uncomfortable. too difficult, or even down-right painful. Also, many dance categories have tempo ranges that crossover the range of other categories, and therefore it is quite possible to do several dances to the same song very comfortably.

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