

Tempo

- Smooth
- Standard
- Rhythm
- Latin

Smooth

Smooth	Tempo
Waltz	84-90 BPM
Tango	120 BPM
Viennese Waltz	120 BPM
Foxtrot	120-128 BPM
Peabody	240-248 BPM

Standard

Standard	Tempo
Waltz	84-90 BPM
Tango	124-132 BPM
Viennese Waltz	174-180 BPM
Foxtrot	112-120 BPM
Quickstep	200-208 BPM

Rhythm

Rhythm	Tempo
Cha Cha	120 BPM
Rumba	120-124 BPM
Swing	136-144 BPM
Bolero	96-104 BPM
Mambo	188 BPM
Merengue	58-64 BPM
West Coast Swing	112-128 BPM
Polka	120-124 BPM
Hustle	112-120 BPM

Latin

Latin	Tempo
Cha Cha	120-128 BPM
Samba	100-104 BPM
Rumba	100-108 BPM
Paso Doble	120-124 BPM
Jive	168-176 BPM