

### Beats-per-Minute Range (BPM)

Dance Style	Beginner Dancer	Intermediate Dancer	Advanced Dancers
	BPM	BPM	BPM
Nightclub	60-64	56-60	52-56
West Coast	88-100	100-112	112-124
Waltz	90-96	84-90	78-84
Hustle	96-108	108-120	120-132
Cha Cha	104-112	112-120	120-128
Carolina Shag	104-116	116-128	128-140
Hand Dance	104-112	112-120	120-128
Argentine Tango	112-120	120-128	128-136
Foxtrot	128-136	120-128	112-120
East Coast	132-144	144-156	156-168
Lindy	132-156	156-180	180-204
Two Step	164-176	176-188	188-200
Salsa	176-184	184-192	192-200