



# UCWDC

## Couples & ProAm Music Beats Per Minute

### **Triple Two**

All divisions 88-100, 94 preferred.

### **Polka**

Syllabus, Division 4, Newcomer: 104-116, 110 preferred.

Division 3, Novice: 110-124, 116 preferred.

Division 1, 2, Intermediate, Advanced: 110-124, 116 preferred.

### **NightClub**

Syllabus, Division 4, Newcomer: 58-64, 62 preferred.

Division 3, Novice: 58-64, 62 preferred.

Division 1, 2, Intermediate, Advanced: 54-58, 56 preferred.

### **Cha Cha**

Syllabus, Division 4, Newcomer, Novice: 96-108, 102 preferred.

Division 3, Novice: 106-118, 112 preferred.

Division 1, 2, Intermediate, Advanced: 106-118, 112 preferred.

### **Two Step**

Syllabus, Division 4, Newcomer: 168-180, 174 preferred.

Division 3 or Novice: 178-190, 184 preferred.

Division 1, 2, Intermediate, Advanced: 188-200, 194 preferred.

### **Waltz**

Syllabus, Division 4, Newcomer: 90-98, 94 preferred.

Division 3, Novice: 84-92 88 preferred.

Division 1, 2, Intermediate, Advanced: 76- 88, 82 preferred.

### **East Coast Swing**

Syllabus, Division 4, Newcomer: 124- 136, 130 preferred.

Division 3, Novice: 130- 142, 136 preferred.

Division 1, 2, Intermediate, Advanced: 130- 142, 136 preferred.

### **West Coast Swing**

All divisions 102-114, 108 BPM preferred.