

Ballroom Dance Tempos

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This table contains standard tempos for ballroom dancing. Each row is for a different dance; each column is for the organization which set the tempos. Music claiming to be "strict tempo" should conform to these standards.

- ICBD = International Council of Ballroom Dancing
- IDSF = International Dance Sport Council (Federation)
- NDCA = National Dance Council of America
- USABDA = United States Amateur Ballroom Dance Association

ICBD and NDCA govern professional dancers; IDSF and USABDA govern amateurs.

All tempos are given in measures per minute.

| Dance | IDSF | ICBD | NDCA / USABDA |
|------------------------------|-------|-------|------------------|
| ----- | ----- | ----- | ----- |
| International Waltz | 30 | 31 | 30 |
| International Tango | 33 | 33 | 33 |
| International Viennese Waltz | 60 | 60 | 60 |
| International Slow Foxtrot | 30 | 30 | 28 |
| International Quickstep | 50 | 52 | 52 |
| International Samba | 50 | 56 | 50 |
| International Cha Cha | 30 | 32 | 32 |
| International Rumba | 27 | 28 | 27 |
| International Paso Doble | 62 | 62 | 62 |
| International Jive | 44 | 44 | 44 |
| American Waltz | | | 28-30 |
| American Tango | | | 30-32 |

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|---------------------------|-------|
| American Foxtrot | 30-32 |
| American Peabody | 60-62 |
| American Viennese Waltz | 54-56 |
| American Bolero | 24 |
| American Cha Cha | 28-30 |
| American Mambo | 47 |
| American Merengue | 29-32 |
| American Rumba | 32 |
| American Samba | 54-56 |
| American East Coast Swing | 34-38 |
| American West Coast Swing | 28-32 |
| American Polka | 60-62 |