

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
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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

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