

Time Signature and BPM

Reference Guide

Music Genre	Time Signature	BPMs (Beats Per Minute)
Competitive Dance		
Smooth/Ballroom Standard		
Foxtrot - American	4/4	120-136
Foxtrot - International	4/4	112-120
Quickstep (International)	4/4	192-208
Tango - American and International	4/4	120-132
Two Step (Country)	4/4	168-200
Viennese Waltz - American	3/4	150-180
Viennese Waltz - International	3/4	150-180
Waltz - American	3/4	84-96
Waltz - International	3/4	84-93
Waltz (Country)	3/4	76-98
Rhythm or Latin		
Bolero - American	4/4	96-104
Cha Cha - American and International	4/4	112-128
Cha cha - Country	4/4	96-118
East Coast Swing - American	4/4	136-144
East Coast Swing - Country	4/4	124-142
Jive - International	4/4	152-176
Hustle	4/4	104-121
Mambo - American	4/4	188-204
Merengue	4/4	58-64
Night Club Two Step	4/4	54-64
Paso Doble - International	2/4, 3/4, 6/8	112-124
Polka	2/4	104-124
Rumba - American	4/4	120-144
Rumba - International	4/4	96-112
Salsa	4/4	150-250
Samba - American	2/4	104
Samba - International	2/4	96-104
Sway (Single or Triple)	4/4, 3/4	120
West Coast Swing	4/4	102-128
Popular Music Genres		
Ballad	4/4, 3/4, 6/8, 12/8	50-70
Bluegrass	4/4, 2/4, 6/8	60-130
Celtic	4/4, 2/2, 6/8	100-122
Charleston	4/4	200-290
Chill-out	4/4	90-120
Country	4/4	80-100
Disco	4/4	110-135
Dixieland Jazz	2/4, 4/4	90-120
Down Tempo	4/4	70-100

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Electro House	4/4	125-130
Elevator	4/4, 3/4	69-150
Funk	4/4	90-110
GoGo	4/4	95-110
Grunge	6/8, 7/8, 9/8, 5/4	100-150
Hip Hop	4/4	80-110
K-Pop	4/4	80-130
Lullabies	4/4	60-80
Mariachi	4/4	100-135
Metal	4/4	100-160
Mid-tempo Jazz	4/4	120-150
Mid-tempo Rock	4/4	80-110
Pop	4/4	90-130
Punk	4/4	120-170
R&B	4/4	110-120
Reggae	4/4	60-90
Soul	4/4	110-120
Techno	4/4	120-150
Trance	4/4	130-145
Zydeco	4/4, 3/4, 9/8	160-240
Marches		
Slow or Ceremonial March	2/4	60
March	2/4	120
Double Time March	2/4	180
Classical Tempo Markings		
Grave		20-40
Lento		40-60
Largo		40-60
Larghetto		60-66
Adagio		66-76
Andante		76-108
Moderato		108-120
Allegro		120-156
Vivace		156-168
Presto		168-200
Prestissimo		200-208