

DANCE ACCENTS, TEMPO AND BPM RANGE OF 7 BASIC DANCES

What style of dance do we do to that song?

Music Accents: Emphasis on a beat or group of beats

Dance accents: Emphasis on a movement or group of movements

Dance Accents on Counts 1, 3:

Two Step

Triple Two (can also be 2 & 4)

Nightclub

Dance Accents on Counts 2, 4, 6, 8:

Polka

West Coast Swing

East Coast Swing

Dance Accents on Counts 2(&), 5(&):

Waltz

Dance Accents on Counts 1, 5:

Cha-Cha

Tempo - Speed of music (fast, medium, slow) determined by BPM

Using a stop watch count beats for 30 seconds. Multiply by 2. (best way)

Or count beats in 15 seconds and multiply by 4, etc.

BPM	Dance
55-65	Night Club 2
75-95	Waltz
95-125	West Coast Swing
100-120	Cha-Cha
110-125	Polka
130-150	East Coast Swing
165-195	Two Step