

RECORD SPEED

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**FOOD FOR THOUGHT** - Dancers say music is too fast or too slow - WHY!!!

MEASURES PER MINUTE DESIGNATED AS MPM

(The MPM is based on 45 R.P.M.)

Waltz (American) - - - -	32 to 34 MPM	Tango (Latin) - - - -	30 to 32 MPM
Waltz (International)- -	28 to 32 MPM	Tango (English) - - -	31 to 33 MPM
Waltz (Viennese) - - - -	56 to 60 MPM	Rumba - - - - - - -	28 to 31 MPM
All Cha Cha's - - - - -	30 to 34 MPM	Samba - - - - - - -	48 to 56 MPM
Foxtrot (American) - - -	28 to 32 MPM	Jive - - - - - - -	40 to 46 MPM
Foxtrot (International)-	29 to 31 MPM	Paso Doble - - - - -	60 to 62 MPM
Quick Step - - - - - -	48 to 52 MPM		

(Most Ballroom records show this on the label).

We feel that a lot of leaders need to take a good look at timing. You can set your turntable at 45 and play a record that designates the M.P.M. By counting the measures that play in one minute you can determine the number of measures as shown on the record, i.e., if the record says "30 M.P.M." you should count 30 measures if you machine is correct. If the measures counted are 28, the turntable is turning at 43 R.P.M. If the count is 32, then the R.P.M. is 47, etc.

Many times choreographers will intermingle two-step and foxtrot figures, which cause confusion. A close study of this should be made to see where the music breaks and where the emphasis is placed in the music.

Using figures that cannot be executed easily or smoothly due to the speed causes fudging and complete breakdown of the figures at times, thus causing dancers to be uncomfortable with round dancing. Timing is as much a part of teaching as giving proper footwork, arm action, etc.