



## 2013-2014 Contemporary Music for Pattern Dances Playlist

### Preliminary Dances

	BPM	Actual	Tune/Artist	
Dutch Waltz	138	140	You and Me - Lifehouse	
		138	I'll Be - Edwin McCain	
Canasta Tango	104	100	El Capitalismo... - Gotan Project	
		105	Falling in the Deep - Adele	
Baby Blues	88	88	One Less Lonely Girl - Bieber	
		88	The Lazy Song - Kidz bop Kidz	

### Junior Bronze Dances

Swing Dance	96	96	Put Your Records On - Corinne Bailey Rae	
		97	Single Ladies - Beyoncee	
Fiesta Tango	108	108	Una Musica Brutal - Gotan Project	
		108	Set Fire to the Pain - Adele	
Willow Waltz	138	140	You and Me - Lifehouse	
		138	I'll Be - Edwin McCain	





### Senior Bronze Dances

Ten Fox	100	100	Beauty in the World - Macy Gray	
		100	Quit Playing Games... - Backstreet Boys	
Fourteen Step	112	110	Happy Feet - High Heels Mix	
		109	Hollaback Girl (Clean Version)-Gwen Stefani	
European Waltz	135	133	Kiss from a Rose - Seal	
		138	I'll Be - Edwin McCain	









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Note: BPM = the pattern dance beats per minute; ACTUAL = bpm of the tune indicated









### Junior Silver Dances

	BPM	Actual	Tune/Artist	
Keats Foxtrot	100	100	Beauty in the World - Macy Gray	
		100	Quit Playing Games... - Backstreet Boys	
Rocker Foxtrot	104	104	Black Horse & the Cherry Tree - KT Tunstall	
		104	Never See Your Face Again- Maroon 5	
Harris Tango	108	108	Set Fire to the Rain - Adele	
		111	Gotan Project - Queremos Paz	
American Waltz	198	193	Fallin - Alicia Keys	
		193	La Valse d'Amelie (Orchestra) - Yann Tierson	

### Senior Silver Dances

Paso Doble	112	112	Loca - Shakira	
Killian	116	119	Wind it Up - Gwen Stefani	
Starlight Waltz	174	170	Your Guardian Angel - Red Jumpsuit	
		167	Only Hope - Mandy Moore	
Blues	88	93	Girl on Fire- Alicia Keys	
		88	Miss Independant - Kelly Clarkson	
Cha Cha Congelado	116	116	Dance with Me - Debelah Morgan	
		116	Quando - Michael Buble	

### Gold Dances

Argentine Tango	96	96	Mariposa en Havana - Si Se	
		99	Gotan Project - Peligro	
Quickstep	112	110	Happy Feet - High Heels Mix	
		108	Don't Feel Like Dancing - Scissor Sisters	
Viennese Waltz	156	156	Life After You - Daughtry	
		158	Breakaway- Kelly Clarkson	
Westminster Waltz	162	167	Only Hope - Mandy Moore	
		162	Keep Holding On - Avril Lavigne	
Silver Samba	108	108	Ela Tiene Fuego - Celia Cruz	

### Diamond Dances

	BPM	Actual	Tune/Artist	
Rhumba	176	170	Obsession (No es Amor) Remix - Frankie J	
Austrian Waltz	180	180	Violente Valse - Caravan Palace	
Ravensburger	198	193	Fallin - Alicia Keys	
		193	La Valse d'Amelie (Orchestra)- Yann Tiersen	
Golden Waltz	186	186	Whats New Pussycat? - Tom Jones	
Tango Romantica	112	112	One, Two Step (feat Missy Elliott) - Qara	
Midnight Blues	88	93	Girl on Fire- Alicia Keys	
Finnstep	104	108	Don't Feel Like Dancing - Scissor Sisters	
Yankee Polka	120	119	Wind it Up - Gwen Stefani	