

**Tips on Buying Dance Heels - by Jean Goh, Two Left Feet Dance School**

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	Options	Advantages	Disadvantages
<b>1. Material</b>	Leather	Will soften with use. Doesn't cut. Easy to clean since it doesn't absorb sweat.	Doesn't absorb sweat. May feel slippery if your shoe does not give you a tight fit.
	Cloth	Wide range of materials. Can use cloth from dresses as well.	Depending on material, some material may "cut" into your flesh. Absorbs sweat, so base of shoe may get gunky over time.
<b>2. Heel height</b>	High	Looks nicer as high heels tend to be slim.	May require more time to adjust and find your balance, depending how comfortable you are with wearing high heels
	Low	If you're not used to wearing high heels, it's easier to adjust to.	Because low heels tend to be blockish, the shoe may not look as sexy.
<b>3. Height of shoe base</b>	Platform	Provides better shock absorption	Keeps you further from the ground. Can't feel the ground as well. May not look as sexy
	Non-platform (thin)	Can feel the ground better. May look sexier.	Less shock absorption
<b>4. Number of straps</b>	One	Greater options for sexier designs	Less secure
	Two	Better support. Your foot is held more securely within the shoe	Fewer options for sexier designs
<b>5. Type of heel coverage</b>	Close	Very comfortable; lots of support	
	Open	Seem consider it a sexier design	Not as comfortable; not as much support. Takes some getting used to.

### **Other points to note:**

- > For better security, try to have one strap crossing under the sole of the shoe, somewhere between the toe tip and heel. It is even better to you have a little gap between the suede base of the shoe and the bottom of the shoe, where you can thread the strap through.
- > For the front of the shoe, if you are choosing a strappy design (e.g. criss-crossing straps), make sure that your little toes does not stick out between the gaps. All toes should be securely held within the shoe. Choose a design that is comfortable for your feet, while flattering their shape. Remember that you will be putting a lot pressure on the balls of your foot, in a forward direction. So make sure the design you choose is comfortable, as you jam your toes forward.
- > If you like a cushy base, you can ask Leapin Lizard to give you full padding, and extra padding at different areas of the shoe.
- > You must have a suede base for dance shoes