

# HEELS

## WHAT TO WEAR



### WHY DO WE DRESS THE STYLE?

- ALLOWS DANCERS TO DANCE THEIR BEST
- TO EMBODY THE MOVEMENT AND MUSIC
- TO LOOK THE PART AND DEVELOP STYLE
- FOR TEACHERS TO SEE BODY LINES AND GIVE CORRECTIONS

### WHAT TO WEAR

- COMFORTABLE TOP  
EG. T-SHIRT, TANK TOP
- COMFORTABLE BOTTOMS  
EG. BIKE SHORTS, LEGGINGS, TRACK PANTS
- STILETTO BOOTS OR PUMPS  
\*STILETTO HEELS RECOMMENDED FOR TRAINING PURPOSES  
BARE FEET OR SNEAKERS CAN BE WORN FOR WARM UP
- OPTIONAL KNEE PADS



\*FITTED CLOTHING RECOMMENDED FOR BODY ALIGNMENT AND AWARENESS

### WHAT NOT TO WEAR

- JEANS AND DENIM

### JEWELLERY

ONLY STYLISED ACCESSORIES

BE AWARE OF THE SIZE AND WEIGHT OF JEWELLERY TO AVOID INJURIES AND ACCIDENTS

### HAIR

HAIR TIED BACK AND FRINGES SECURED FROM FACE WITH A HEADBAND OR BOBBY PINS

**WHEN YOU DRESS LIKE A DANCER  
YOU FEEL AND PERFORM LIKE A DANCER**