

## Dance Shoe Information



### Why are appropriate soles needed on dance shoes?

- a) Non-sticky (e.g. leather) shoe soles help you turn easier. In fact, some rubber soled shoes may not allow you to turn as you should.
- b) Non-sticky soles on your shoes help protect your knees and ankles from injury.
- c) Be sure that the heels are rubber, so that the shoes are not too slippery.

### What kind of dance shoes should be used?

It's best to use smooth soled shoes with low heels for Scandinavian dancing. The shoe should be supportive, so your foot does not rotate within the shoe as you turn. Shoes specifically designed for Scandinavian dancing exist, but until you want to make that investment, there are many lower cost options. For men, a broken-in pair of leather dress shoes with a smooth sole works well. For women, a closed-toe shoe with a low heel and smooth leather sole will work.

### What are my options for acquiring dance shoes?

Buy dance shoes or convert a pair of shoes (see comments on converting shoes below).

Local dance stores carry a variety of options. Some folk dancers prefer leather soles, suede soles or dance sneakers with special plastic soles. Low heel character shoes or jazz shoes can work. Alternatively, you may be able to find an appropriate pair of leather soled shoes in the back of your closet or at a second hand store.

### How do I convert a pair of shoes to dance shoes?

- a) Take them to a cobbler and have hard leather or suede soles glued on to man-made soles.  
Many local cobblers can do this conversion.
- b) Do it yourself, by gluing a piece of good leather or suede to your shoe sole with barge cement. Trace the sole of the shoe on the leather and cut it out. Rough up the current soles of the shoes with sandpaper or by scraping. Apply barge cement on both the bottom of the shoe and the leather. Let dry till tacky, then align and clamp together. When dry, trim.
- c) A temporary, short-term solution is to cover your soles with duct tape or gaffer's tape or moleskin (usually used for foot blisters).