

BALLROOM GUIDE

Adults

CHILDREN'S Ballroom & Latin-American Clothes & Shoes Guide

GENERAL INFO

You do not need specialist dancewear to start Ballroom & Latin classes. Choose comfortable, secure clothing that allows you to move freely and lets your teacher see your posture, body alignment and leg action. Very loose or restrictive clothing is best avoided.

For your first classes, clean, secure indoor shoes are perfectly fine. Avoid thick, sticky or heavily cushioned trainers, as these can make turning and correct use of the feet more difficult.

Once you are attending regularly, we strongly recommend investing in proper Ballroom & Latin dance shoes. If you buy just one specialist item, make it good shoes — they can make a significant difference to your balance, movement, comfort and ability to use your feet correctly.

Dance shoes should never be worn outdoors. Suede soles quickly collect dirt, moisture and grit, affecting their grip and potentially making them unsafe on the dance floor.

Please bring water, a small towel and your dance shoes. Once you have suede-soled dance shoes, we also recommend keeping a shoe brush in your dance bag.



USEFUL LINKS

For shoes, we particularly recommend International Dance Shoes (IDS) — a British brand we know and trust, having worn their shoes throughout our own professional competitive careers. This mirrors the recommendation in your children's guide. Skyline Ballroom Club IDS discount code:

DNSCSKLN207

Before ordering online, use the IDS Sizing & Fitting Guide and measure your feet carefully. Dance shoes should fit securely and more closely than ordinary everyday shoes; an overly loose shoe can affect balance and control. Other respected dance-shoe brands include Supadance, Ray Rose and Freed of London.

For specialist Ballroom & Latin clothing, we recommend Chrisanne Clover and DSI London.

Not ready to invest in specialist dancewear? We've also put together a simple Amazon list of class basics — a useful middle ground while you are getting started.

Not sure what to buy? Please ask us before ordering. We're always happy to advise on shoe style, fit and heel height.

IDS

Chrisanne

FEMALE DANCERS

For beginners, leggings, fitted trousers or a comfortable skirt with a fitted top are all suitable. There is no need to arrive in specialist Ballroom clothing.

For a more traditional dance look, a Ballroom/Latin practice dress, practice skirt or dance trousers with a fitted top are excellent options. Specialist practicewear moves well with the body and can help you see and feel your movement more clearly. If wearing a skirt or dress, we recommend dance briefs, fitted shorts or appropriate dance underwear underneath, particularly for faster dances where skirts naturally move and lift.

For beginners, teaching shoes (pictured) or comfortable social dance shoes - especially IDS's Comfort Fit or Social Collections (pictured) are an excellent choice. They offer a practical balance of comfort, support and flexibility while you develop your first steps and technique and fit both Ballroom and Latin-American styles

As your dancing progresses, you may wish to invest in separate Ballroom and Latin shoes, which are designed differently to support the technique and movement of each style. There is no need to buy these straight away — we will let you know when your dancing has reached the stage where specialist shoes would be beneficial.

Whatever you choose initially, comfort, stability and a secure fit are more important than heel height. If you are unsure what to buy, please ask us before purchasing.



MALE DANCERS

For beginners, smart comfortable trousers with a T-shirt, polo or fitted shirt work perfectly well. Avoid very baggy trousers or oversized tops, as these can make posture and body alignment harder for both you and your teacher to see.

For a more traditional look, Ballroom practice trousers with a fitted dance shirt or top are a worthwhile investment as your dancing progresses.

Men's Ballroom shoes are usually black, with a low heel and supportive construction. They are

an excellent first dance shoe and can be used across both Ballroom and Latin when starting out.

More experienced dancers may later choose dedicated Latin shoes, which have a different construction and higher heel designed for Latin movement. There is no need to buy both when you are just beginning.

