

Wedding Attire Guide

Dress for confidence, comfort and unforgettable moments.

Beautiful first dances are created through thoughtful preparation as much as choreography. This guide shares practical advice from our years of experience, helping you feel comfortable, confident and ready to enjoy one of the most memorable moments of your wedding day.

Your first dance should be designed around you—not the other way around. By understanding your outfits in advance, we can create choreography that feels comfortable, looks effortless and allows you to enjoy every moment with confidence.

Wedding Dress

We'll ask you to **share a photo of your wedding dress** before your choreography is finalised. This allows us to design a routine that works beautifully with your dress while taking into account any movement restrictions, train, overskirt or fitted silhouette. Some lifts, dips and movements may need to be adapted depending on your dress, ensuring you feel comfortable, confident and secure throughout your dance.

Our recommendation: If you're planning a more ambitious routine, we're big fans of changing into a second dress for your first dance. It offers greater freedom of movement, protects your wedding gown and allows you to enjoy every moment without worry.

Wedding Shoes

Once your choreography is complete, we recommend wearing your wedding shoes to every remaining lesson. This helps you become familiar with their feel, balance and grip before your wedding day.

When choosing wedding shoes, consider:

A secure heel that hugs the back of your foot to provide excellent support.

A snug fit to prevent your foot from moving inside the shoe.

Avoid styles with only a single front strap, as they often provide less stability during dancing.

Alternative option: We also recommend classic white ballroom shoes from one of our trusted suppliers. Designed specifically for dancing, they offer exceptional support and stability while maintaining an elegant bridal appearance. They can also be customised with rhinestones to complement your wedding look beautifully.



Groom's Outfit

We'll also ask to see the groom's outfit before the wedding. As the leader during the first dance—and often the person supporting dips and lifts—it's important that your jacket and shirt allow comfortable movement through the shoulders and arms. We'll make sure your choreography works with your outfit, so you can move confidently and comfortably throughout your performance.

We can't wait to create a first dance you'll treasure forever!