

Beginner Heels for Teens

with

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A Quick Guide for heel types:

For my beginner heels classes ages 12-18, I like to provide this quick guide for heels that are great options for beginners since it's a new style with specific footwear. There are certain heel types that are safer and best for beginner heels dancers to wear before advancing to other heels, much like measures taken for dancers to advance from ballet shoes to pointe shoes. Safety for my classes comes first and as dancers become well versed in the foundations of a heels class over time, they can later advance to heels that have a higher heel height or have a thinner heel, like stilettos.



Do's



- Chunky heel or boot, or character shoe
- Chunky heel height can be up to 2.5" - 3" max, no higher
- A less chunky heel can be ok, but only 1" - 1.5" in heel height
- Must have straps or some sort of ankle support, no slip on pumps
- Rounded toe
- Toes covered preferred, but not required. (It can help with some floorwork)

Don't's

- No Stilettos or very thin heels, No slip-on pumps, No pointed toes, No wedges.

Keep in mind that ankle support is preferred to ensure the safety of beginner heels dancers. When picking out a shoe, make sure they're comfortable and stable!