

APPALACHIAN CLOGGING CLASS

SHOES

What to buy and where to get it!

I would recommend either **tap** shoes or **hard-soled** shoes, preferably leather.

The **advantages** of **tap** shoes are that they are loud! It is easier to hear yourself and improve your technique and, should you ever want to perform, they are ideal.

The **advantage** of **hard-soled** shoes is that you may not be sure if you want to perform and it can be a lot of money to spend. Buying hard-soled shoes means that you could wear them outside the class and practice on your friend's best varnished wooden floor without any damage!

Personally, I'm always on the look out for both kinds of shoes in charity shops as an economical way of trying things out. But I do appreciate that not everyone is happy to wear somebody else's shoes.

I would be very happy to buy any suitable shoes that you find, to lend to new students!

As for shiny new tap shoes.... here are some more tips and places to try.....

I would recommend **Teletone** taps – the biggest size that you can get to cover the heel and toe of your particular shoe. Avoid anything that says 'ladies'(!) as they are probably small and quiet! You can also get any half decent cobbler to put taps onto a pair of ordinary shoes.

I would also recommend a low heel for both men and women – mine are 1" high. An oxford or cuban heel is probably too high, unless you have very shortened calf muscles and find that you are more comfortable in higher heels. Women – try out a pair of men's or boy's shoes – often more sturdy and cheaper!

Prices can range from anything between £20 - £150 so do some shopping around first. Don't be afraid to return a pair that you are not really happy with – not only will you be uncomfortable but you may cause yourself a more severe injury to your knees, achilles tendon, calves or hips!

Most of the shops below also have websites now so try a search on the shop name. Please let me know of any other good ones that you find and I can update this list.

Shops out of London

I have a pair from here – very soft leather – lovely!

The Talbot Dance Centre
63 Talbot Street

Dublin 1

Eire

T: 00 353 1 8557008

www.talbotdance.ie

Crown boys tap shoes about £27 with out taps – really good looking affordable shoes.

From: Sole-2-Sole

1 Swinfers Yard

Stony Stratford

Milton Keynes

T: 01908 260909

www.sole-2-sole.co.uk

Get some new dancing shoes made especially for you! Very interesting if you like 40's & 50's style shoes (which of course I do!) www.shoe-makers.com

Julienne Dancewear

34 Bellegrove Road

Welling

Kent DA16 3PY

T: 020 8303 0404

If you are out of London your local dancewear shop will probably stock a decent selection of shoes although you may have to order them.

Main dancewear shops in London:

These have their own brands

Julienne & Porselli

9 West Street

Cambridge Circus

London WC2 9NE

T: 020 7836 2862

Freed

94 St Martin's Lane

London WC2N 4AT

T: 020 7240 0432

Sansha

65 Endell Street

Covent Garden

London WC 9A

T: 020 7240 0432

Gamba

3 Garrick Street

Covent Garden

London WC2E 9AR

T: 020 7430 0704

Bloch

35 Drury Lane

Covent Garden

London WC2B 5RH

T: 020 7836 4777

These sell several brands

Dancia

187 Drury Lane

London WC2B 5QD

T: 020 7831 9483

Duo Dance

11 Half Moon Lane

London SE24 9YU

T: 020 7274 4517

Websites

www.danceworld.demon.co.uk

www.thedanceshop.co.uk