

POLE DANCING HEELS



BUYER'S GUIDE

So, you're thinking of buying your first pair of pole dancing heels, and you don't know what to get. There are so many different styles - from boots to sandals, a variety of heel and platform heights, and multiple brands! Where do you start?

Heel & Platform Height – Is Bigger Better?

Shoes come in a variety of heel and platform heights, but you are likely to buy your first pair of pole dancing heels in 6, 7 or 8 inches, and a platform of 2 to 4 inches. Each heel height has its advantages and disadvantages, depending on your experience, goals, and aesthetic preferences. Something else to take into consideration is heel height to platform height ratio. The rise of the foot will be much greater on a 7 inch heel with a 2 inch platform than with a 4 inch platform.



SIZE MATTERS

🌻 6-Inch Pole Dancing Heels

If you are brand new to heels and have never worn a pair in your life, then you may wish to build up your self-confidence with a 6-inch heel. It is a great starter shoe for very nervous newbies, and can give you the feel of dancing in pole heels whilst supporting ankle strengthening with a lower risk of rolling the ankle.

Although 6-inches sounds very high, with the platform on pole dancing shoes, the heel actually feels very comfortable and easy to walk in.

The major downside of a 6-inch heel style is that the curved lip on the front of the platform is lower, meaning you won't be able to do certain 'on point' work in your sexy pole class. The lower platform also does not make as loud of a 'clack' (that iconic noise) when banged together.

🌻 8-Inch Pole Dancing Heels

We do not recommend dancing in these heel heights for our students, as they are most often worn by professional performers and dancers. There are heightened risks of injury and accident, and therefore we recommend all students opt for a lower heel height, at least to start. However, as you gain more experience, you might find these heels more comfortable, and some students actually find the 8-inch a good starting point as well. Either way, they make for amazing photoshoot photos!



🌻 7-Inch Pole Dancing Heels

This is the heel height we usually recommend for new dancers that have worn some form of heels before. It doesn't feel as high as an 8-inch heel, which can be a little wobbly for your first pair. However, 6-inches can very quickly feel too low, and you may want to graduate quickly into a higher style.

The curved 'lip' on the front of the platform will be more pronounced in this slightly higher heel height, aiding in certain heels specific techniques that you will learn in your sexy pole class.

🌻 9 & 10 -Inch Pole Dancing Heels

As a rule, we do not recommend dancing in these heel heights for our students, as they are most often worn by professional performers and dancers. There are heightened risks of injury and accident, and therefore we recommend all students opt for a lower heel height. However they make for amazing photoshoot photos!

BOOTS OR SANDAL?

Boots are closed around the top of the foot and ankle, and vary on height, ankle length, knee length, or thigh high are the most common. They are commonly zipped or laced.

Sandals are open on the top of the foot, with a strap across the top of the foot and around the ankle, stabilizing the foot against the foot bed.

🌻 Pros of a Boot

- More ankle stability
- Low risk of the foot slipping out
- No strap to dig into the skin

🌻 Pros of a Sandal

- More ankle movement for certain techniques / pointing ankles
- Lots of pretty styles
- Allow for upper foot grip (good for climbs etc)

🌻 Cons of a Boot

- Stiffer round the ankle so need to be worked in for point technique
- Certain boot materials do not grip to the pole
- Certain boot materials can stick to the floor, so less ability to slide
- The metal eyelets can dig into the foot in certain positions
- The metal eyelets can get caught on the laces of the other boot
- Lots of use, as with strippers where they wear them for hours at a time 5-7 days a week, can increase the risk of ingrown toenails.

🌻 Cons of a Sandal

- Risks of rolling the ankle is higher (less ankle support)
- The plastic strap can dig into the foot
- Plastic strap can get sweaty and slippery when hot
- Tops of toes aren't protected and can get banged on the floor or pole

In the end, everyone will have their preference for the style of shoe they like the most. Some of these issues can be rectified with simple solutions. For example, wearing socks with your sandal style pole heels can prevent the plastic strap from digging into the foot.



MATERIAL



Pole heels come in a variety of materials, which each have their own qualities. Some help to grip the pole, and others are more about your personal taste!

For grip, you ideally want to get a PVC boot or a plastic sandal strap. This shiny material will give you extra grip in pole climbs. Additionally, for thigh-high boots, the shiny material will also 'stick' to the pole and provide you with extra grip in leg hangs and other tricks. Our Sexy Heels classes, however, are often more floor work focused, so you may not need to ensure you have this grip if you just want to take the Sexy Heels class.

Shoes with a velvety finish, for example, will not provide any additional grip. If you are to climb in these, you need to improve your knee grip in your climbing technique to adapt to the fact you will not have grip from the ankle and foot.






We recommend when purchasing sandal style pole heels that you opt for the ones with a clear plastic strap, rather than a black or coloured PVC strap, which fits more loosely and provides less ankle stability.

At Sunshine Aerial Fitness, we require all students to wear shoe protectors over their toes and platforms.

STYLES

There are many different styles!

Keep in mind some practical concerns when picking out your heels.

-  Shoes with lots of buckles or spikes on may scratch the floor, your pole, or the studio poles. It is likely that your instructor will not want these on their studio poles.
-  Light up shoes can break over time and may not be ideal for heel clacks or more 'rough' pole techniques such as bangs or drops.
-  The liquid filled shoes can crack and leak if used for 'rough' pole techniques such as bangs or drops.
-  Filled or solid platform heels will not clack as loudly or well as the hollow platform styles. For example, certain styles of Pleaser heels where the glitter in inside the platform will not clack in the same way.
-  Filled platforms will also be heavier and therefore impact the execution of certain moves, particularly inverted ones. They will impact the weight distribution and strength in certain tricks.

Certain shoes are therefore more suited to posing, photoshoots, or specific styles of pole, whilst other are more robust and suited to dancing and training. Keep this in mind when picking out your first purchase!



WHAT BRAND






Ready to buy?

Choosing a heels brand often comes down to personal preference on style, affordability, and comfort.

There used to only be a couple of pole heel brands, with **Pleaser** being the industry leader. Now, more brands have entered the market.

These brands include:

-  Pleasers
-  Hella Heels
-  Level Up

However, as we have not tried Level Up, we cannot personally recommend them or their quality. The main shoes we have tested out at the studio are Pleaser and Hella Heels. Ultimately, we recommend you take your time to review the styles and find what works for you. Some dancers prefer the feel of one brand over another, but everyone is different.

But where do I buy my heels?

Although you can buy from the brand name companies directly, we recommend purchasing your heels from shoefreaks.ca. Not only is this a Canadian company, but Sunshine Aerial Fitness Students get 15% off all items with the code **SUNSHINEAF**.

Other sources are sites such as Polejunkie.com, and some students have also had success finding heels they like from sex stores, Anabellina Canada in Osgoode, or Facebook Marketplace.

PRICE



Pole dancing heels vary in price, but for a good quality pair to use in class the investment tends to be between \$100-\$300 CAD depending on the style, heel height, and finish you choose.

It is better to purchase a slightly more expensive pair, rather than a cheaper knock off online, because they are more likely to last longer. Many websites now offer payment plan options that make purchasing your pole shoes more affordable.

Ready to strap on those shoes?

We are excited for you to get your first pairs of pole dancing heels, and we can't wait to watch you strut and shimmy around the pole.

If you're interested in learning the techniques associated with dancing in heels, check out our Sexy Heels Pole classes.