

# Shoe Requirements for CD\*NY Dances

## Why do we care about your shoes?

Because we rent our dance spaces from other organizations that care strongly about keeping their floors shiny and new-looking, we have established some mandatory guidelines for shoes worn while dancing with us. This is especially important with contra dancing, because swinging in inappropriate shoes can quickly ruin a floor's finish – we have been turned away from several places because of this. We appreciate your cooperation in helping us stay on good terms with our hosts!

## Dancing Shoes

*It is best to bring with you a pair of shoes for dancing that:*

- *have not been worn outside*
- *have wide, non-marking heels*
- *have soft non-marking soles such as suede or the type of material on dance sneakers*

See the other side for some places to find different kinds of such shoes.

You can also bring an old pair of sneakers or other soft-soled street shoes that you cleaned at home and carry with you rather than wearing – though many find that you can swing faster with the soft leather soles on dancing or bowling shoes!

## No Dance Shoes Yet?

If you have not yet found such shoes for yourself, you can still dance in your street shoes if your shoes can be made clean and soft-soled. This means:

- no hard leather soles (you should be able to dent them with your thumbnail)
- no lug treads, such as on boots; or taps or cleats
- no heels less than 1.25 inches wide, that may dent the floor
- no shoes that are damp (we'll help you dry them!)
- no hard black rubber heels (*these can leave big streaks on a floor – test yours by trying to make a mark with them on a piece of paper*)
- shoes worn outside must be brushed, and if they have tread or grooves (like many sneakers) these must be thoroughly cleaned out (we'll help with that too!)

If your shoes can't be made clean and soft-soled, you are welcome to dance in your socks, or to wear a pair of the "hospital socks" we provide, which will mean less wear on your socks and perhaps better traction. Dancing barefoot or in your socks does carry some risk of being stepped on, and with regular socks it may be slippery – please dance carefully!

**See the next page for recommended shoes and some places to buy them!**

## Types of shoes we recommend for contra dancing (to save our floors!) –

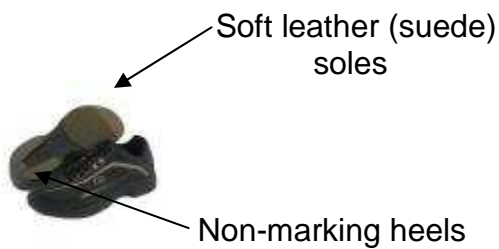


**Chinese slippers**

Places to buy Chinese slippers:

Many discount stores, for around \$10

**Bowling shoes** (\$25 and up – get sliding surface on **both** feet)



Places to buy bowling shoes:

Paragon Sports, 867 Broadway, New York

[www.bowlingshoedepot.com](http://www.bowlingshoedepot.com)

[www.bowlersparadise.com](http://www.bowlersparadise.com)

...and many others

**Dance (ballet) slippers**



Places to buy dance shoes:

WorldTone Dance , 230 7th Avenue, 2nd Floor

[www.worldtonedance.com/](http://www.worldtonedance.com/)

Capezio stores in the city

<http://www.alamostyles.com/servlet/StoreFront>

[www.discountdance.com](http://www.discountdance.com)

[www.allaboutdance.com](http://www.allaboutdance.com)

[www.dancedistributors.com](http://www.dancedistributors.com)

...and many others

**Dance sneakers**



Dance Oxfords and other dance shoes for men and women (no taps! thin soles, low heels)



**“Hospital socks”** – with traction spots – to cover your own socks (and feet) – available to borrow from CDNY at dances