High Heels by Neli

HIGH HEELS DANCE SHOE GUIDE

BOOTIE

The perfect balance of support, style and performance.



A bootie gives you extra ankle support while keeping your movement sharp and stylish.

Support your power ♡

DETAILS

HEEL HEIGHT
8–10 cm (3″–4″)

BEST FOR
Intermediate to advanced dancers

FIT
True to size

CLOSURE
Lace-up (some styles with side zip)

SOLE
Suede or rubber dance sole

MATERIAL
Vegan leather, leather or microfiber

WHY DANCERS LOVE IT

- More ankle support than sandals or stilettos.
- Adds an edgy, powerful look to any outfit.
- Great for turns, transitions and floor work.
- Perfect for long practice sessions and choreography.

KEY FEATURES

ANKLE SUPPORT
Extra stability around the ankle helps you feel secure.

SECURE FIT
Lace-up or zip closure locks your foot in place.

STILETTO HEEL
Sleek and high for a confident, elongated look.

OPEN TOE
More flexibility and better foot expression.

LIGHTWEIGHT
Light enough to move freely and comfortably.

BEST FOR

CHOREOGRAPHY
Full support for dynamic movements.

TURNS & SPINS
Ankle support helps you stay stable.

FLOOR WORK
Secure fit for smooth transitions.

DAILY TRAINING
Comfort and support for long sessions.

PERFORMANCES
Bold, fierce and stage-ready look.

HEEL HEIGHT GUIDE

8 cm 3″
Good for balance and control

9 cm 3.5″
Great for style and versatility

10 cm 4″
Maximum impact and elongation

FIT TIPS

- Your toes should have room to spread.
- Your heel should sit snug, not slip.
- Lace tight enough for support, but never cut off circulation.

PRO TIP

Make sure your booties have a suede sole.

REMEMBER

Confidence starts from the ground up. Choose the shoe that makes you feel strong, beautiful and unstoppable.

You got this!

STRONG · FEMININE · FEARLESS

DANCE · EXPRESS · EMPOWER

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