

# east sussex dance

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## What Do I Wear?

### Ballroom & Latin Beginners Classes

Ladies/Girls Skirt, loose fitting trousers or leggings with a top.  
Shoes with a slight heel (no trainers please)

Men/Boys Loose fitting clothes and “going out” shoes (no trainers please)

### Ballet Classes

Ladies/Girls Leotard or t-shirt with leggings and ballet shoes.

Men/Boys Leotard or t-shirt with shorts and ballet shoes.

### Street Dance, Jazz, Disco

Ladies/Girls Leotard or t-shirt with leggings and jazz shoes.

Men/Boys T-shirt with jogging bottoms and trainers/jazz shoes.

For any other dance genres or for reputable dancewear stockists, please contact your teacher.

Please note that some childrens classes may require students to wear a uniform. Again, your teacher can advise you if you are unsure.