

# RTIDA accepted shoe/sock products

Rising Tide has accepted brands and products that we feel offer the best quality and form to enhance a dancer's performance and sound quality. We advise all dancers at all levels to adhere to these recommendations whether buying new or used. However, once dancers stop growing or are dancing more than two-three hours weekly, they should only be wearing brand new shoes.

Dancers should have fitting shoes at all times. Keep an eye on shoe fit and order replacements when needed. **Shoes should always fit snugly.** Leather stretches overtime so start with a snug fit. For more guidance on shoes and socks, read our [Academy Handbook](#).

Poodle socks can be purchased through Rising Tide. Locally, dance shoes and gear can be purchased new and used through [Sandra's Irish Dance Shop](#). There is also a buy and sell bin at Rising Tide for families to use. There are also many vendors online and at feiseanna as well.

**Getting the right shoes is most important so please order online if you can't find what you need locally; we can advise where to shop.**

If you want to purchase a product not listed here, please [contact us](#) to discuss.

## Poodle socks

- Katie Luck: sport length preferred, ankle length ok for tots/adults/dancers with very long legs

## Soft shoes: *black, split soles only*

- Fays Celtic Choice pump
- Hullachan: H1, H3, or H4
- Inishfree: Ava pump
- Rutherford: Cavan Gold pump

## Boys reel shoes

- Capezio: Capezio Boys Reel
- Hullachan: Boys Reel Prolite
- Fays: Boys Reel Shoes
- Rutherford: Split Sole Jazz Shoes With Soundblaster Heels

## Hard shoes

- Fays: Ultra Flexi or Ultra Light
- Feis Fayre: Flexi Pro
- Rutherfords: Flexi Gold or Ultra Lite Gold

## Notes

- Dancers don't need hard shoes until their second/third year of dance.
- White laces in soft shoes/white straps on hard shoes are allowed for dancers in Intermediate class or above, and any dancer competing at the Oireachtas that wears poodle socks.
- Tots, Beginners and Adults are encouraged to have Irish dance shoes, but are not required to. Tots and Beginners must have black slippers if they don't get Irish shoes. Dancers can find simple, black slippers locally at places such as [Twiggz](#).