

High heels are a great accessory. They add to your height, create flattering legs and simply make you feel more confident. So even if you aren't a fan of high-heel shoes you might want to have a classic black pair to match with any of your cocktail dresses or suits. But in order to look good in those you need to learn how to walk in heels.

Before we learn how to walk we learn how to stand. The same principle works with the heels. Put them on, stand with your back straight, use mirror to see how you look.

To maintain balance, which is very important in learning how to walk in heels as well as walking in heels in general, practice on a hard floor or low carpeting floor.

Take a few steps pointing your toes forward, keeping your legs close to each other and keeping your back straight. Bad posture plus heels equals disaster. So, be sure to work on your posture before putting on heels.

Start slowly. Keep a steady pace; keep your balance by swinging your arms a bit. Practice your pace walking back and forth. When you feel you can walk steadily as well as stop without wobbling you can try other surfaces and continue practice.

The beautiful pace women have in high-heel comes with practice. So you might want to start with low or medium heels before putting on some mile-long ones.

Practice side-stepping, as well as, slow turns. This helps prepare you for dancing in heels. If you need to go down the stairs be near the rail so you could grasp it whenever you need to. Put your sole and heel firmly on each step.

You might also want to start with chunky heels first before you go all stiletto. Look for shoes with support like ankle strap or the design that holds your foot really well. It will be easier to practice in those.