



1. Pointe shoe ribbon usually comes in one long piece. Cut it onto four equal lengths.

2. Find the proper place to attach ribbons by folding down the back of the shoe, so it touches the sockliner. Use a pencil to draw lines at the creases. This is where you will attach the back edge of the ribbon (see left photo).

3. Use clear nail polish, matches, or a candle, to lightly burn the raw edges of the ribbon. This will help prevent fraying.



4. Place the ribbon on the inside of the shoe, where you marked it, shiny side facing out. The bottom edge of the ribbon should be down by the sockliner and slightly angled forwards (see left photo).

5. Using a needle and thread/floss sew the ribbon into the shoe. We recommend using dental floss as it is stronger than thread and the wax allows the floss to glide through the satin. Make sure you sew small stitches all the way around the 4 edges of the ribbon, making a rectangle (see right photo). If you know how to cross stitch, this is even better.



6. Repeat the process of sewing ribbons on the other side of the shoe. Do second pointe shoe.

HINTS As you become more experienced sewing ribbons on pointe shoes you may decide to alter the placement of your ribbons. Some dancers prefer them further back. If you do this, look at your foot on pointe. Do you see the side of the shoe gaping at the instep? If so, your ribbons are too far back.

SEWING ELASTICS ONTO POINTE SHOES

You need: Approx. 1/3 yard of pink elastic. Generally, two widths are available: 1/2 inch or 3/4 inch. Thicker elastics provide more support and vice versa, but can also impair movement. The primary purpose of the elastic is to keep the heel of the shoe from slipping off your foot.

How to Measure and Sew:

1. Find the seam that runs down the heel of the shoe. Place one end of the elastic inside of the shoe just to one side of the back seam. Sew it.

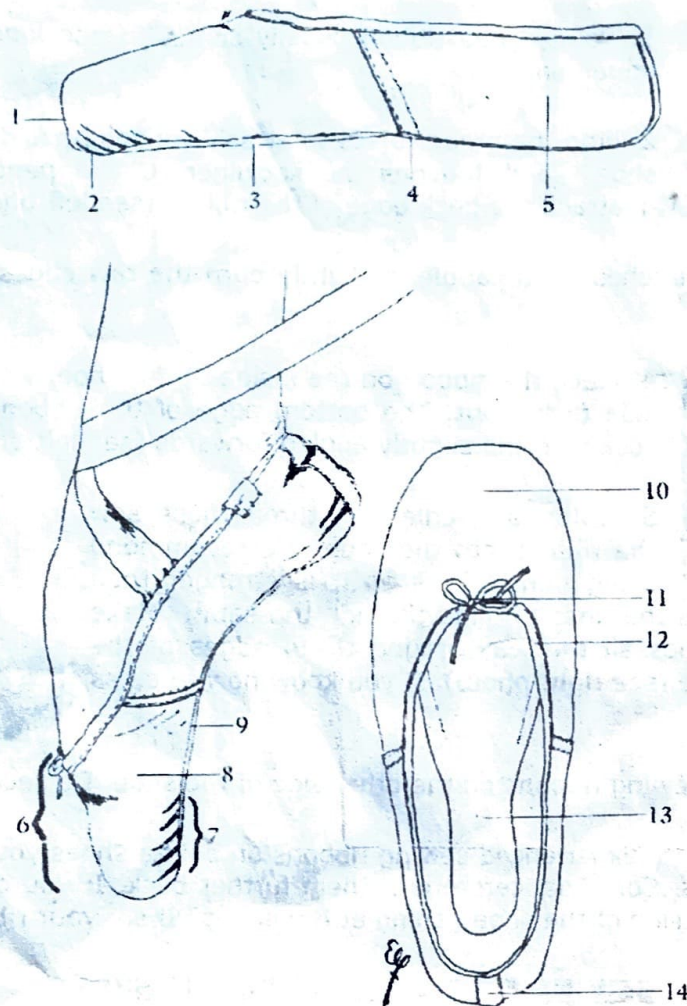
2. Put the shoe on. Stretch the elastic over and around your ankle until the two ends are approximately 1 1/2 inches apart on either side of the back seam. Test the tightness by doing a deep demi-plie. The elastic should feel tight but not strangling your ankle. This is your desired length.

3. Cut the elastic to the desired length. Measure the second elastic to an equal length.

4. Finish sewing the other end of the first elastic on the other side of the back seam. Make sure you have not twisted the elastic by mistake. Your finished elastic now looks like a large loop at the end of the shoe. Now do the other pointe shoe.



HINTS Record the elastic length so that you don't have to repeat the measuring process every time you sew your Pointe Shoes. When you become more experienced with pointe shoes, you may decide that you prefer to cross-cross elastics across the instep to provide extra support or to sew elastics across the instep where the ribbons were sewn.



POINTE SHOE ANATOMY

(1) platform (2) edge of pleats or feathers (3) outer sole (4) waist seam (5) quarter or heel section (6) vamp: top of the box that covers the toes (vamp length is the distance between the drawstring knot and the top edge of the box. Some European manufacturers refer to vamp length as the distance between the drawstring knot and the edge of the pleats or feathers) **(7) pleats or feather:** an area underneath the box where the satin is pleated to fit under the sole **(8) wings or supports (9) shank or narrow supporting spine:** attached to the back of the insole **(10) stiffened box or block:** made of layers of glue and fabric surrounding the toes and ball of the foot **(11) drawstring knot (12) drawstring casing:** piece of bias tape stitched around the edge of the shoe to contain the drawstring **(13) insole (14) back seam:** divides the quarters