

## Pre-Pointe or Pointe Shoes

Pre-Pointe shoes are the next step in advancing in ballet. These shoes prepare students for pointe work. Dancing on pointe creates the illusion of dancers floating across the stage. They can make a dancers lines look longer, which adds to the beauty of ballet.

Pointe shoes and pre-pointe shoes need fit snug on the foot and are required to be properly sewn in order to keep the foot supported in the shoe. If the shoes are too loose the shoes can cause injury to the dancer, and the risk of not sewing one's shoe properly can result in injury.

We ask that students DON'T wear their shoes at home.

### How to Sew Your Pointe Shoes:

#### Material List:

Pre-Pointe Shoes or Pointe Shoes  
Needle  
Light Pink Thread  
Satin Ribbons  
Elastic  
Scissors

#### Ribbons:

1. Cut the ribbons into four equal parts. Each shoe should have two ribbons.





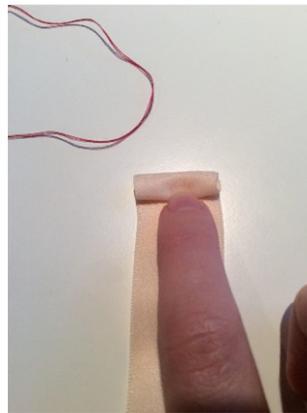
2. Thread a needle.\* To do this take the thread and cut a long strand. Put the thread through the eye of the needle and knot the ends of the thread to prevent the needle from sliding off. The knot will also help stop the thread from going all the way through the shoe.

\*Please note that this example is using colored thread for demonstration purposes only. Please use **light pink thread ONLY**.

3. Fold the pre-pointe/pointe shoe's heel over to find a good placement for the ribbons. Mark the placement with a pencil. Make sure to do this on the inside of the shoe.



4. Sew ribbons, one on each side of the shoe. You will want to fold the ribbon's end over twice to create a 'little box' and to prevent the ribbon from fraying and falling off. Find the pencil mark on the shoe. Place the ribbon near the pencil mark and then start sewing in a corner. Poke the needle through the ribbon and the shoe and pull the thread all the way through until the knot catches, then poke the needle back through the outside of the shoe and again through the ribbon. Try to keep the second hole close to the first, so that you don't see too much of the thread on the outside of the shoe. Repeat this process until you have sewn completely around the 'little box'. Once you have finished, knot and cut the thread.



5. Repeat steps 1-4 with the other ribbon.
6. Repeat steps 1-5 on the other shoe.

## Elastics:

There are two ways to sew one's elastics. A - looped elastics, or B - crisscross elastics.

### Looped Elastics



1. Cut the elastic in two sections.

2. Sew one elastic on the back side of the shoe close to the heel. It is best to do this on the outside of the shoe to prevent blisters, on the back of the heel.
3. When sewing the second side of the elastic be sure that the elastic will fit snugly on your foot. You don't want to make the elastic too loose, the shoe will fall off the foot. You don't want the elastic to be too tight, that will cut off your circulation in your foot.
4. Trim off any excess elastic that you do not need.
5. Repeat steps 1-4 on the other shoe.



## Crisscrossed Elastics

1. Cut elastic in four parts. There will be two elastics per shoe.



2. Using your ribbon as a guide, sew one end of elastic on top of one of the ribbons.



3. Sew the left elastic to the right side of the back heel. It should be about a centimeter, or a fingernail's length from the heel seam at the back of the shoe. It is best to sew the elastic on the outside of the shoe, when sewing close to the heel. This will prevent blisters on the heel.





4. Repeat with the second elastic, making sure that the elastics will crisscross.

5. Repeat steps 1-4 with the other shoe.