

## Pointe Shoes

Your dancer will need to go for a pointe shoe fitting at Dance Street, or another dance shoe store. Dance Street is helpful and knowledgeable.

In order to get the perfect shoe for your foot, you have to try on many pairs. You want to make sure you have the very best shoe for your foot so that you continue to develop your feet properly.

When you stand on pointe, your toes should lay flat in your shoe. When on pointe, the tip of the shoe should entirely be touching the floor. You should have a natural arch in the shoe and your foot right from the start. They have to fit like a glove, definitely not too big. If they are slipping off of your heel, they probably always will.

Ribbons have to be sewn on for the 1st class. You can not go on pointe without your ribbons. It is also helpful to look at a shoe with the ribbons on, so feel free to ask a senior dancer to have a look at their shoes, or pop in the studio and Miss Dana will show you a pair that you can take a picture of for reference.

### How to sew Ribbons on Pointe Shoes

- Decide what shoe is right and what shoe is left (you can mark the inside sole with a pen)
- Cut your ribbons into 4 equal pieces then melt all ends of the ribbon with a lighter.
- fold the back of the shoe down, you will be sewing the ribbons ahead of the fold



- the inside ribbon should be sewn slightly ahead of the outside ribbon. Fold the end of your ribbon about 2cm and place the fold on the inside of the shoe. Pin the ribbon to put in place.



- sew the ribbon on the inside of the shoe, not through the outer satin or the draw string – this is an example:



- Ribbons pull out of shoes easily and a good strong ribbon helps feet while on pointe. Use small stitches and reinforce your work by stitching it twice.
- Elastics can be sewn on as well if you find that your shoes do not stay on your heels – these can be sewn in a large X just like the ballet shoes
- Do not trim your ribbons until you have tied them in class with Miss Dana

Have a great summer and I will see you in the fall.

Miss Dana