

Sewing Pointe Shoes

This is the responsibility of the student – not parents

1. With the toe of the shoe toward you, pull the heel as far forward as you can to make a triangle. Mark the two bottom corners inside the shoe on the sock liner.
2. If using the regular pointe shoe ribbon, cut the ribbon into 4 equal lengths. If using regular ribbon, continue with 5-6.
3. If using ribbon with elastic inserts, find the shortest portion of ribbon, cross it over the top of the foot around the ankle. Adjust the length until the elastic is directly over the Achilles tendon.
4. Allowing for folding the rough edge and sewing, cut off excess ribbon.
5. Fold the rough edge over 1-2 times with the shiny side facing away; place ribbon on the forward side of one of the marks.
6. Sewing only through the lining, whip stitch around the bottom three sides being careful to stay away from the string casing.
7. Repeat ^{*}steps 3-6 for each elastic insert ribbon.
8. Cut elastic into 2 equal lengths.
9. Look inside the back of the heel and notice one large seam and parallel stitches on each side. Place each end of elastic in line with both sides of the parallel stitches. Adjust to preferred tension around ankle. Leaving a short length, neatly sew through all layers just below the string casing.