



How to Sew Your Pointe Shoes

Items you will need:

A thin-eyed needle, thick thread (many dancers use unscented dental floss), a scissor, an adult/lighter to burn your ribbon ends (this can be done last or at the studio), ¾ inch thick elastic (pink or nude colored), peach satin ribbons. Elastics and ribbons can be purchased from the dance specialty store or online where you purchased your pointe shoes.

Cut your ribbons:

First cut your ribbon into four pieces, two for each foot. Then cut your elastic. (You will have more than enough elastic. Measure it against your own ankle: Put your pointe shoe on. Pull the elastic tightly over the highest part of your foot's arch/ankle and all the way back to a centimeter from the back seam, leave an extra half inch on either side where you will sew the elastic to the shoe.) Cut two pieces of elastic, one for each foot. Set ribbons and elastics aside.

Thread your needle:

When the thread is doubled, it should be slightly shorter than your arm. Thread the needle and knot.

Begin sewing:

Elastics first. Start your elastic one centimeter from the back seam of the pointe shoe (it will attach with the other end on the other side, one centimeter from the back seam). Sew in a square. Be careful not to catch the draw string as you sew. You will sew your ribbons half way between the elastic and the side seam of the pointe shoe. The ribbons must be sewn at a 45° forward to wrap neatly around the ankle. Have an adult burn the edges of your ribbons so they don't fray.



Elastics close to the back, ribbons half way between elastics and side seam.

Angle the ribbons forward

