



## SEWING RIBBONS ON POINTE SHOES

### WHAT YOU'LL NEED

- Pointe Shoes
- Pointe Shoe Ribbons
- Pointe Shoe Elastics
- Sewing Needle and Thread
- Thread
- Pen or Pencil
- Scissors
- Lighter

1. Measure elastics for Loop Around Ankle Style by placing your foot in the pointe shoe and loop the elastic around your ankle with both ends of the elastic sitting on either side of the heel seam. Add approximately 1 ½" of extra elastic to place in the shoe for sewing. Repeat this process with the shoe of your other foot.
2. Place one end of the elastic on one side of the heel seam, staying about ½" or 1cm away from the seam. The elastic should be on a slight angle to better fit around the foot. Leave ¾" of elastic to be attached to the shoe. The elastic can be sewn on the inside of the shoe or, if you want to avoid it rubbing against your heel, you can also sew it on the outside of the shoe. Once you have the elastic positioned, pin or sew in place. Repeat this process with the other end of your elastic placing it on the opposite side of the heel seam.
3. By threading the needle in and out of the shoe, sew a basic stitch around the edge of the elastic where it attaches to the shoe. Be sure to not sew in the seam or pocket where the elastic drawstring sits along the top edge of the shoe. Finish the stitching with a double knot for a secure hold.
4. Cut the ribbons into four equal parts then burn the ends of each ribbon with your lighter to keep them from fraying.
5. Fold the heel of your shoe down towards the toe so it lays flat against the inner sole. Place one end of the ribbon where the heel meets the side of the shoe, and follow the angle of the heel's fold. You can also mark the fold line with a pen or pencil and place the ribbon along the marking. The ribbon should sit at an approximate 45 degree angle so it lays flat against the foot when tied. Once the ribbon is in position, pin or sew in place. Repeat with the second ribbon on the other side of the shoe.
6. By threading the needle in and out of the shoe, sew a basic stitch around the edge of the ribbon where it attaches to the shoe. Be sure to not sew in the seam where the elastic drawstring sits along the top edge of the shoe. Finish the stitching with a double knot for a secure hold.