

Parkwood Dance Academy

SEWING RIBBONS ON FLAT BALLET SHOES

1. Cut the ribbon into 4 equal lengths.
2. Fold the ribbon back on itself to deter fraying on one end of each ribbon. Singe the remaining ribbon ends with a naked flame to melt the satin, to stop fraying.
3. Using the placement of the existing elastics on the shoe, pin each sewn ribbon end in front (toward the toe end) of them, angling the ribbons slightly towards the toes to ensure they do not crease when tied and ensuring the dancer needs to be able to flex and point the foot.
4. Sew each side about 3cm deep onto the canvas lining starting at the bottom end with a small fold of the ribbon. Ensure you do not penetrate the outer layer or the channel that encases the elastic drawstring. (Do not remove the drawstring.)
5. Remove the elastics.
6. The ballet teacher will check the placement of the ribbons and teach correct ribbon tying as well as cutting the ribbons to the correct length for tucking the ends in.

NB: If the ribbons have an elasticised section (for protection of the Achilles tendons), the elastic must sit directly onto the tendon for the best result.

