

Tips and Tricks

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Ever wonder what special tricks the pros use to dance better? Well, then you've come to the right place. Because every month, *In Step* will share behind-the-scenes tips and tricks that the pros use to make their practices, rehearsals and performances as good as they can be.

In this issue, learn how to reinforce your pointe shoes so they'll last weeks longer, and gain greater stability and balance for pirouettes. Just follow the easy step-by-step directions and illustrations below.

[1] Start with large darning needles and 100% cotton darning thread (beige or pink). Starting with shoes that are slightly broken in, remove satin from the shoe's toe.



[2] Thread the needle with double strands with a small knot at the end. Lay down four parallel double rows of thread on the face of the shoe.



[3] Lay down another double row on the sole right below the pointe of the shoe, close to the top of the pleats.



[4] Using a slip-knot embroidery stitch, begin connecting two sets of rows at a time on the face of the shoe.



[5] Stitch together the last row with the row near the pleats to form a ridge on the edge of the pleats.



[6] Lay down another double row on top of the shoe, very close to the edge. Stitch this row together with the next row down (the first row on the face) to form a ridge on the edge of the top.



[7] using a slip-knot embroidery stitch, lay down rows on each of the shoe's sides.



[8] Stitch around the edge of shoe's face once more, making one continuous ridge. Voila! You're done!



[9] Additional reinforcement with *Future Floor* is optional, but recommended. Prior to the first time you dance in the shoes, be sure to evenly coat the thread, and put plenty of resin on the shoe's face and under the toe.

