



# How to Sew Ribbons on Ballet Shoes

- 1.) Put on ballet slippers – make sure they are a good fit. Cut off any elastic that goes across the top of the foot.
- 2.) Adjust the drawstring so the shoe feels comfortable and does not gape. It should not be too tight or cut into the back of the heel. Tie the drawstrings in a double knot.
- 3.) Cut the strings so that they are about 1 ½ inches long and tuck them inside the ballet slipper.

Please do NOT:

- Cut them shorter
  - Leave them long and tie them in bows
  - Double knot them several times. One double knot will be sufficient.
- 4.) Take the ballet slipper off. Fold the heel forward. Mark a line where the heel meets the middle of the shoe.
  - 5.) Loop thread through a needle and tie a knot so you have two strands of thread.
  - 6.) The ribbon purchased should be one long piece. Divide and cut into 4 equal sections.
  - 7.) Take one piece of ribbon. Notice it has two sides. The shiny side will face outwards so that is what the audience will see. The rough dull side will face the inside to be next to the ankle.
  - 8.) Fold over about ½ inch twice. Place the ribbon on the line drawn and pin it in place.
  - 9.) Stitch a square (it is not necessary to stitch through the leather of the ballet slipper). Do this with all four ribbons.
  - 10.) Place your foot in the ballet slipper.
  - 11.) To tie the ribbons, take the first ribbon across your instep and around your ankle. Do the same with the outside ribbon. Wrap both ribbons around to where they meet at the inside of the ankle.
  - 12.) Tie the ribbons in a knot. Do NOT cut or trim the ribbons.
  - 13.) Fold or roll excess ribbon and tuck it behind the top layer of ribbon next to the ankle.

You can also reference the following YouTube clip:

“How to sew ribbons on canvas ballet shoes”

by clicking

[www.youtube.com/watch?v=I5PFO8Mni\\_A](http://www.youtube.com/watch?v=I5PFO8Mni_A)

