



How to sew on Ballet Ribbons

1. Cut ribbon into half then half again
So there are four pieces (two ribbons per shoe)
2. Fold over ribbon 1cm then again 1cm.
Turn fold to face the inside of the shoe.
Make sure the right side of your ribbon is on the outside when it is wrapped around the foot.
3. Stitch down folded ribbon to secure BEFORE sewing on shoe.
4. Take your ballet slipper.
Fold down heel towards toe.
Where the heel meets the shoe at the side of slipper is where you sew on ribbons.
5. Sew on ribbons in a square Do Not sew into the channel where the cord runs to tighten the ballet slipper.
6. Ballet shoes are tied with the foot flexed so they are not too tight when you point.
The ribbons cross over the front of the foot around the ankle one over the other and the knot is tied towards the inside of the ankle off the Achilles Tendon.
You can then cut your ribbons leaving enough to tuck them into ribbons around ankle to hide them.
When you have taken the shoe OFF .Ask a adult to do this for you .Singe cut ribbon with a match to stop it fraying.
7. For EXAMS and PERFORMANCES shoes must be CLEAN
and knots sprayed with hair spray to stop them coming undone.
8. It is important that the shoes are an EXACT fit and do not slide around.

