



Unlimited Feet Dance Studios

the smart way to dance

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BALLET SHOE FITTING

Correct Fitting

It is very important to fit ballet shoes correctly. There should be minimal growing space and the shoes should fit like a glove with the toes flat inside the shoes. If the shoe is too large the dancer will have difficulty articulating to point.

The Vamp should cover the toes so that the foot is secure in the ballet shoe. The toes should also fit well as they will slip behind the pleats if they do not. Where the dancer has a wider foot, wide fitting ballet shoes are available.

To ensure the correct fit, the shoe should be approximately one size smaller than the normal shoe size. If you need to check the size, point the foot, the heel should stay on the foot and there should be no space on either side of the shoe.

Sewing on the elastic.

When sewing on the elastic make sure it is positioned high in the instep to ensure a good fit.

Fold down the heel of the shoe so that it is against the inside lining.

On one side, stitch the elastic to the binding, making sure that the elastic is at the same angle as the fold in the heel (see diagram)

Try the shoe on and pull the elastic over the instep, make a mark where the elastic meets the binding.

Trim the elastic to length then stitch into position to finish.

