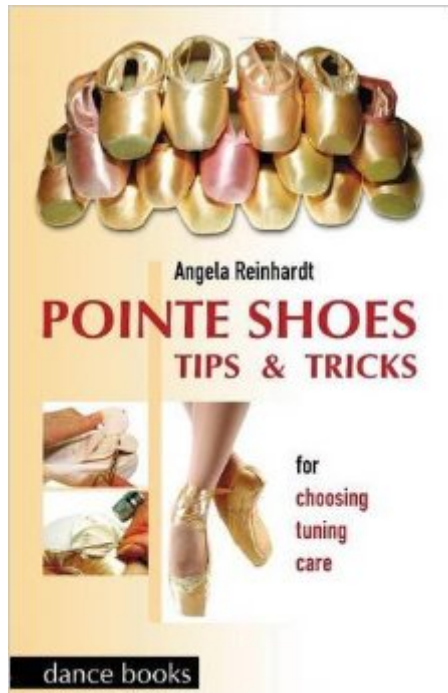


The book was found

Pointe Shoes, Tips And Tricks: For Choosing, Tuning, Care (Ballet)



Synopsis

Graceful technique and perfect execution are only possible with perfectly fitting pointe shoes. For the first time in print, ballerina Angela Reinhardt has put together over 100 tips and tricks for complete personal pointe shoe tuning, for beginners, students and professionals. Over 280 colour illustrations show how to modify shoes step-by-step, using scissors, needle and thread, hot water and elastic, to adapt them perfectly to the foot and to all types of floor surface, and to help them last as long as possible. As well as tips on choosing, modification and upkeep, this lovingly and meticulously prepared book contains worthwhile information on the history and manufacture of pointe shoes and valuable suggestions for foot fitness.

Book Information

Series: Ballet

Paperback: 109 pages

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ISBN-13: 978-1852731151

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (7 customer reviews)

Best Sellers Rank: #679,961 in Books (See Top 100 in Books) #44 in Â Books > Arts &

Photography > Performing Arts > Dance > Ballet #122 in Â Books > Textbooks > Humanities >

Performing Arts > Dance #200 in Â Books > Arts & Photography > Performing Arts > Dance >

Classical

Customer Reviews

I recently got my first pointe shoes and was very excited with them, they were what I'd worked so long for. A little while later I received an gift card but was not sure what to use it on. After choosing and receiving this book, I was completely enthralled. There were a few things that I was hoping to read about that I did not find, but there were also more things than I expected, such as useful exercises and interesting history.

I was very satisfied with Pointe Shoes: Tips and Tricks. It was packed full of more information than I expected and thought possible in such a small book (it's a quarter inch thick, perfect size for a

dance bag). There were sections on how to pick the right pair, info and history about pointe shoes, tips and tricks, and physical therapy exercises on how you can fix up and strengthen your feet. The main section of the book, the tips and tricks, is on how you can cut, sew, trim edit, change, and fix shoes to make them fit the foot exactly. Some of these tips I encourage you to use for your flat shoes too! *Pointe Shoes Tips and Tricks* is a fantastic resource that every intermediate/advanced pointe dancer and teacher should have!

This book is loaded with information on how to make your pointe shoes fit like custom made shoes. So if you have ill fitting shoes you can't wear, this book will help you make them work for you.

Although I'm not a dancer, I truly enjoyed this book. It's very interesting with many alternative ways of adjusting pointe shoes. It even has a section for care and exercise of your feet.

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