

Siberian Swan pointe shoes
www.SiberianSwan.com



**Unique combination of plastic shank
and standard yet reinforced box.
No break-in is needed**

- Softening the shank of Siberian Swan if needed.

If you think the shank is a little hard to go through the demi-pointe there is a way to soften it. Follow the instructions listed below by Missy Blecher Floyd, artistic director of [“Shenandoah Academy of Dance”](#), and the owner of [“Tickle Pink Performance Wear”](#) dancewear store in Virginia that carries Siberian Swan pointe shoes:

“.....My suggestion is to heat up the shank at the demi pointe and bend it (very, very slightly) the way of the demi pointe, not like she would be pointing her foot. The idea is that when you heat up plastic, it gives a little, making the molding of the demi pointe easier without compromising the shank support or reducing the work she needs to do to build strength en pointe.

Here is how to do this:

Hold a blow dryer about 12 inches from the shank (underside of the shoe, not toward the inside of the shoe). Obviously we are using the highest heat setting you have on your hair dryer.

Hold it there for about a minute to a minute and a half

With your hands, gently, very gently bend the shoe once or twice in the direction of the demi pointe. I bent it twice each shoe. Bending it will not cause it to stay that way at all. It just makes it move a bit in your hands.

I held the dryer to the shank for about 30 more seconds after the bending.

My student then put her shoes on and did several relevés in first position and her demi pointe was instantly improved. Again, she wears the hard shank so I feel confident that this will be as effective in the medium.

She then rehearsed several pieces of choreography including some pas de deux before we left for the afternoon. I had her leave her pointe shoes in the studio to air dry and "cool off". After technique class tonight, I had her put the same shoes on (without repeating the heat up process) and do some relevés in first position again and she was still rolling through much easier....”



Video to see the transition through the demi-pointe:
<https://www.youtube.com/watch?v=MqTYFYSoVTg>