

# **Ballet shoes or « demi-pointes » for ballet beginners**

Now that you have decided to start ballet for fun or to shape your body, you need the right outfit and with it the most important of all : ballet shoes!

Ballet shoes are very devise and so important to every dancers, beginners or professional. Note that now the brands usually pre-saw elastics onto the ballet shoes so you can start dancing straightaway !

For beginners, I recommend either leather ballet shoes with one full soul or something very flexible in soft canvas with a split sole depending on what you prefer. To really understand the difference and make your choice on what is best for you, you need to try them on, there is no rule here apart from what you prefer. Depending on which ballet shoes fit you the best, you take the ones that you will have the pleasure to wear at every of your ballet classes.



## Recommendations:

- **The ECLAT from Merlet Dance** : the ECLAT ballet shoes are the beginners dream, strong but made in flexible soft leather with a perfectly flat full sole. They are perfect for ballet classes but also to begin floor barre and to just stay cozy in a ballerina style at home. They exist in 2 widths and 4 shades : natural beige (salmon), dusty pink, black and white. The dusty pink is my own favourite ! **Ideals for boys and girls**

They are also my recommendation for young kids when beginning ballet : you can get a bigger size (usually one size up) and tighten the little strings into a nice knot on the cou de pied so that the ballet shoes still fit your ballerina's or ballerino's feet. Like this, you can keep them longer, sometime for the all year without having to change the size and they are still very comfy for the little dancers.

*Eclat in dusty pink and black*



- **The SOPHIA or SYBEL from Merlet Dance** : these ballet shoes could not be further from the ECLAT. Their stretch soft canvas will fit your feet perfectly. They have split soles with a soft comfy layer inside the lever sole. I usually recommend the SOPHIA for thin to medium feet and the SYBEL for medium to large feet.

The SOPHIA exist in light pink (flesh) only in widths A, B and C and from the size 25 (7/7.5 in UK kid sizes).

The SYBEL only exist in width C but in 4 shades : light pink (flesh), tan, black and white. Even if it is not the usual color in ballet, I love the Tan but you will find the light pink ones more easily.

*Sophia in light pink*



*Sybel in light pink and tan*



- **The PROLITE 2 Hybrid from Bloch** : The PROLITE Hybrid is a combination of the previous ballet shoes that were presented in this article : exclusive AAA grade leather split sole with soft canvas arch insert. They have a very good resistance on the floor but keep a perfect flexibility on the feet arch especially when pointing. Thin cotton drawstring on the upper to the foot and a nice suede insock finish this perfect ballet shoes.

I usually recommend these ballet shoes for intermediate to pre professional level, the split sole can sometimes switch on the side and not be the most comfy. Although numerous of my students in France loved them principally because some ballet schools imposing leather ballet shoes that could create wrinkles on the arch of the feet, the students liked the canvas insert which avoids this issue for pre professional pupils.

They exist in pink and black colours with widths B, C and D

*Prolite in pink and black*



- **The PERFORMA from Bloch** : The PERFORMA are made in a cotton and spandex soft and light fabric. The sole is perfectly flat and low on the ankle. They are perfect for young beginners or dancers with narrow heel but a larger front foot. **They are my own favourite and one of Bloch's best-sellers!**

They exist in widths B, C and D and in 4 different colours : Theatrical Pink, Sand, Cacao and White for women. Note that they also exist in Black for men. For a woman dancer, if you would like to wear the Black ones take your usual size but one width down as men feet are usually larger and stronger. I recommend them for men and women as they adapt to every shape of feet.

### *Performa in Theatrical Pink and Sand*



#### To sum up :

For kid beginners : the ECLAT are definitely my favourite, they are strong, last longer and with the little drawstrings on the cou de pied you can actually go one or two sizes up when you buy them to get them to last longer on your little ballerina's and ballerino's feet.

For adult beginners : this really depends on how you feel in your ballet shoes, you want to be comfortable to look forward to wearing them at your next class. One last thing to do now : take the time to try on all the ballet shoes in your favourite ballet shop <3

#### **BEST PLACES TO GET YOUR BALLET SHOES :**

The FANCY DANCE Shop – 35 Micklegate, York YO1 6JH

MERLET DANCE UK E-shop : <https://www.merletdance.com/en/>

BLOCH UK E-shop : <https://uk.blochworld.com/>



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