



## Section B – Dancer’s Feet

In this section, we will ask you questions specifically related to your feet to learn more about their shape and various attributes.

What is your street shoe size: (in US) \_\_\_\_\_

Please, take a look at your bare feet, while they are flat on the floor and compare them to the charts below. Indicate which one most closely describes your own feet. Generally, both feet will be the same, if not, please indicate so.



My foot type is:

- Tapered
- Peasant
- Greek + Tapered
- Greek + Square
- Square



My arches are:

- High
- Medium
- Low

The flexibility in my feet is:

- Hypomobile** (when I pointe my foot fully, the metatarsal joint of the big toe is higher than my ankle bone)
- Moderate** (when I pointe my foot fully, the metatarsal joint of the big toe is in line with my ankle bone)
- Hypermobile** (when I pointe my foot fully, the metatarsal joint of the big toe is below my ankle bone)

The strength in my feet is:

- Weak** (when I go on demi-pointe, my ankles tend to wobble around, and it is hard to balance)
- Moderate** (when I go on demi-pointe, my ankles are stables and it is easy to balance)
- Strong** (my ankles are very strong from many years of training)

The width of my feet is:

- Narrow**
- Medium**
- Wide**

Special notes you would like to tell us:

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## Section C – Accessories

If this is not your first pair of Pointe Shoes, please tell us about all the accessories that you wear for Pointe work, for example: toe spacers, ouch pouches, lamb's wool, gel toe covers, etc...)?

Do you need accessories:

Yes

No

If you require accessories, please use the list below to order:

### Ouch Pouches:

Bunheads Ouch Pouch  
 Small #36577  
 Large #36578

Bunheads Ouch Pouch Jr.  
 Small #36580  
 Large #36584

Bunheads Pro Pad  
 Small #31837  
 Large #31838

### Toe Spacers:

Bunheads Spacemakers II #31824

Bunheads Super Spacers #31823

Bunheads all in one bunion guard and toe spreader #31825

### Lamb's Wool:

Bunheads Spun Silver #31859

Bunheads Rainbow #31861

Pillows for pointe loose lambs wool #37273

### Elastics:

Narrow elastic #31926

Wide elastic #36171

### Ribbons:

Satin ribbon #46229

Body Wrappers stretch ribbon #45887

Sansha stretch ribbon #45866

Pillows for Pointe stretch ribbon Ballet Pink #37272

Pillows for Pointe stretch ribbon Euro Pink #45397

### Sewing Kits:

Bunheads stitch kit #33090

Body Wrappers pointe shoe sewing ribbon kit #9955

### Other:

Bunheads clear stretch tips  
 S/M #31830  
 M/L #31831  
 L/XL #31832

Bunheads Pinky Pad #19330

Bunheads Space Pack Gel Spacers #13764

Russian Pointe Toe Tape  
 Nude #44526  
 Purple #44527

Bunheads rock rosin 4oz #31866

Bunheads Jet Glue #31820

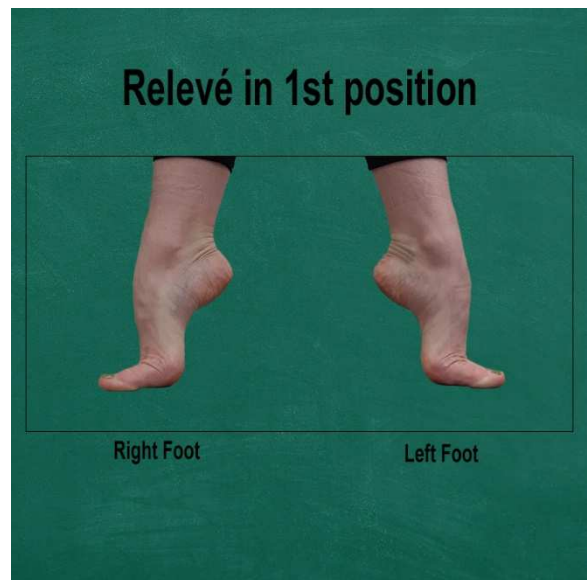
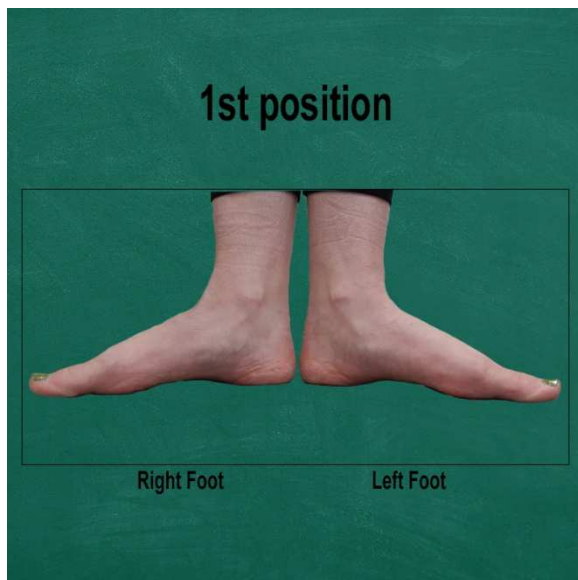
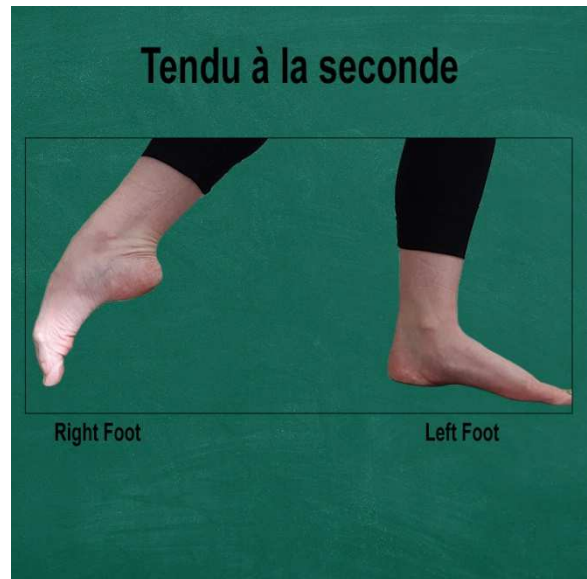
If you are not sure what these items are, or require further accessories beyond those listed here, please visit [www.mirenafashions.com/collections/pointe-shoe-accessories](http://www.mirenafashions.com/collections/pointe-shoe-accessories) to get more information and order additional items.

## Section D – Pictures

Having actual pictures of your feet will greatly help our Pointe Shoes fitters find the right pair of Pointe Shoes for you.

Please take a look at the sample pictures below, and using a digital camera, or your phone, please replicate these positions and send the pictures to us, along with your completed form.

Please be sure to send us the Tendu à la seconde picture showing the Right Foot in the Tendu position, as well as showing the Left Foot in the Tendu position.





## Section E – Outline of Dancer’s Feet

We need to get an outline of your foot with specific measurements. Please review the instructions below and use the charts on the next pages, one for your right foot and the other for your left foot.

### Important:

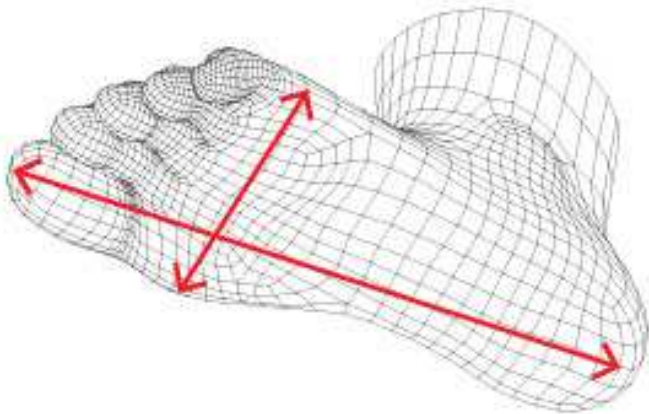
- Make sure that your feet are bare, not wearing tights or socks.
- Make sure that you are standing up and that your foot is bearing your weight when you are tracing it.

### How to trace your feet:

- Tracing one foot at a time, place the paper with the grid on a nice flat surface, then precisely put your foot within the grid area on the page, the heel should be lined up with the mark, at the bottom of the page, and your toes toward the top of the graph.
- Make sure that your entire foot is within the graph lines.
- Using a pen, holding it in a vertical position, trace a clean outline of your foot. Do not use a pencil, as it will not be visible enough, nor use a felt marker as the line will bleed.

### How to measure your feet:

- Referring to the diagram below, please take both measurements for each of your foot.
- You can use a measuring tape or a ruler.
- On each diagram, for each foot, enter the information from your measurements.
- Measure your actual foot, do not measure the outline of your foot on the diagram.



### First measurement:

Measure the length of your foot, from the tip of your toe to the back of the heel.

### Second measurement:

Measure the width of your foot, from the metatarsal joints on each side of your foot.

### **Right Foot Measurement Results:**

Length of the Right foot: \_\_\_\_\_ (cm)

Width of the Right foot: \_\_\_\_\_ (cm)

### **Left Foot Measurement Results:**

Length of the Left foot: \_\_\_\_\_ (cm)

Width of the Left foot: \_\_\_\_\_ (cm)



**RIGHT  
FOOT**





LEFT  
FOOT

Please Heel Here



## Section F – Personal Information

Where should we ship your Pointe Shoes:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

How would you like to pay:

You may call us to provide this information.

Card Type: \_\_\_\_\_ Visa: \_\_\_\_\_ Master Card: \_\_\_\_\_ AmEx: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on the Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Once your information has been received, it will be reviewed and a customer service representative will be in touch with you to confirm that your order is being processed. If we have any questions, we will also contact you.