

**BOTTIES®**  
 BALLERINA BOW –  
 UPCYCLING WITH JEANS  
**S202 BALLERINA BOW** PTA FRZ



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**Suitable for the following Botties® sole sizes:**

<b>Women</b>	<b>XXS</b> 36/37 (EU) 5½-6½ (US)	<b>XS</b> 38 (EU) 7-7½ (US)	<b>S</b> 39 (EU) 8-8½ (US)	<b>S+</b> 40/41 (EU) 9-10 (US)	<b>M</b> 42/43 (EU) 10½-11½ (US)
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**Materials: old jeans**

Botties®-soles are particularly durable meaning that you can reuse and redesign them again and again. The same applies to many other items of clothing. Old jeans or denim jackets are ideal for giving your soles new life. Here you can find out what you need to consider when selecting your material and discover some tips for working with denim.



## MATERIALS

- 1 pair Original Botties® soles
- 1 pair Botties® insoles in the corresponding size
- Outer fabric: 60 x 40 cm Old jeans (woven, non-stretch), avoid stretch fabrics
- Lining: 60 x 40 cm – the same as the outer fabric, but you can also use thinner fabrics
- Botties®-Round O yarn the length of the yarn should be approx. 4,5 times the circumference of the edge of the sole.
- Sewing machine, darning needle, thread, fabric clips, iron, scissors, pins
- Optional: Iron-on woven fleece interfacing (e. g. G700 von Vlieseline) for very thin fabrics or for “fixing” stretch fabrics



## UPCYCLING WITH JEANS

### ALL ABOUT DENIM

Pure cotton denim is usually slightly thicker and is particularly robust. It is less stretchy and is therefore better suited to sewing Botties.

Nowadays, denim is often blended with fibers such as elastane or polyester to make the fabric more elastic and comfortable to wear. As a result, this fabric is often thinner. As a thicker, more robust fabric is better suited for sewing, you should reinforce thinner fabric with a fleece interfacing.

### PREPARATION TIPS

Be sure to observe the grain of the fabric when cutting out pattern pieces. The fabric will be least stretchy when you follow the grain. Going against the grain will give you a little stretch and if you pull the fabric along the bias, it will stretch a lot.

When working with a heavy denim fabric it can be helpful to use a special denim needle on your sewing machine. These needles are stronger and sharper and can easily get through multiple layers of fabric.

Cotton or polyester yarns are very suitable for sewing. The recommended stitch length for a lightweight fabric is 2.5 mm and 3–3.5 mm for heavier fabrics.

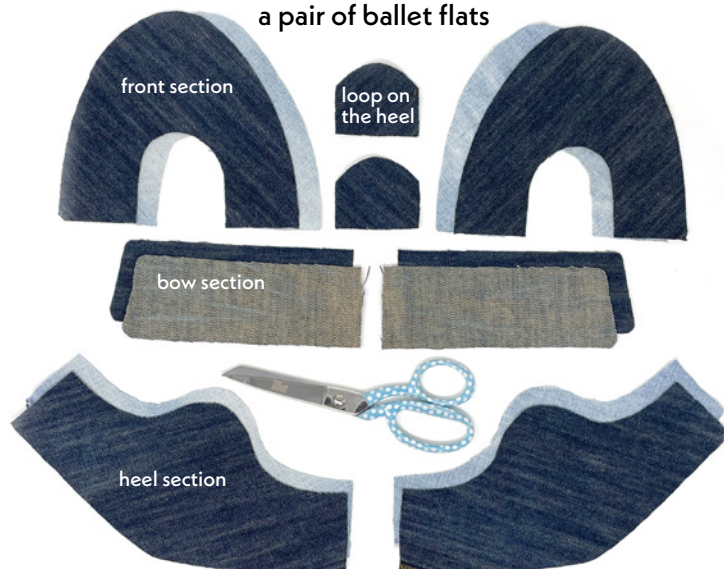
## INSTRUCTIONS

1. Start by ironing the interfacing onto the back of the fabric. Then cut out all the pieces according to the pattern. Important: note the grain of the fabric when cutting out the pieces. The seam allowance has already been calculated into the pattern.
2. Iron in the seam allowance on the little heel loop pieces at the sides and top by 1 cm (Image 1A). Then pin it onto the heel section in the middle at the top (Image 1B) and sew it down at the side. Now place the upper fabric and the lining of the heel section right sides together.

### The secret of success for sewing a pair of Botties® is: Work precisely right from the beginning!

1. Transfer the pattern exactly onto your pre-ironed fabric.
2. Cut the pieces out precisely.
3. Make sure your sewing machine needle is correctly positioned and sew right on the pre-determined seam allowance.
4. Trim the seam allowance close to the edge on all rounded pattern pieces.
5. Always add iron-on interfacing to thin or medium-weight cotton fabrics.
6. Iron open the edges exactly.

Pattern pieces for a pair of ballet flats



**3.** Sew along the top edge leaving 1 cm seam allowance and then trim the it close to the stitches (Image 2A). Finally, turn the heel section the right way round. Iron open the top edge and sew close to the edge (Image 2B).

**4.** Now place the front sections right sides together (Image 3). Now insert the short end of the heel section between these two layers of fabric. To do this, place the short end of the heel section (Y) inside the short end of the front section (X) so that it is flush with the outer edge. Make sure that the corresponding fabric is right sides together (outer fabric on outer fabric and lining on lining).

**5.** Sew the foot and heel sections together with a 1 cm seam allowance. Finally, sew together the inside edge of the front foot section with a 1 cm seam allowance. Trim the seam allowance close to the edge and snip off the point of the seam allowance (Z) in the corners (Image 4). Place the foot section wrong sides together and neatly iron open the edges. Now sew the short ends and the inside edge from the outside close to the edge of the fabric. Tip: Mark the front inside of the shoe with pins.

**6.** Neaten the outer edge with zigzag stitch and then sew the Botties® labels to each outer, upper heel edge. This will help you differentiate the right shoe from the left. (Image 5)

**At this point you can jump to the “Bow” section (next page) if you want to add this detail to your shoes. If not, continue with step 7.**

**7.** Mark the front and back middle of the fabric shoe with pins. Place the sole on the right shoe section. Attach the outer edge of the fabric to the sole with the fabric clips and orientate yourself on the front and back middle. The outer edge of the fabric will precisely meet the upper edge of the sole. (Image 6)

**8.** Now you need the Round Zero yarn and a sharp needle. The length of the thread should be 9 times the circumference of the sole, then take the thread as a double strand. Tie a knot in the end of the yarn and insert the needle from the inside out through the first single hole at the back of the heel loop. Draw the yarn all the way through. Insert the needle again from the inside out though the same hole. Make sure that the yarn is now below the needle when it comes out. Draw the yarn all the way through.

**9.** Continue sewing the fabric in overcast stitch. Do this by always inserting the needle from the inside of the sole and make sure the yarn is below the needle when it comes out. Full the full length of yarn through and pull tightly. Repeat the process until you reach the last single hole in the sole (Image 8).

**10.** From the last single hole in the sole – before the heel section with the rows of double holes – you continue sewing in backstitch. Work along the top row of holes.

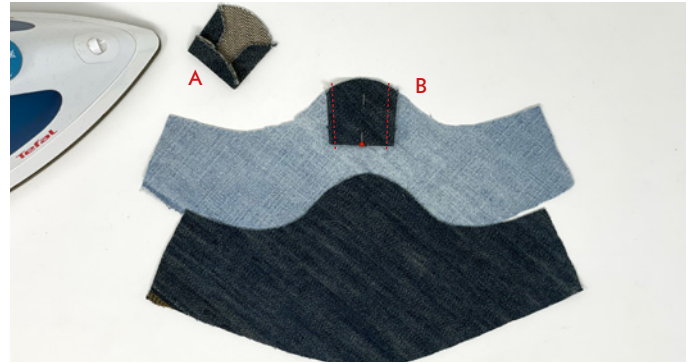


Image 1

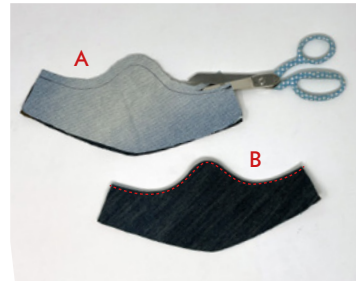


Image 2

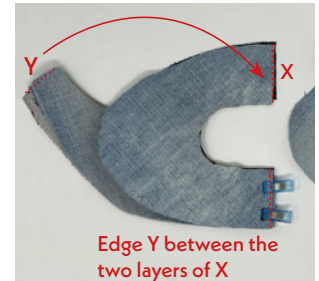


Image 3



Image 4



Image 5



Image 6

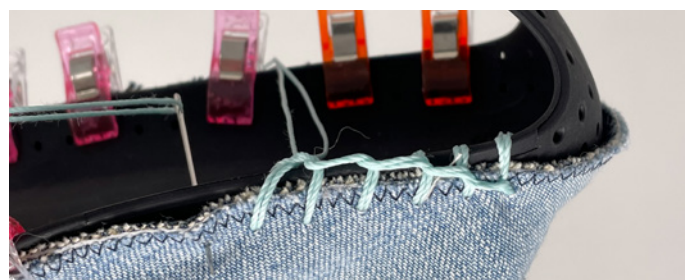


Image 7

Insert the needle through the first hole of the row from the inside out. Then insert the needle from the outside in through the next hole in the same row and bring the needle back through the previous hole.

Once again, insert the needle into the next free hole from the outside in. Repeat the process until you reach the last hole in the row and fasten off the end of the yarn.

**11.** Turn the shoe the right way round. Begin by reaching inside the front section of the shoe and rolling the toe inside. Use your other hand to push the point inside. Don't be afraid to use a bit of force when turning the shoe the right way round! (Image 8)

**12.** Turn the heel section the right way round. Pull the fabric all the way round towards the upper seam edge of the overcast stitches. Using a crochet hook as an aid, lever the fabric all the way round behind the edge of the sole. (Image 9)

**13.** Finally, insert the heel loop on the sole into the fabric loop and place the felt insole inside the shoes. Finished!



Image 8



Image 9

## THE BOW

You can also personalize your ballet flats with a bow. Cut out the corresponding pattern pieces.

Place the bow parts right sides together, make cuts in the rounded parts, turn the right way round and iron flat. Position the pieces on the open edge of the shoes and sew on with a few stitches (Image 10). Finally, sew the upper with the bow section onto the sole (return to step 7). Knot the two pieces together (fix in place with a few hand stitches if necessary) and you're done.



Image 10

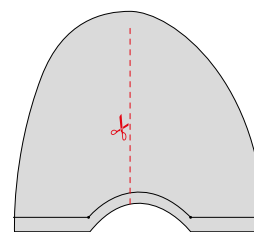
## PATTERN ADAPTATION

No two feet are the same. Maybe you have particularly wide or narrow feet. So that you can also enjoy wearing Botties®, you should first check how the pattern fits your feet.

Note: When adapting the pattern, the outer edge of the pieces always remains the same length as they have to exactly fit the circumference of the sole.

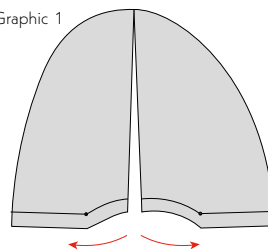
Proceed as follows: Place the original pattern piece on your foot. It will fit if the edge of the paper touches the floor at the widest part of your foot. If there is still some space between the paper and the floor, measure the highest part of your foot and turn the pattern piece out until it reaches the desired measurement (Graphic 1).

If the paper wrinkles, measure the highest part of your foot and turn the pattern piece in until it reaches the desired measurement (Graphic 2). In both cases, the edge of the pattern piece will have to be straightened again when cutting out the fabric.



Cut through the middle of the front section pattern piece.

Graphic 1



Graphic 2

