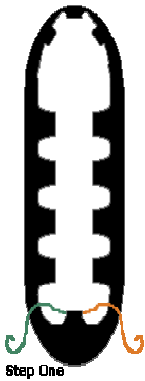




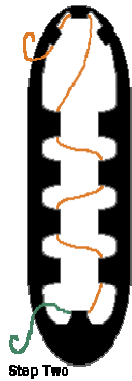
## Welcome to Irish Dance!

You're registered for class, you've got the shoes, ... wait a minute!  
Look at all those laces going every which way. How do you tie those shoes, anyway???

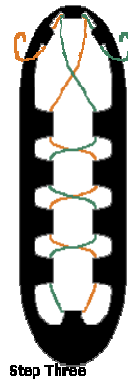
Here are a few basic instructions for your ghillies (soft shoes).



Step One: String your lace through the toe piece of your ghillies, leaving equal amounts on both sides.



Step Two: String one side of your lace through the side tabs, alternating from side to side. Slip the lace through the back loop. If your shoe has side loops, slip it through the side loop.



Step Three: Repeat with the other side of the lace. When you put your shoe on, snug the lace first by pulling at the x in front of the ankle, then tighten by pulling the lace through the back and side loops.

You won't need to unstring your laces each time you use your shoes, of course. Just loosen and tighten them as needed. With your shoe on, bring the two laces forward and cross them in front of your ankle. From this step you have three options:

1. Wrap them around your ankle (not up your shin, just around your ankle) until you can tie a tidy bow, *or*
2. Wrap them around the arch of your foot snugly (but not tightly), and tie a bow at the top of your foot, *or*
3. Both! Wrap them around the arch of your foot then cross at the ankle again and wrap them around the ankle, continuing as necessary until you can tie a tidy bow.

Please double knot your bows and tuck the ends neatly into the laces to help them stay put. In competition, dancers are disqualified if their shoes come untied while dancing. To reinforce this, teachers will often impose a rule that if your laces come undone in class you'll need to leave your shoes off for the rest of the class. Then you end up with dirty feet and grumpy parents who start questioning why they bought those expensive shoes that you're not wearing. It's generally a good idea to avoid this all together!

In the end, they should look something like the shoes on the dancers at the top of this page.

Please have your shoes on and tied before class begins to maximize our time for dancing.

Hope this helps! Happy dancing!