

# How You can Turn your Good Shoes into Better Dance Shoes

By Hilton & Jenny Fitt-Peaster

Many years ago Hilton wore through the toe on one of his very comfortable Nike Air Max shoes. He loved those shoes. They still had lots of life left in them, so he asked a cobbler if he could patch the toe. When the cobbler said “Yes,” Hilton asked if he could also glue new leather soles onto his sport shoes’ rubber non-skid soles. “Sure can,” the cobbler said, “for \$40.”

Bingo, great dance shoes were created from old comfortable sport shoes. With these cushioned and supportive shoes, his feet never got tired square and round dancing. Those first leather soles were hard street-leather. He could easily glide around the floor in them. But, on a slippery dance floor, they were sometimes too slick. But Jenny’s dance shoes had suede leather soles. She would slide, but not slip while dancing.

After a few years, Hilton was due for a new pair of shoes. When he got them, he took ‘em to the cobbler and asked him this time to glue on *suede* leather soles. “Yup, can do. \$40. But don’t wear ‘em outside or get ‘em wet. And you may have to brush up the nap on the soles now and again.”

After lots of dancing, the nap on the suede was beat down. Floor wax and dirt had made the suede slippery. Perhaps he didn’t brush them enough. “How do you clean suede leather soles on dance shoes” Hilton asked Google. The only thing he discovered was a website called [www.soles2dance.com](http://www.soles2dance.com). They sold stick-on suede dance soles.

So in June 2015, we ordered their self-stick suede leather for about \$30 and resoled his shoes. This seemed like it might work, but he needed to give them a trial to prove it worked. Well, he danced on them for a year. And he’s got happy feet—literally.

We didn’t want to tell you this until Hilton tested his stick-on suede dance soles. Now that he’s sold (“soled”), we’re passing on our good news news to you.

Hilton carefully followed their instructions and watched this video: [https://www.youtube.com/watch?v=Cr7yMUu\\_BOU](https://www.youtube.com/watch?v=Cr7yMUu_BOU). Being cautious he first made a pattern by putting his shoe down onto a piece of paper and tracing around the sole. Then he cut out the silhouette pattern and placed it on his shoe. he did a little trimming and (after making a second better pattern) it fit. He used the pattern to trace what he wanted onto their 8.5 inch x 12 inch self-stick sheet. His shoes are size 12; so their pre-cut soles were a little too small—see their website.

Who are these people? Their website says, “*Soles2dance were invented by a dance enthusiast who was fed up with sticky or otherwise style-cramping dance floors. Said enthusiast also happened to be a certified group fitness instructor and, as you surely would have guessed, a university professor of Mechanical Engineering. Combining sound engineering principles with years of dance and group fitness teaching experience, he developed the Soles2dance concept in 2006. Then, after thousands of hours of*



*testing on a wide variety of dance floors, Soles2dance were ready for sale to the public and can be bought at this web store.”* The real suede leather comes in different colors and is held on by 3M 300LSE industrial-strength adhesive backing that has never slipped or peeled in over a year.

A while back, Jenny was bothered by painful plantar fasciitis. She found/discovered that Clark brand shoes with their special *Wave* sole seems to have “cured” her. (Note: not all Charks have Wave soles.) In our opinion, women’s square dance shoes are crap. So Hilton took a pair of Jenny’s Clark Wave shoes and put suede leather on them. Voila! She loves the comfortable and supportive results and now we glide around the floor together. What could be better?

If we can answer any questions, send us an email at [hilton@thecvd.com](mailto:hilton@thecvd.com). We have no financial interest in this—we just thought we’d share with you what works for us.

Happy dancing, *Hilton & Jenny*

Hilton and Jenny belong to  
Scootbacks Square Dance Club in  
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[www.scootbacks.com](http://www.scootbacks.com)