

# USER GUIDE

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The pointe shoe that comes  
ready to use!

ALINA brings solutions in a  
simple way and without  
complications because it was  
developed with the contribution  
of both those who dance and  
those who know dance.

You don't need "to break the  
shank" and your pointe shoe  
remains stable throughout its  
useful life.

Try ALINA and see for yourself!



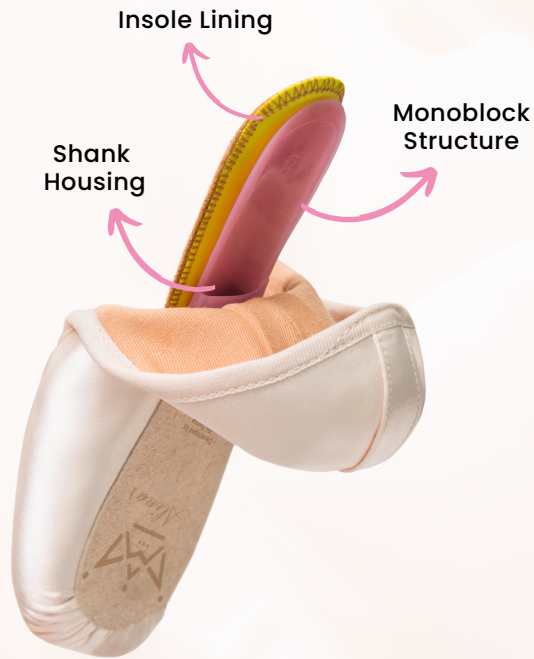
## Set of Accessories

To provide an even more personalized fit ALINA comes with 3 pairs of Shanks in different degrees of strength or flexibility; 3 Toe Levelers; a pair of Microfiber Platform Protectors (for optional use); Elastics; a Breathable Bag to put the pointe shoes in; and a card with the QR Code for accessing [alina.sodanca.world](https://alina.sodanca.world)



## Interchangeable Shanks

You can change the Shank without changing the pointe shoe!  
ALINA comes with 3 pairs of Shanks in different degrees of strength.



### How to Place or Replace the Shank

Each Shank has a hole that must be upwards, towards the heel.

The curved side must follow the pointe shoe arch.  
Remove a Shank by holding it firmly and pulling it out.  
Insert a Shank by pushing it to the end of its housing.




## More Advantages and Benefits

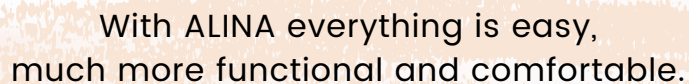


No matter which ballet you perform,  
with ALINA you don't need to replace  
your pointe shoes.

A quick change of Shanks is all you  
need to get ready for the next act.



ALINA also solves a very common  
problem among dancers, as one foot is  
usually stronger or more flexible than the  
other. With Shanks in 3 different degrees  
of strength, you can adjust your pointe  
shoes to adapt to each foot.



With ALINA everything is easy,  
much more functional and comfortable.

## More Durable

ALINA is more durable than traditional pointe shoes, and the additional advantage is that it doesn't need to be broken in.

ALINA comes ready to use!



The ALINA Box is made with injected thermoplastic material that makes this pointe shoe more resistant.

In addition, the material of the ALINA Box is soft, offering much more comfort and making it easy to adjust to different types of feet.



## More Balance and Elegance

The frequent replacement of ruined pointe shoes and the break-in period of new ones cause more stress to the feet and body. As the ALINA construction is based on concepts of biomechanics of the feet, as well as Ballet aesthetics and technical requirements, it also provides the dancer with greater balance.



ALINA adheres to the arch of the foot, making it easy to roll up and down from en pointe with control, balance, naturalness, and thus, more elegance!

Box with  
Different Heights

The different height options for the Box, and therefore the Vamp, provide for an ideal fit and make it easy to roll up and down from en pointe without pulling the foot back.

*Alina I*  
Low vamp,  
for shorter toes

*Alina II*  
High vamp,  
for longer toes



short toes



long toes

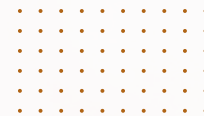
## New Position for the Elastic

The ALINA elastic drawstring is designed to tie at the side of the pointe shoe, therefore avoiding metatarsal injuries.





## Roll Up and Roll Down from Pointe



ALINA gives dancers the feeling of being helped when rolling up and having support when rolling down through demi-pointe, ...



...as well as promoting balance and alignment en pointe.

## Toe Levelers and Extenders

More options to adjust your pointe shoes to your feet.  
Scan the QR Code to see the ways to use or access  
[levelup-userguide.sodanca.world](http://levelup-userguide.sodanca.world)

