



On the web at www.soles2dance.com

Customer support at: customerservice@soles2dance.com

Thank you for purchasing **LOFRI-04** reconfigurable friction-reducing soles for sticky or high-friction dance floors.

LOFRI-04 soles can be configured and reconfigured to best match the friction characteristics of the dance floor you are on.

Identify the *hard* and *soft* small disks in Fig. 1. You can change the configuration by swapping the small disks. Use the *soft* small disks, as shown in Fig. 1, on *moderately* sticky dance floors indoors. Use the *hard* small disk for dancing outdoors on concrete/asphalt or indoors, on *extremely* sticky dance floors.

1 HOW TO ATTACH LOFRI-04 COMPONENTS

1. Make sure the soles of the shoes you want to use have a flat, smooth sole, such as a suede or hard leather sole.
2. Clean the soles of your shoes with a steel brush or such.
3. Place shoes on a table, soles facing upward.
4. Put the large disks next to the widest part of the sole of each shoe, with the adhesive side facing down (Fig. 2).
5. Rotate each disk so that the tiny through-hole near the periphery points toward the heel, as shown in Fig. 1. Don't confuse that tiny through-hole with the micro-grooves that are visible only on the adhesive side of the disks.
6. Temporarily place the disks onto the shoe soles, adhesive side down, so that they match the location in Figs. 2 & 3.
7. Mark the location of the circular cutout of the large disk (where the small disk will go) on the shoe sole with a pen.
8. Flip the disks over so that the adhesive side faces up and peel off the protective liner from the adhesive backing of each disk. Then lay the disks down next to the shoes (see Fig. 4).
9. Read the "Instructions for Using Superglue Gel" and puncture its sealed tip as explained in the instructions.
10. Place tiny droplets of glue into each of the micro-grooves along the periphery of the large disks, as shown in Fig. 4.
11. Flip the first disk over and hold it above the shoe sole without letting it touch the shoes sole. Align the circular cutout with the one that you marked on the shoe sole in Step 7. Recall that the tiny through-hole has to point to the heel.
12. When you are sure the disk is properly aligned above the sole, stick it on and press it against the sole as hard as you can.
13. Do this also for the other large disk for the other shoe.
14. Repeat these steps for the toe patches. Note that the toe patches are larger than the side patches and that the toe patches have micro-grooves, whereas the side patches don't.
15. If your shoe soles are much wider than the large disks, add the side patches next to the large disks, as shown in Fig. 3.
16. Do not insert any small disks in the circular cutout, yet. Rather, after all other components are attached, put the shoes on and stand on a hard surface for a few minutes. Shift your weight around so that at least for a few seconds each component gets to bear most or all of your weight.



Fig. 1: All components of the LOFRI-04 friction-reducing sole kit.

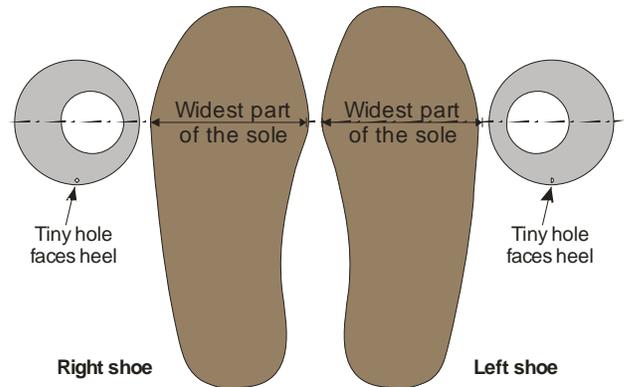


Fig. 2: Orientation and placement of the large disk.

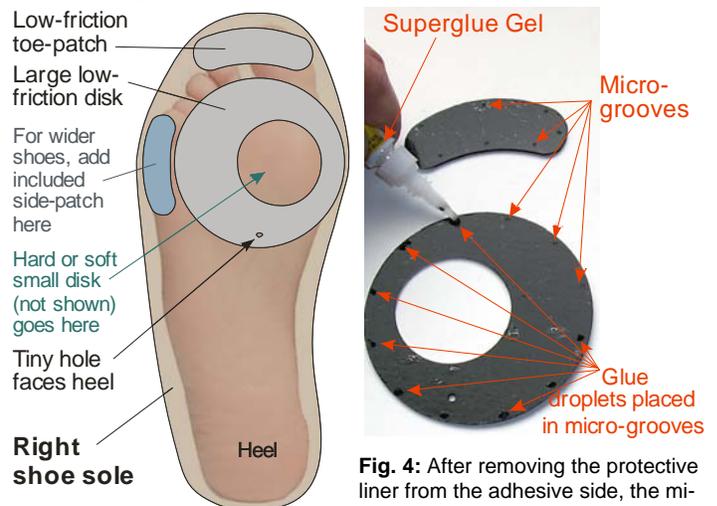


Fig. 3: Placement of all LOFRI-04 components, overlaid over a semi-transparent sole. The inner circle of the large disk should be right underneath the ball of the foot, near the inner side of the shoe.

Fig. 4: After removing the protective liner from the adhesive side, the micro-hole markings are visible. Place a tiny drop of Superglue Gel into each micro-groove. This will reinforce the bond between the components and the shoe sole.

Instructions for Using Superglue Gel

Caution

Tip of tube is punctured (opened) when cap & nozzle are screwed onto tube. While doing so, *point the tube away from face and body and do not squeeze the tube.*

Instructions

- To puncture, point tube away from face and body and screw nozzle and cap assembly onto tube completely. To use, remove outer cap.
- Do not spread glue with fingers, use applicator nozzle. Avoid getting glue on your hands.
- Replace outer cap after use. Bring Superglue Gel with you to dance events.

Contains ethyl cyanoacrylate. Avoid contact with clothing as can cause burn. For accidental eye contact, flush with water for 15 minutes; get medical attention for eye or internal contact. To remove from skin, soak in acetone nail polish remover and gently peel adhesive off with fingernail; or wash with water repeatedly. Water exposure will wear off residual adhesive within a few days (do not use polish remover around eye area).

KEEP OUT OF THE REACH OF CHILDREN

2 TIPS AND TRICKS FOR ATTACHING COMPONENTS

In this section we provide some additional tips and tricks. You don't have to read this but more knowledge will help you get the most out of your LOFRI-04 product.

Steps 4-7: If you find it difficult to determine where the large disk should be attached longitudinally, i.e., along the length of the shoe, here is the rule: The circular cutout of the large disk (i.e., the void that will be filled by the small disk) should be right under the pivot point of your foot when you are pivoting. On your foot, this is roughly the area known as the "ball of the foot." In practice, this is also the area where your shoe is widest. If you are still unsure, you can try this: wearing socks only, do a pivot move that is characteristic for your dance style. Take mental note of where you feel the most pressure of the floor on your foot as you pivot. That is the place the small disk should end up under.

Step 16: The strength of the bond between the adhesive-backed LOFRI components depends on pressure between the mating surfaces. In Step 16 we offered a way to apply much pressure without any additional tools. However, much more pressure and thus an even stronger bond can be achieved by using some low-cost tools. One such tool is a clamp and you will need four of them to do it right. If you have four clamps, proceed as follows: After bonding all LOFRI components to the shoes, put the shoes together, sole-against sole, so that the large disks make full face-to-face contact with each other. Now clamp the shoes together such that the most pressure is applied along the periphery of the large disks. Keep the clamps on for an hour at least. Repeat this procedure for the toe patches and the side patches.

3 HOW TO CONFIGURE LOFRI DANCE SHOES

As advertised, LOFRI-04 allows users to configure their dance shoes for either indoor or outdoor dance floors. The configuration is accomplished by installing the proper small disk.

3.1 Selecting the small disk

Before you can use your LOFRI-equipped shoes for dancing, you have to attach the small disks inside the circular cutout of the large disks. There are two types of small disks provided:

1. *Soft* small disks made of suede
2. *Hard* small disks made of the same plastic material as all other LOFRI-04 components.

The type of disk to use depends on the dance floor, as follows:

3.1.1 *Soft* small disks

Use the soft small disks for most indoor venues featuring sticky dance floors (e.g., bars, nightclubs) or high-friction dance floors. Pretty much all dance floors that are not studio-quality wood dance floors are of the high-friction variety, especially floors known as "Marley" or temporary dance floors. On *extremely* sticky dance floors, when you feel that there is too much resistance to pivoting with the *soft* small disks, you can try the *hard* small disks, but do so with extreme care as they tend to make shoes too slippery on most floors.

3.1.2 *Hard* small disks

Attach the *hard* small disks if you want to dance outdoors, on concrete or asphalt. After installing the hard small disks, the shoes should only be used outdoors, on dry concrete or asphalt, but not on indoor floors. This is because the shoes will be too slippery on anything but dry, outdoor concrete or asphalt. Exer-

cise great caution when walking on wet surfaces or surfaces other than concrete or asphalt.

That said, be advised that, although LOFRI-04 will greatly facilitate sliding and pivoting on concrete and asphalt, our SULOFR product will perform even better on those outdoor surfaces. **All of our products, including LOFRI-04 and SULOFR, will wear down in as little as 4-8 hours of dancing on highly abrasive surfaces like concrete or asphalt.**

3.2 Break-in

Caution: The low-friction parts of LOFRI-04 are particularly slippery when brand new. Only after about one hour of dancing these parts are "broken in" and reach their desired friction properties. You can speed this process by shuffling your feet (while wearing your LOFRI-equipped shoes) over abrasive surfaces like concrete.

3.3 Changing the LOFRI-04 Configuration

The configuration of LOFRI-04 soles can be changed "on location" by swapping the small disks. To do so, you have to pry out the installed small disk and attach the new small disk instead. A small flat blade screwdriver or a metal nail file will work.

After removing a small disk from the shoe, chances are its adhesive backing will have been weakened to the point where it can't be used again. For this reason we offer inexpensive pairs of *soft* or *hard* disks for sale at our website. Look for them in the LOW-FRICTON ACCESSORIES section of www.soles2dance.com.

After dancing on dirty floors, especially on sticky dance floors in nightclubs, your LOFRI-04 soles will be covered by a layer of gunk. Let it dry, then use a wire brush to scrape the dried gunk off the small high-friction suede disk. Be careful, rigorous brushing can peel the small suede disks off the soles. Scrape gunk off the hard components with a flat-blade screwdriver.

4 MORE USAGE TIPS

1. If you feel that the soles are too slippery, even with the soft small disk installed, there is a trick that is at least temporarily effective: Wet the suede disk with water. This will increase the friction of the suede disk, but only for as long as it stays wet.

2. If components partially detach during use, you can glue them back on with Superglue Gel. Apply the glue to the detached part, then press the part back onto the sole. Allow the Superglue to dry for at least 20 minutes before using the shoes again.

3. We at Sole2dance always bring a few extra soft and hard small disks when heading for a night of dancing at a nightclub. It is typical for such venues to have moderately sticky floors in the beginning of the evening and very sticky floors later in the evening after enough patrons spilled enough drinks. To match these conditions, we start out with the soft small disks installed. Then, when floors become too sticky, we put the hard small disks in. It takes just 2-3 minutes to switch configuration this way.

Advise: Soles2dance products can be removed from shoes but may leave some residue from the adhesive on the shoe soles.

Warning: This product is intended to reduce friction of dance shoes on certain floors, such as sticky dance floors in nightclubs or generally most non-wood floors. The risk of slipping and falling on any floor increases when using this product. Dancers should especially avoid walking on wet or slippery floors when using this product.