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## 1. How to Attach the LOFRI-DIY Components

### 1.1 Preparation

1. Rigorously clean the soles of the shoes to which you want to attach the LOFRI-DIY components. The best way to do that is with a steel brush. If you don't have one, try steel wool as used for cleaning pots and pans, or just any brush with stiff bristles.
2. Using the included coarse sandpaper, bevel the sharp edges of the low-friction parts (i.e., the large disk and the toe patches) as shown in Fig. 1. Only the rugged side (shown facing up in Fig. 1) of these components needs the bevel. We found the best way to bevel these edges is to put the sandpaper on a table and hold it in place with one hand, while holding the low-friction component that you want to bevel with the other hand. Then, scrape the edge of the component over the sandpaper, towards you, as though you were trying to scrape breadcrumbs off a table.
3. The inner edge of the large disk, i.e., the edge that will be surrounding the small high-friction disk, does not require beveling. Similarly, the concave (i.e., curving inward) edges of the toe patches do not need to be beveled.

### 1.2 Placement of the large low-friction disks

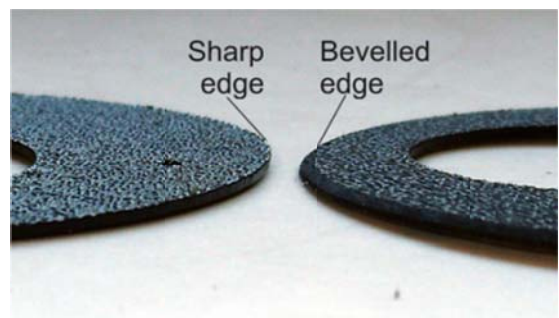
1. The first component to attach is the large low-friction disk. In order to help you make sure you are sticking the correct one (i.e., the left or right one) to each shoe, lay each shoe on a table, soles facing up, and lay next to each shoe the large low-friction disk that you are about to attach to that shoe, with the perfectly smooth side facing down and the rugged side facing up (see Fig. 2). Note that each low-friction disk has a tiny hole near the periphery. That hole must point to the heel of the shoe, once attached.
2. Determine where the large low-friction disk should be attached longitudinally, i.e., along the length of the shoe. The rule is that the circular cutout of the low-friction disk (i.e., the circular hole that will be filled by the small high-friction 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 (see Fig. 2). Figure 3 further illustrates this by showing a large low-friction disk in the correct position on a semi-transparent shoe sole, with a foot showing through. 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 where the small high-friction disk should end up under. Place the large low-friction disk onto the sole, as shown in

Fig.3 and mark its outer and inner contour with a felt-tip pen or such.

3. Flip the large low-friction disk over and place it on the table, next to the shoe it will go on, so that the perfectly smooth side is facing up and the rugged side is facing down.
4. Repeat this procedure for the other large low-friction disk.

### 1.3 Gluing the LOFRI components on

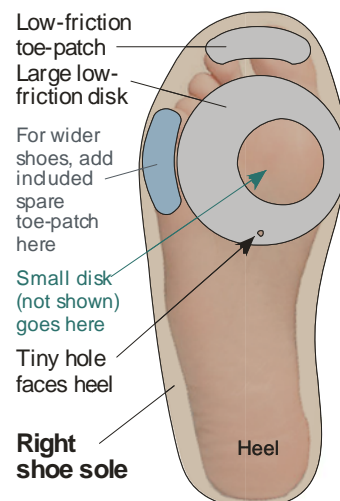
Now that you know exactly where each large low-friction disk will be attached, it is time to apply the glue. We offer instructions for the included Superglue Gel. Customers familiar with the use of contact cement may use that instead of Superglue Gel. Be advised that after using either glue, your shoes will be permanently altered because you will not be able to peel the LOFRI-DIY components off again, once you glue them in place permanently.



**Figure 1:** The LOFRI-DIY components come with sharp edges. These edges must be beveled before attaching the parts to shoes



**Figure 2 (above):** Longitudinal (lengthwise) location for the large disks. The disks are shown with their rugged side up.



**Figure 3 (left):** Proper location for all LOFRI-DIY components.

1. Carefully read the safety instructions for Superglue Gel in the window at the bottom of this page.
2. Apply tiny drops of Superglue Gel onto those parts of the shoe sole that will be in contact with the large low-friction disk. Then, distribute the tiny drops with the applicator tip of the Superglue Gel tube. Every spot that will be in contact with the disk must be slightly wet with glue. Do not apply glue to the large low-friction disk as well, it is neither needed nor helpful. Avoid touching the Superglue Gel with your fingers, breathing in the vapors, and letting the vapors cause a burning sensation in your eyes. This is easily enough accomplished by working in a well-ventilated area and keeping your face generally as far away from the wet glue as possible.
3. Press the large low-friction disk onto the glue-covered surface of the shoe sole and keep pressing the disk and shoe sole together *for at least two minutes*. If you have clamps, use those instead of your hands to press the parts together, ideally for 20 minutes or more.
4. Inspect the periphery of the freshly glued-on large low-friction disk to see if it is bonded properly to all surfaces that you had covered with glue in Step 2. If there are spots where it is not, reposition your fingers over those spots and press the not-yet-bonded parts of the base sole against the glue-covered surfaces. If the glue has already dried on those surfaces, reapply some glue and repeat Steps 2 and 3.
5. Repeat Steps 2-4 for all remaining low-friction components as shown in Figure 4, for both shoes. However, *do not yet glue on the small high-friction disks made of suede*.
6. When all low-friction components are attached, take a break of one hour or longer to let the glue cure.
7. After the break, put on both LOFRI-equipped shoes and put the included sandpaper on a hard, flat floor, abrasive side up. Step on the sandpaper with one foot, covering roughly 1/3 of the surface of the paper with that foot. Now shuffle your other foot over the sandpaper, so that the large low-friction disk gets scraped. Your aim is to make the rugged surface of the low-friction disk look dull, not shiny as it is initially. If the surface is shiny, it is an indication that the surface will be too slick. Repeat for the other shoe. Note that the toe-patches don't need to be sanded.
8. Glue on the small high-friction patches made of suede.
9. See if your shoes are significantly wider than the large low-friction disk. If they are, glue on the provided spare toe-

patches next to each low-friction disk, as shown in Figure 3. Without the spare toe patches, your shoe should now look similar to the one in Fig. 4. Keep the spare toe-patches on hand for possibly replacing the front toe-patches if they wear down faster than the large low-friction disks do.

## II. How to Use LOFRI Soles

In this section we offer some useful tips that will help you make the most of your LOFRI-DIY product. We assume that you already successfully affixed the kit's components to your shoes.

1. Even though you already "broke in" the soles with Step 7, above, be aware that at least for the first 10 minutes or so of dancing **the low-friction components of the LOFRI-DIY kit may be more slippery than desired**. After that time, the soles should reach their desired friction properties.
2. After dancing on dirty floors, especially on sticky dance floors in nightclubs and such, your soles will be covered by a layer of gunk. Let it dry, then use a wire brush (preferably) or a box-cutter knife to scrape the dried gunk off, especially from the small high-friction suede disk.
3. If components partially detach during use, you can glue them back on with the provided Superglue Gel. When you use this quick fix, apply pressure and let dry for at least 20 minutes before attempting to dance with the quick-fix.

### 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. While most dancers will find this low-friction property desirable, 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.**

### Safety Instructions for Using Superglue Gel

**Caution:** Tip of Superglue 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

1. To puncture the tip of the tube, point tube away from face and body and screw nozzle and cap assembly onto tube completely.
2. To use, remove outer cap. Use sparingly (one drop per square inch). Apply glue to those surfaces of the shoes' sole that will be touching stick-on components. Do not spread glue with fingers, use nozzle.
3. Surfaces should be clean & dry. Avoid getting glue on your hands (you can protect yourself with latex gloves or even just by placing plastic sandwich bags between your hands and the Soles2dance component that you are about to press against the shoe sole). Press pieces together for 120 seconds. Screw outer cap back on immediately to prevent glue on tip of tube from drying. Then press the parts to be bonded together with your hands or clamps.

*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.***



**Figure 4:** LOFRI-DIY after attaching to shoes.