



On the web at [www.soles2dance.com](http://www.soles2dance.com)

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Thank you for purchasing **SULOFRI** reconfigurable friction-reducing soles for dancing on concrete, asphalt, and extremely sticky dance floors.

As shipped, SULOFRI soles are configured in their default configuration for dancing on asphalt or concrete, typical surfaces at outdoor dance events. However, SULOFRI can also be configured for dancing on *extremely* sticky indoor floors, typical for nightclubs and bars where drinks are often spilled on the floor. Configuration for such floors requires our optional product SULOFRI-SD available under Category LOW-FRICTION ACCESSORIES at our store. Instruction for changing the configuration are provided in Section 3 below.

## 1 HOW TO ATTACH SULOFRI COMPONENTS

1. Read "Instructions for Using Superglue Gel" (bottom right) and puncture tube's sealed tip as explained in the instructions.
2. Familiarize yourself with the components in Fig. 1.
3. Make sure the shoes have a flat, smooth sole, such as a suede or hard leather sole. SULOFRI will not adhere well to soles with an aggressive profile, such as those of exercise shoes.
4. Clean the soles of your shoes with a steel brush or such.
5. Place the shoes on a table, soles facing upward.
6. Put the 3-inch disks next to the widest part of the sole of each shoe, with the adhesive side facing down (Fig. 2).
7. Rotate each disk so that the tiny through-hole near the periphery points toward the heel, as shown in Fig. 2. Don't confuse that tiny through-hole with the micro-grooves that are visible only on the adhesive side of the disks.
8. Temporarily place the disks onto the shoe soles, adhesive side down, so that they match the location in Figs. 2 & 3.
9. Mark the location of each disk on the shoe soles with a pen.
10. Flip the disks over so that the adhesive side faces up and peel off the liner (the protective brown foil) of the first disk. Then lay the disk down next to the shoes (see Fig. 4). **Do not touch the exposed adhesive with your fingers or with objects.**
11. Place tiny droplets of glue into each of the micro-grooves along the periphery of the first disk, as shown in Fig. 4.
12. Flip the first disk over and hold it above the shoe sole without letting it touch the shoes sole. Align the disk with the outline that you marked on the shoe sole in Step 9. Recall that the tiny through-hole has to point to the heel.
13. When the disk is properly aligned above the sole, stick it on and press it against the sole as hard as you can.
14. Repeat Steps 10-13 for the other disk for the other shoe.
15. Repeat Steps 10-13 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.
16. 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.
17. 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 of your weight.

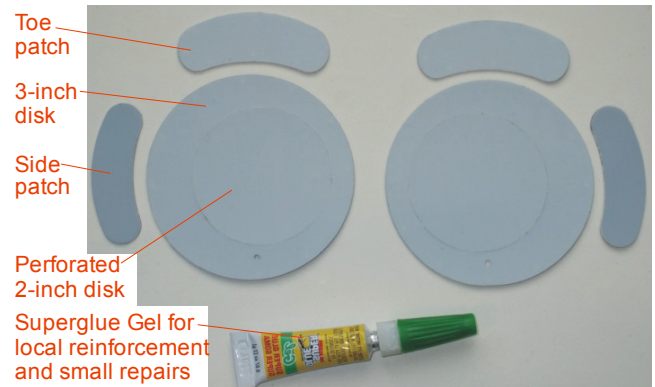


Fig. 1: All components of the LOFRI-04 friction-reducing sole kit

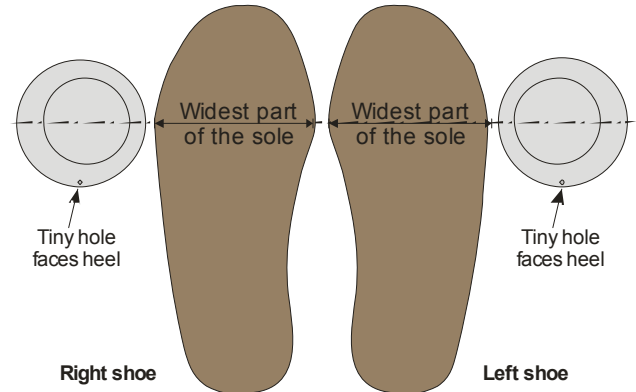


Fig. 2: Orientation and placement of the large disk.

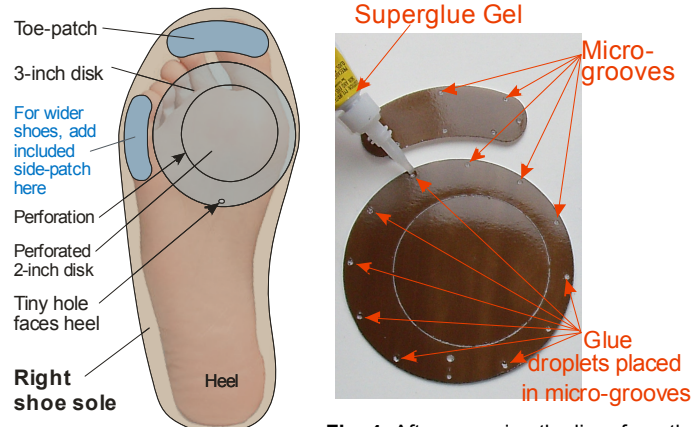


Fig. 3: Placement of all SULOFRI components, overlaid over a semi-transparent sole. The 2-in disk should be underneath the ball of the foot, near the inner side of the shoe.

Fig. 4: After removing the liner from the adhesive side, the micro-hole markings are visible. Place a tiny drop of Superglue Gel into each micro-hole. 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 apply glue, 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 SULOFR14 product.*

**Steps 6-8:** 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 perforated 2-inch disk should be right under the pivot point of your foot when you are pivoting. On your foot, this is roughly the area called the “ball of the foot.” In practice, this is roughly 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 perforated 2-inch disk should end up under.

**Step 17:** The strength of the bond between the adhesive-backed SULOFR1 components depends on pressure between the mating surfaces. In Step 17 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 the SULOFR1 3-inch disks to the shoes, put the shoes together, sole-against-sole, so that the 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 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 SULOFR1 FOR EXTREMELY STICKY INDOOR DANCE FLOORS

As advertised, SULOFR1 can be configured not only for outdoor dance floors, (i.e., the default configuration as shipped and discussed in Sections 1 and 2), but also for *extremely* sticky indoor dance floors. SULOFR1 can be configured for the latter by removing the perforated 2-inch disks and replacing them by an optional, separately purchased accessory: a 2-inch diameter suede disk available as Item SULOFR1-SD under category LOW-FRICTION ACCESSORIES at [www.soles2dance.com](http://www.soles2dance.com). In the following we assume you already purchased SULOFR1-SD.

### 3.1 How to install SULOFR1-SD disks

- a. In the default configuration as shipped, the 2-inch perforated disks are attached to the 3-inch disks by eight narrow connectors, each about 1 mm wide. These connectors can be cut easily with a utility or box-cutter knife, even if the SULOFR1 components are already installed on dance shoes. After cutting the connectors, the 2-inch disks can be peeled off. A small, flat-bladed screw driver or a pointy kitchen knife is often helpful for lifting an edge of the 2-inch disks so that it becomes easier to peel them off.
- b. After removing the 2-inch disks, remove the protective liner from the adhesive backing of the SULOFR1-SD disks and stick them into the circular area vacated in Step a.

You can use the liner removed from the SULOFR1-SD disks to protect the sticky side of the cut-out 2-inch perforated disks. By doing so, you can swap between the 2-inch perforated disk and the SULOFR1-SD disk once or twice, until the adhesive becomes too weak for further detachment/reattachment cycles.

### 3.2 Swapping between indoor/outdoor configurations

You can alternate between the two possible SULOFR1 configurations by swapping the 2-inch disks. For dancing on:

**Concrete or Asphalt:** Use the 2-inch inner disk that is made of the same material as the outer 3-inch disk. We call this inner disk SULOFR1-HD. This is the SULOFR1 configuration as shipped.

**Extremely sticky indoor dance floors:** Use the SULOFR1-SD disk  
Note: After swapping the 2-inch inner disks once or twice, their adhesive backing is weakened to the point where they will not stick any more. For that reason we offer inexpensive 2-inch disks of double-sided adhesive, Item SULOFR1-3M, to reattach the SULOFR1-SD and SULOFR1-HD disks. All our SULOFR1 accessory disks (SULOFR1-SD, SULOFR1-HD, and SULOFR1-3M) are available at our store at [www.soles2dance.com](http://www.soles2dance.com) under LOW-FRICTION ACCESSORIES.

## 4 USAGE AND SAFETY TIPS

SULOFR1 allows you to pivot and slide with ease on high-friction, abrasive surfaces like concrete or asphalt. However, the abrasive nature of such surfaces takes a toll on the soft SULOFR1 material: SULOFR1 will wear down in as little as 4-8 hours of dancing on highly abrasive surfaces like concrete or asphalt. Just how long your SULOFR1 will hold up depends largely on the abrasiveness of the surface, your dance style, and your weight.

Use SULOFR1-equipped dance shoes in the default configuration only for dancing on concrete or asphalt outdoors. **We strongly discourage walking around with SULOFR1 soles because SULOFR1 is extremely slippery.** For dancing, SULOFR1's low friction is a desired property, but for walking it is a safety hazard. If you do have to walk on SULOFR1 soles, be very cautious and mindful of the extreme slickness of these soles.

If components partially detach during use, you can glue them back on with the provided 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 (1 hour or more is better) before using the shoes again.

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

**Tips related to SULOFR1-SD:** When configured with the SULOFR1-SD disks, use SULOFR1 only for dancing on *extremely sticky dance floors indoors*, such as those in bars and nightclubs where drinks are often spilled on the floor. However, in our extensive experience, only a fraction of dance floors qualify for being called “extremely sticky.” The majority of dance floors in bars and nightclubs are only moderately sticky, even after a few drinks are spilled. SULOFR1 is too slippery on dance floors that are only moderately sticky. Our product SULOFR1-04 is better suited for moderately to very sticky indoor dance floors.

After dancing on extremely sticky indoor dance floors, your SULOFR1-SD 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 SULOFR1-SD disks off the soles.

**Warning: This product is intended to reduce friction of dance shoes on high-friction floors, such as on concrete, asphalt, or extremely sticky dance floors at nightclubs. 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.**