

pointers_for_pointe

pointers_for_pointe With dance comes hard work and without a passion for something, you cannot reach your goals. Work hard, see the results. Soda may not be the best for you for us dancers, but for certain celebrations I like to celebrate with a @cocacola because I never have soda. What's your favorite treat to have when you celebrate after a competition/showcase/recital? #ad #tastethefeeling



5,689 views

JANUARY 22, 2016

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pointers_for_pointe

pointers_for_pointe Pre workout before ballet work. Using my amazing SlimClip case! Hooks on to your pants and doesn't go anywhere. Try flipping or do back bends and it doesn't budge. Quite handy when I'm dancing with music and need to use headphones. Check out @slimclipcase for more details or click link in my bio and thank you @slimclipcase @thewtfactory for sending me this! #ad #slimclipcase What are your thoughts on this unique case?

afreemanmom @kirkfreeman
@katieafreeman this looks handy! Want one?

janaa.aaa @nour.yasser

nour.yasser I want one
@janamohamedhussein

janaa.aaa me too. @nour.yasser

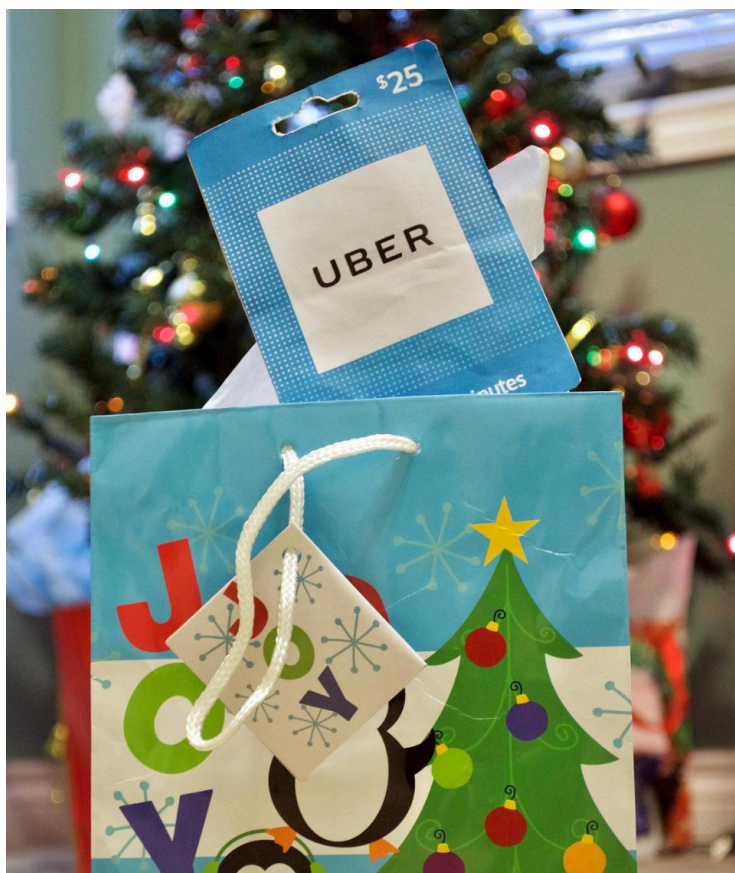


1,596 likes

MARCH 15, 2016

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pointers_for_pointe

pointers_for_pointe If you never got a gift for your loved one get an @uber gift card! It's perfect for the holidays as a last minute gift! Use the app and when you're ready to ride, open your app and request a ride! I got my friend an uber gift card because I know she will use it since she doesn't have a car yet. It's totally perfect because it's a gift they will actually use! Check out the link in my bio to get the Uber Gift Card for your loved ones today! #sponsored



575 likes

DECEMBER 24, 2016



pointers_for_pointe

pointers_for_pointe Dancers; do you eat breakfast? Do you eat a snack before dance? Drinking water does not count! You need your protein because you exercise quite a bit. Comment below what snack you bring.

I LOVE to bring some sort of protein shake or drink. Whether I'm mixing a fresh fruit smoothie or even a protein shake. I found this company @getenpointe. I did some research and even tried their products myself. I would like to say; the BEST company for ANY dancer. I tried this one here; First Position, which is the chocolate flavored protein shake. It tastes like chocolate milk except 10x better. You just mix a scoop into water or any drink really (I did milk so I got some calcium as well) and put into the protein shaker (pictured above)



1,317 likes

MARCH 3, 2016

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pointers_for_pointe

pointers_for_pointe If you're a ballerina you have to show that you are in your home/room! I have to hang my ballerina sign from @weatheredsigns up. Where would you hang yours up? Mine's going on my wall above my bed! #weatheredsigns #ballerina #dancer #pointe #love

nicolemesens 100 ×

mazzle._ Same above my bed 😊 ×

weatheredsigns Love this ❤️ ×

pointers_for_pointe ❤️ ❤️ ❤️ ❤️ ×
@weatheredsigns

amydanceox Same or just anywhere in my bedroom 💕 ×

stevenawallas 100 100 great #Page 🙌 ×
👍👍

isa._bellac On the wall next to my first ballet slippers and tap shoes ×



2,498 likes

FEBRUARY 20, 2016



pointers_for_pointe

pointers_for_pointe Look at this evolutionary product! Looks like a straightener, but if look closer you will see it's cricked. This is a @tymeiron. It's a straightener and curling iron in one. I've actually tried it and it's easier and faster to curl with this than a wand or regular curling iron. You just clamp and flick your wrist and pull and a curl!

Some tips when using this item:

1. Practice how to use it before turning the heat on (it's simple once you figure out)
2. Use heat protectant! Like any heated tool, it can damage your hair so use a product that will help with the heat

-
-
-

**I highly recommend this item. Quick and



1,322 likes

MARCH 1, 2016



pointers_for_pointe

pointers_for_pointe I'm obsessed with free fittings online because it is so much quicker! @bestpointe.com offers free pointe shoe fittings and sends you the perfect size right to your door. Mine is Grishko Nova. I really love them! Check them out for more information and check out their website! •

What type of pointe shoes do you wear?

load more comments

fueledbyglitter Suffolk



1,919 likes

APRIL 9, 2016

Add a comment...



pointers_for_pointe

pointers_for_pointe I'm a little bit too obsessed with whitening my teeth. Perfect for just before competitions. A pen you can carry around with you. Whiten where you want and see the results within 15-30 minutes. Plus you can use this 30-40 times. Check out @mrbright_smile for more information.

#mrbright #mrbrightsmile

kddancenewyork 🌴🌴🌴🌴

teenballetbeginner Cool! I'll have to try



907 likes

APRIL 19, 2016

Add a comment...





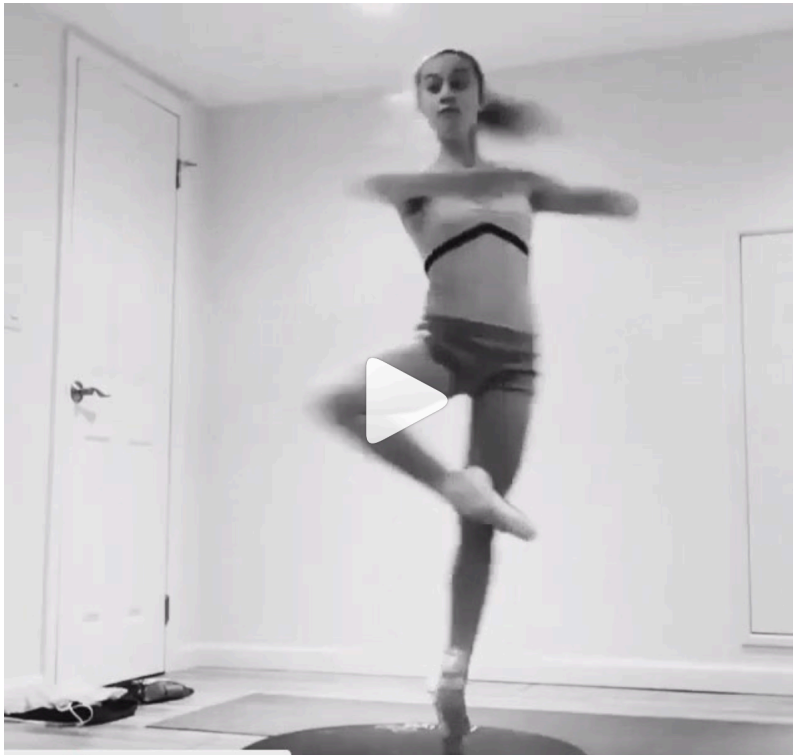
pointers_for_pointe

pointers_for_pointe In the previous tip I talked about using a footstretcher. Everyone knows the original arch stretch [@balletfootstretch](#). They just came out today with a new handsfree stretcher! It's called Dynamo. So you can remove the detachable long handle and with the leg strap accessory provided, you can tie the foot stretcher onto your upper ankle. This allows your knee to be completely free to bend and stretch. I think it would give you a deeper stretch too! With this handsfree ability, you can stand at the barre, battements fondus, develops, or anything your created mind thinks with the BalletFootstretch Dynamo. Tell us your thoughts about this sweet product? I'm going to get myself one right now. It looks very portable too so it would fit in my dance bag unlike my other footstretchers.



1,909 likes

APRIL 26, 2016



pointers_for_pointe

pointers_for_pointe Here's a PORTABLE Marley flooring that you can turn on! Can even use the turnboard too! You can tap on it and won't scrape up your wood floor (plus saves you from getting in trouble from your parents) and you can use pointe shoes! [@dancingdisc](#) has 3 available sizes. Large to small 🍌 I have mine that I have truly used for years. I'm recommending this product to you because I truly find it useful as a dancer. [@dancingdisc](#)
Dancer: [@mariyapopovaxo](#)

How many fouettes/pirouettes did she do?

spenson this is [@mariyapopovaxo](#) ×

kassi.dance 7 ×

j.swizzles what size is this?? ×

umkells 0 ×

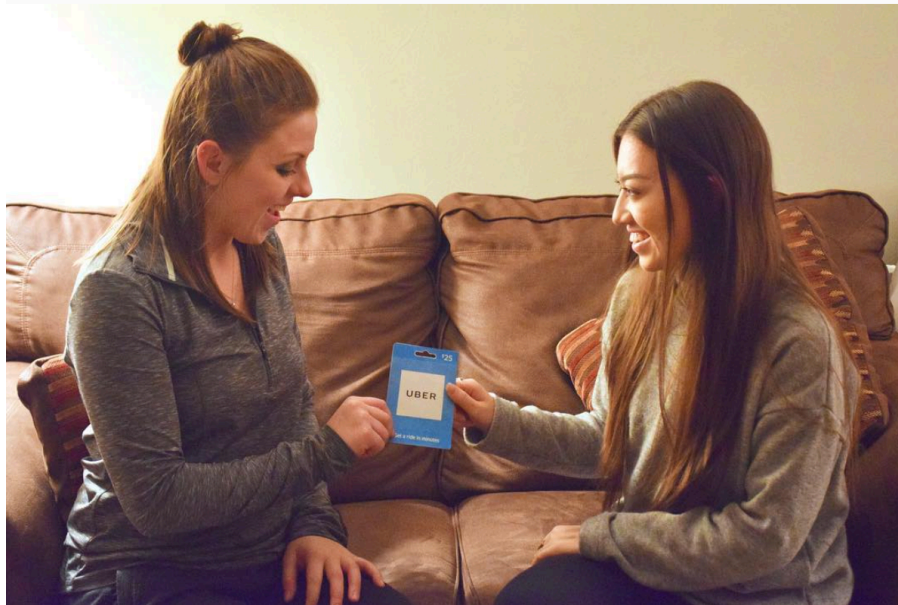
pointers_for_pointe Yes it is :) ×

[@spenson](#)



10,899 views

SEPTEMBER 24, 2016



pointers_for_pointe

pointers_for_pointe Thanksgiving is here and reassurance that family comes safely is why @Uber is reliable. Give a gift of an Uber gift card this Christmas or thanksgiving and know they always have Uber there when their transportation is not available. When you're ready to ride, open your Uber app and request a ride. Check out the link in my bio and get the Uber gift card for your loved ones today! #sponsored



629 likes

NOVEMBER 23, 2016

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pointers_for_pointe

pointers_for_pointe We haven't had snow yet outside so instead I've been inside playing the Steep Game by Ubisoft. I love the different moves and freedom I have to control the skier. The game is available now! @steepgame_us Link in bio. #ad #steepgame



445 likes

DECEMBER 3, 2016

Add a comment...

