

How to Create High Heel Shoes



By Rivkah Rosenfeld

This is a surprisingly easy-to-do, versatile method for making high heel shoes for any foot. No pattern is required- all you'll need is a simple template made by tracing the sole of the finished foot. Perfect for a doll with curved arches. Bring your imagination along, and let's create shoes!

1. Run the polymer clay through a pasta machine several times. This really helps condition it. If you are using soft polymer clay, there will be no need to condition the clay, but the pasta machine helps give you a perfectly even thickness. If you don't have a pasta machine, use a small rolling pin preferably made from plastic. Wood tends to soak up the good stuff in the clay. The thickness should look just right for a sole- about 1/4".



2. Create a **TEMPLATE** to be used to make the sole of the foot. This template is nothing more than a simple sole-like shape. The whole shoe will be built on the sole.

The important thing is that the template must be flexible and strong enough to support the clay.

When the clay goes in the oven, it must have support or it will lose its shape on the tray, and can even burn. Unless we want flat soles, we need to support them. Since we are making high heels, our template must be able to keep their curvy shape and not give in to the weight of the clay.

What can be used for the templates?

Look around your kitchen. That's where I found a solution: I found some unused disposable muffin tins of all things. The weight was fine- disposable baking pans would have been easier but this is what I had!

Here's how I flattened it out:

- Cut out a piece that looks about the size of the sole
- Roll it out with a rolling pin
- Your piece is now ready to be cut into a template



Make the template:

3. Trace the sole of the foot of the doll onto a piece

of paper.
Cut out two.



4. Using the paper templates, cut out two oven templates to be used with the clay.

5. Check to see that it fits

6. Using an Exacto knife, cut out two soles in the fimo you prepared. You can use either the paper or the oven templates- it doesn't matter.



7. Bend the oven template into the shape of the bottom of the foot. Lay the clay on the





template. Make two, for two shoes.

8. Lay them down carefully on a baking tray with oven parchment.



TIP: Baking parchment is better than aluminum foil. It's less likely to stick and the clay seems to not burn as easily.

9. Preheat the oven according to the clay manufacturer's instructions and bake for about 5 minutes.
When they are removed from the oven, the soles will be a bit soft. Allow them to cool for about 5 minutes. They'll harden up.

10. Build a heel. Begin with a ball about the size of a marble. Smooth it out with a sculpting tool.

11. Make a worm to represent the "spike" of the heel. If desired, flatten it out or shape it as desired. Attach it to the "ball," and smooth the parts together with the sculpting tool.



12. To fuse the two parts of the heel together, make a thin worm from clay and place it where the spike and ball meet. With the sculpting tool, blend in the worm so it looks uniform.



Aren't they sweet?

Now comes the tricky part: How to bake the heels when the base of the shoe has already been in the oven?

If the soles are returned then they will lose their brilliant color. If you want to paint the shoes, then this does not matter. If you want them to retain their original color, then this is what to do:

13. Using a razor, carefully remove the entire heel from the base of the shoe.



14. Place the heels on the baking sheet and return them to the oven for 5 minutes. Take care to remember which heel goes to which sole.

15. When the heels have cooled, re-apply them using gel medium or your favorite adhesive.



16. When it's dry, paint the heel with acrylic craft paint.

I chose antique gold.

Remember when I mentioned above about the option to paint the sole as well? If you choose, do this now as well. It can look quite beautiful.

For this example, I only painted the sides ("thickness") of the soles- I left the bottom and top alone. After applying the paint, I rubbed it off with a clean cloth. Some paint remains, and it gives it a nice look. Try it on the top of the shoe as well. It really adds a nice touch.

TIP: My favorite paint to use on polymer clay is golden's "interference gold." It is the most gorgeous paint I own. I use it in tiny amounts, usually as a thin top layer. It's stunning.

I didn't use it in this example, but I just HAD to tell you about it!



ANOTHER TIP: My experience with painting polymer clay is that some paints PEEL off of the clay. You might want to test this before you begin. The peeling paint syndrome happens with some European acrylics that I own.

Now we're ready to build the top of the shoe.

Cut out a piece of fabric 2" X 3 1/2".

18. Fold it down the middle and sew a seam.

19. Turn it.



20. Twist

21. Pin this to the doll's foot. The middle of the "twist" is on the top of the dolls foot, and the open ends are on the very bottom. Using a needle and thread, fix it in place (at the bottom).





22. Add an ornamental bead or embellishment to the top.

This will help keep it in place. I used a sequin and a seed bead. The sequin is difficult to see in this picture, I'm sorry! Here's how I did it:

- Thread up the needle, and knot on the end. Come up from the bottom of the foot and exit at the top.
- Put a sequin through the needle, then a bead. The bead prevents the sequin from falling off.
- Pass the needle back into the sequin and back into the foot. Exit on the bottom of the foot and knot off. Trim excess.



23. Now just glue the prepared foot right onto the rest of the shoe. Allow it to dry and you're done!
ENJOY!

