step-by-step tutorial

how to draw feet

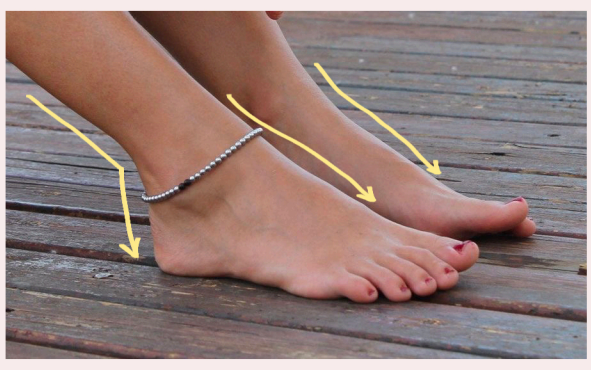
PART ONE

studying the shapes:

1

Before drawing feet, one of the most important things to understand first is how to break them down into basic shapes. Whenever I draw feet, I simplify them down to just 3 main shapes: the main part of the foot, the heel, and the toe section :)

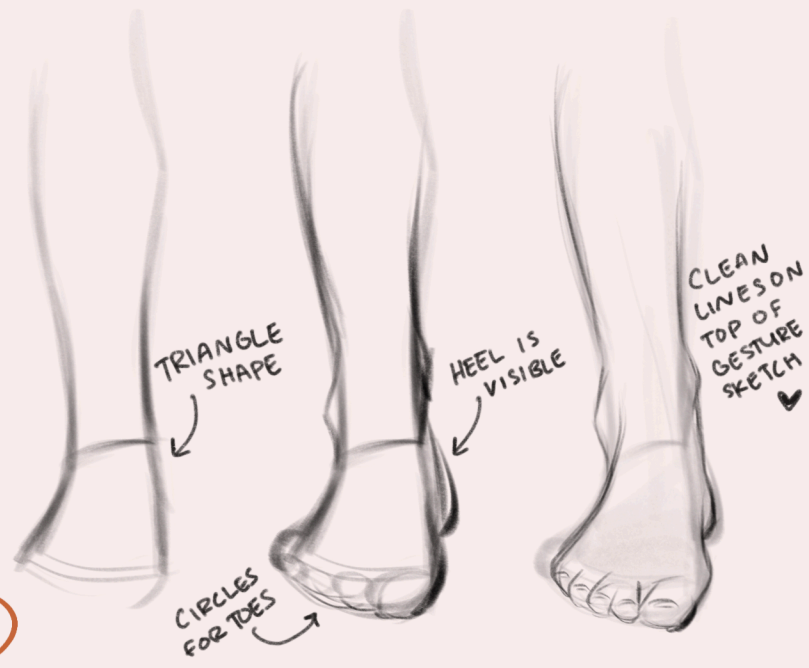
2



Something that's important to remember about feet anatomy is that there should be an invisible separation between the foot and the leg, and that separation is created by the heel and a slightly raised section on the top of the foot :)

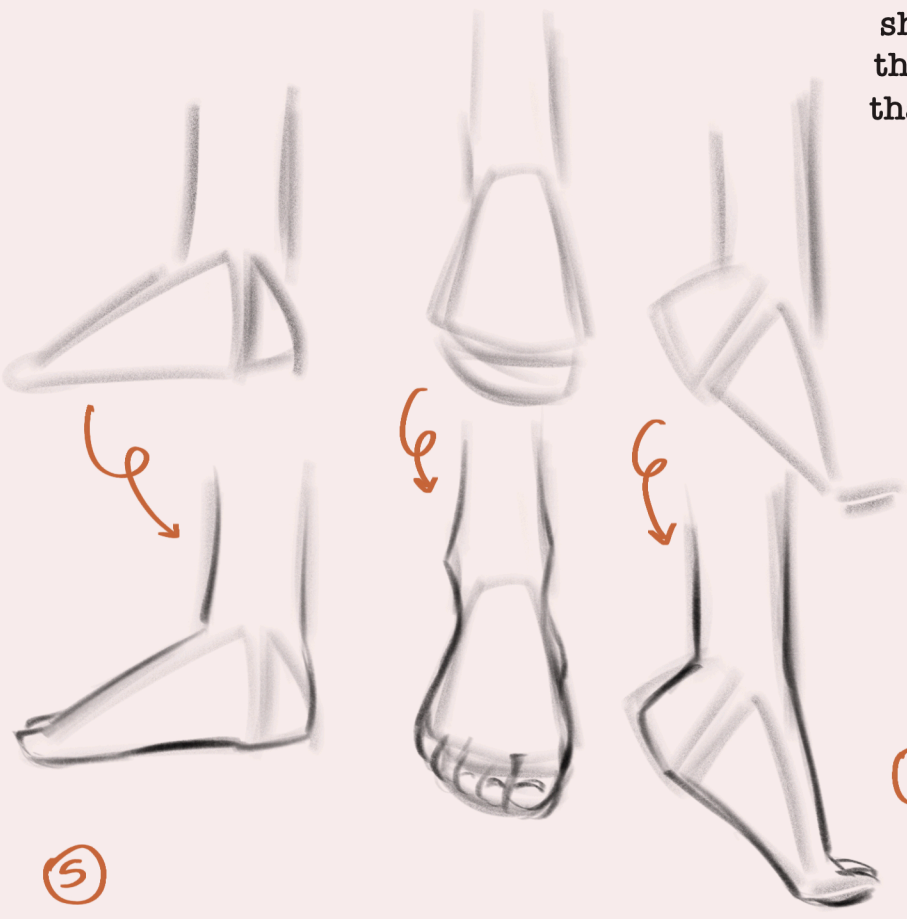
3

For feet that are facing forward, it's good to pay attention to how the ankles are oriented and how they blend into the leg — you'll notice that the leg isn't "straight," instead it curves down into the ankle and sweeps back out to form the foot. The outer ankle is also lower while the inner ankle is higher :)



4

If drawing a foot facing forward seems tricky, here's a quick breakdown of how to draw it! You can use that triangle shape for the main body of the foot like we covered earlier, then add some shapes for the toes and a shape for the heel, add the ankles, and then I just lowered the opacity of that gesture sketch to trace clean lines on top! 🧡



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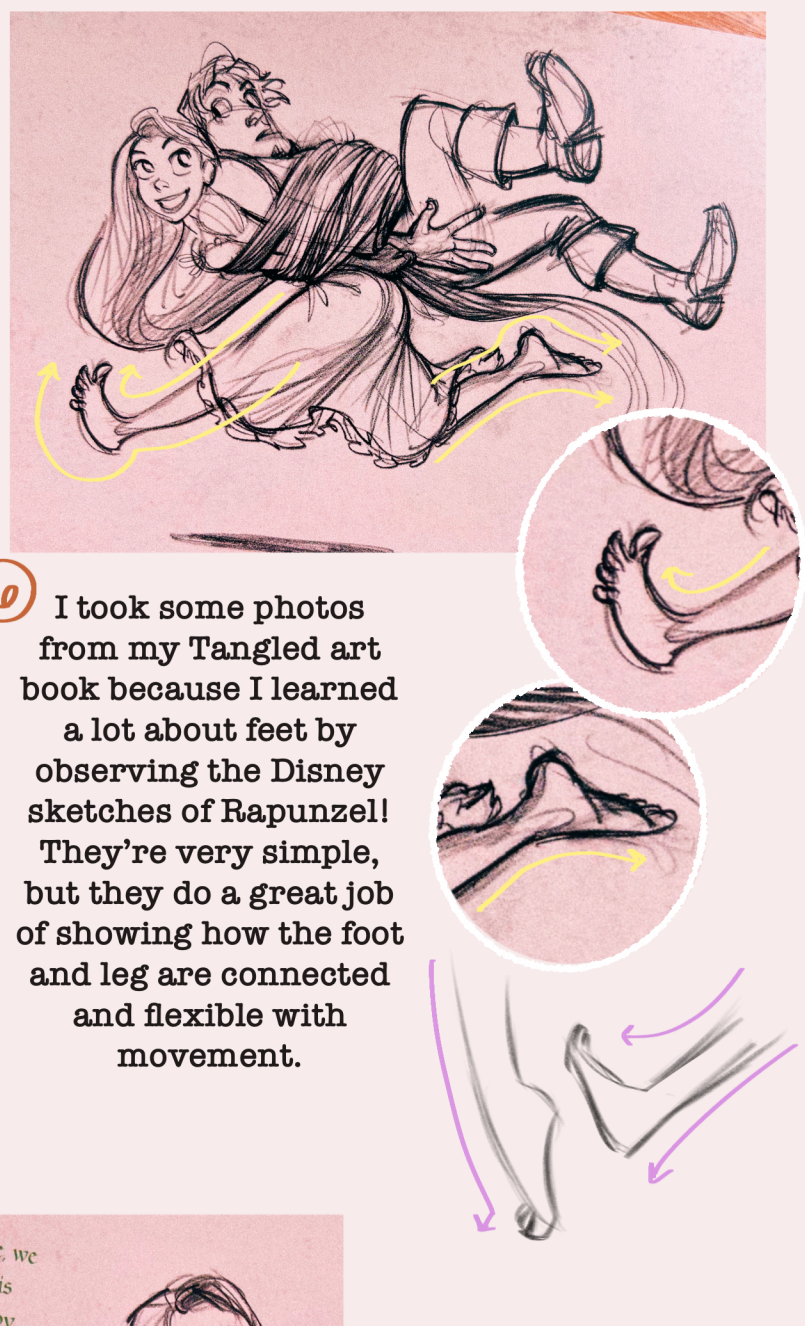
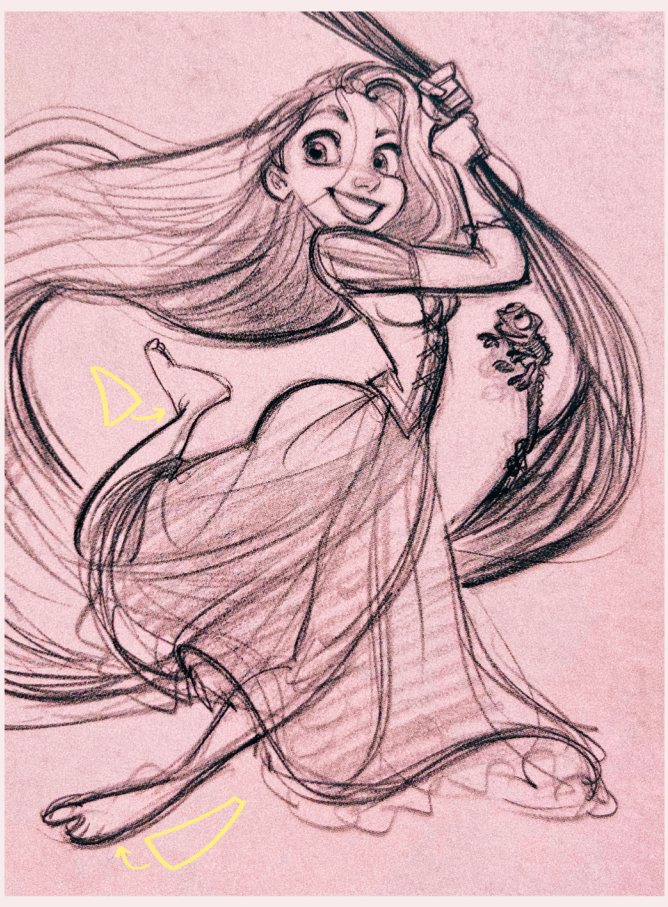
Here you can see how starting with those basic shapes first can help make it really easy to draw lines on top and complete the drawing! Just remember that feet can be roughly simplified into triangles :)



6

I took some photos from my Tangled art book because I learned a lot about feet by observing the Disney sketches of Rapunzel! They're very simple, but they do a great job of showing how the foot and leg are connected and flexible with movement.



7

In addition to the movement that you can see in the connection between the feet and legs, you can also observe that subtle triangle shape that's in each drawing of Rapunzel's feet!

See part 2 of this tutorial to start drawing!

8

So now that we've covered some basics of how to draw feet, go check out part 2 of this tutorial to get into some step-by-step guides on different feet poses that you can follow along with! 🧡