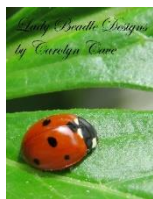


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FOOTPRINTS BRACELET

by Carolyn Cave

www.ladybeadledesigns.com



Skill level: Confident beginner and up

Techniques: Stitching with 2 needles

Finished length: 7" (17.5cm) including clasp

MATERIALS

1g size 15° seed beads

2g size 11° seed beads

1g 2.2x1mm Miyuki spacer beads

8g mini GemDuos

10g Paisley Duos

2 size 5mm jump rings

Toggle clasp

D weight beading thread

2 size 10 or 12 beading needles

Scissors or thread cutters

2 pairs of pliers, for the jump rings

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TIPS

- Before using multi-hole beads, make sure that the holes are not blocked by excess glass or coating, and that the bead is well-formed.
- When a bead has more than one hole, it is important to know from which direction to pick it up, and through which hole, so that the bead sits correctly in the design. Refer to Figure A for the terms used.
- The right-hand needle will always be the one on the right, even if it was on the left in the step before.
- I find it helpful to have a pincushion an arm's length away from my work. I place the needle that is not being used into it, to keep it out of the way.
- The thread forms figures of 8 throughout the work.

START

Cut 6 feet (2.4m) of beading thread and attach a needle to each end.

FIGURE 1

Step 1. Pick up one Paisley Duo through the head from the inside, two mini GemDuos (Minis) through the lower hole from the right, one Miyuki spacer bead and two Minis through the lower hole from the right. Change direction and sew through the tail of the Paisley, from the outside. Pull the thread through the beads till there is a tail of 3 feet (1.2m).

Pick up one Paisley through the head from the inside, two Minis through the lower hole from the left, one spacer bead and two Minis through the lower hole from the left. Change direction and sew through the tail of the Paisley, from the outside. Pull the thread snug.

FIGURE 2

Step 2. Using the other needle (the one with the 1.2m tail), pick up three size 15°s and one Mini through the upper hole from the right. Sew through the unused hole of the fifth Mini picked up by the first needle. Turn around and sew through the other (already used) hole of the same bead, the second Paisley picked up, through the head from the outside, the first Paisley picked up, through the tail from the inside, and the nearest Mini (the fourth one added so far). Change direction and sew through the second unused hole of this same Mini. Pull the thread snug.

FIGURE 3

Step 3. Using the needle that is on the left side of the work but heading towards the right, pick up one Paisley through the head from the inside. Sew through the unused hole of the Mini that straddles the two Paisleys on the right-hand side of the work. Pick up one Mini through the lower hole from the right, one spacer and two Minis through the lower hole from the right. Change direction and sew through the tail of the Paisley, from the outside. Pick up one Paisley through the head from the inside. Sew through the unused hole of the Mini that straddles the two Paisleys on the left-hand side of the work. Pick up one Mini through the lower hole from the left, one spacer and two Minis through the lower hole from the left. Change direction and sew through the tail of the Paisley, from the outside. Pull the thread snug.

FIGURE 4

Step 4. Using the other needle, sew through the Paisley added first in the previous step, through the head from the outside. Sew through the tail of the Paisley beside it, from the inside, and the Mini that

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straddles the two Paisley on the left-hand side of the work. Change direction and sew through the second hole of this same Mini, the Paisley beside in, through the head from the outside, the next Paisley, through the tail from the inside and the Mini that straddles the two Paisleys on the right-hand side of the work. Change direction and sew through the second hole of this same Mini.

Step 5. Stitch Steps 3 and 4 sixteen more times. If you are changing the length of the bracelet, add or subtract the number of repeats made. In all cases, end with Step 4.

FIGURE 5

Step 6. Using the needle on the left, pick up three 15°s and one Mini through the lower hole from the left. Sew through the upper unused hole of the last Mini on the right-hand side of the bracelet.

FIGURE 6

Step 7. Using the needle on the right, sew through the Mini just picked up, the three 15°s and tail of the Paisley, in the opposite direction. Pull the threads in opposite directions so the work is snug. Tie an overhand knot after the Paisley just sewn through, over the thread path created in Step 6. Pull both threads snug again. Sew through the upper unused hole of the Mini next to the Paisley.

FIGURE 7

Step 8. With the needle on the left, pick up three 15°s and sew through the unused hole of the nearest Mini (**orange thread**, left side).

Continuing with the same needle, pick up three 11°s and sew through the unused hole of the next Mini. Pick up two 15°s and sew through the unused hole of the next Mini (**blue thread**, left side).

Stitch the blue thread path along the full length of the left side of the bracelet. One repeat is shown (**pink thread**, left side).

Note that the 11°s come over the gap created by the spacer bead.

Step 9. With the needle on the right, pick up three 15°s and sew through the unused hole of the nearest Mini (**orange thread**, right side).

Continuing with the same needle, pick up three 11°s and sew through the unused hole of the next Mini. Pick up two 15°s and sew through the unused hole of the next Mini (**blue thread**, right side).

Stitch the blue thread path along the full length of the right side of the bracelet. One repeat is shown (**pink thread**, right side).

Note that the 11°s come over the gap created by the spacer bead.

NOTE: This outside row will likely cause the bracelet to pull in a little and curve so the fit around the wrist will be quite comfortable.

FIGURE 8

Step 10. Using the needle on the left side, stitch the blue thread path of Step 8 ending with picking up three 11°s over the last spacer bead. Pick up three 15°s and sew through the next two Minis, three 15°s and Paisley (**blue thread**).

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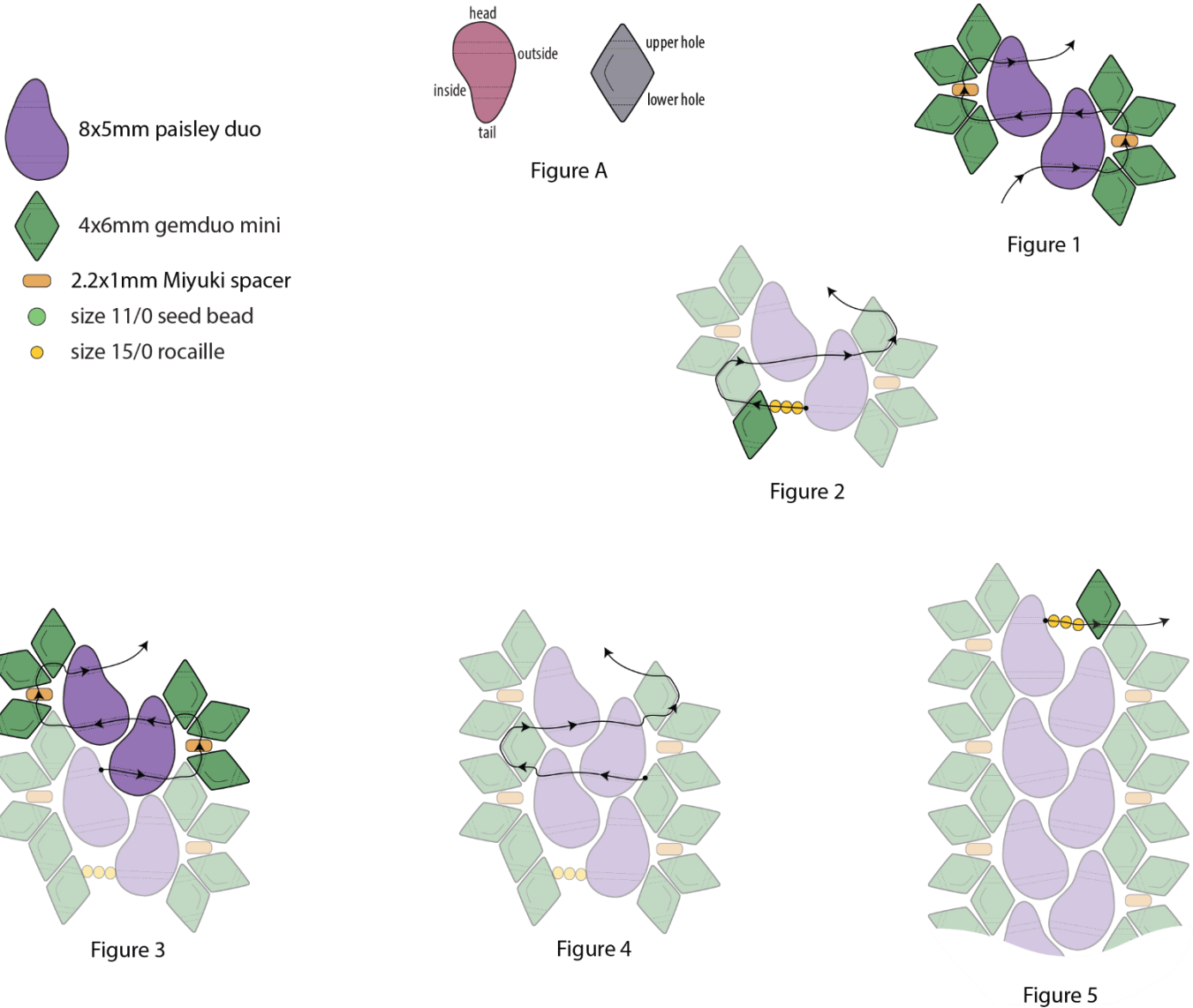
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Using the needle on the right side, stitch the blue thread path of Step 8 ending with picking up three 11's over the last spacer bead. Pick up three 15's and sew through the upper hold of the next Minis. Tie the two threads into a secure square knot so the knot sits near the lower hole of the Mini that the right-hand thread was just exiting and the last Paisley sewn through by the left needle (pink thread).

Step 11. End the threads by sewing through the beadwork for several inches (centimeters). The left-hand needle will travel along the thread path created in Steps 1 and 2, while the right-hand needle will travel along the outside edge of the bracelet.

Step 12. Open one jump ring using two pairs of pliers. Slip the open jump ring under the bar of 15's at one end of the bracelet. Add one half of the toggle clasp and close the jump ring. Repeat with the second jump ring at the other end of the bracelet with the remaining half of the toggle clasp.

FOOTPRINTS BRACELET ILLUSTRATIONS by CAROLYN CAVE



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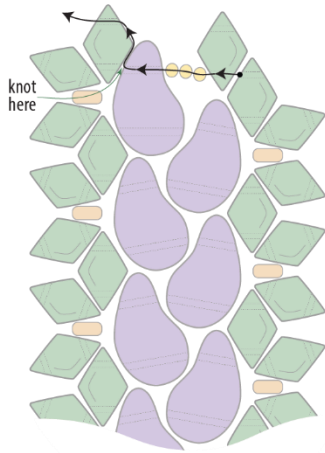


Figure 6

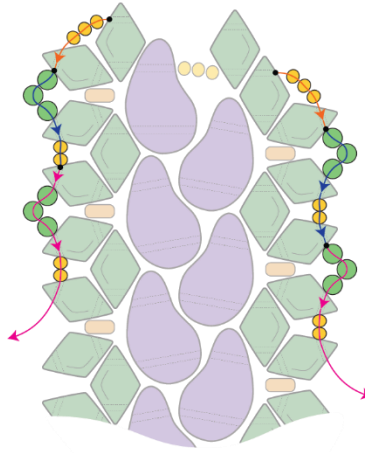


Figure 7

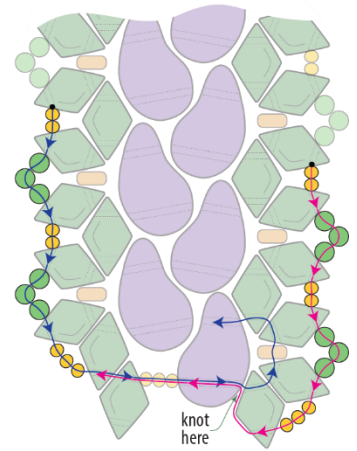


Figure 8



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