



IT'S A LARK!
BEADED MACRAMÉ BRACELETS

By Leslie Rogalski

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Keep your Lark's Head knot bracelet in line with the Beadsmith™ Mini Macramé board and finish with an adjustable closure. Stack'em up!

SKILL LEVEL: Beginner

TECHNIQUES: Stringing beads, square knots and Lark's Head knots

MATERIALS:

20 grams 6° seed beads

Mini Macramé board

1mm cord (2-3 colors per bracelet)

Plastic darning needles

Wire snips to cut cords

Pliers to help pull cord through beads (option)

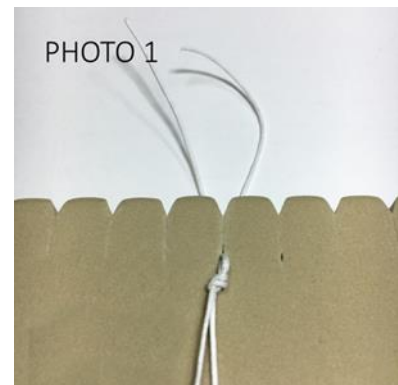
Clear nail polish



Use the macramé board with the printed side to guide you.
The blank side is shown for clarity in our step photos.

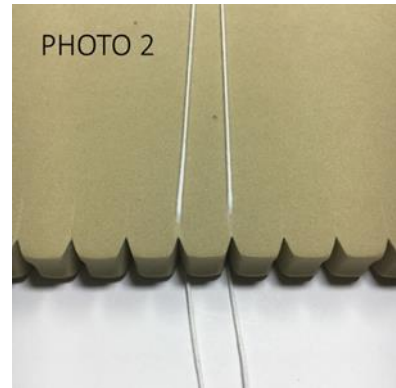
SET UP

1. Center cords: Cut two cords, each double your desired "bracelet when worn" size plus ten inches for 5-inch tails at each end of both cords. Example: for a 7" bracelet size, measure two cords each 14" plus 10" for 24" cords.
2. Knotting cords: Cut two 60" cords, (one each Color A and Color B)
3. Brush clear nail polish over about an inch of each cord end to prevent tips from fraying as you string beads. Let dry before using.
4. Keeping cord ends even, tie an OVERHAND knot with the two shorter cords leaving 5-inch tails. Snug the tails into a top slot with the knot and long cords facing you. These are your center cords (PHOTO 1).



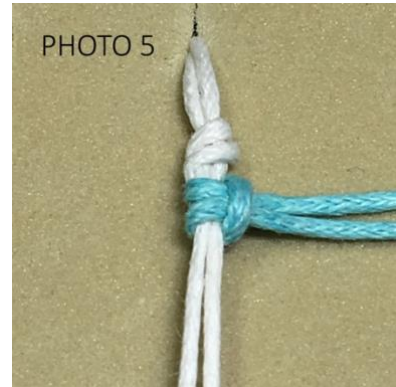
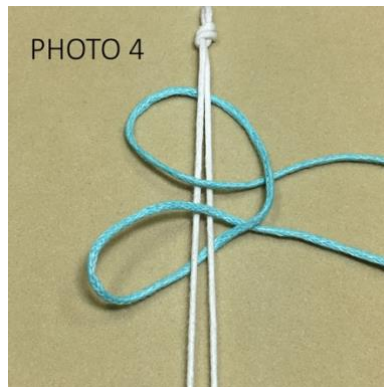
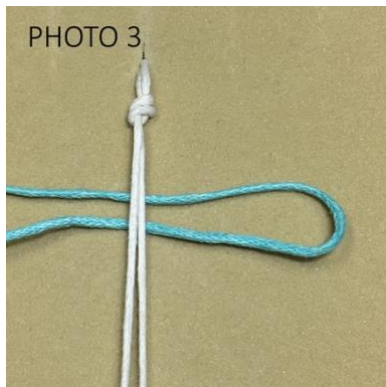
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5. Snug the long cord ends into two adjacent slots at the bottom of the board (PHOTO 2). Separating the cords in two slots prevents the center cords from twisting.

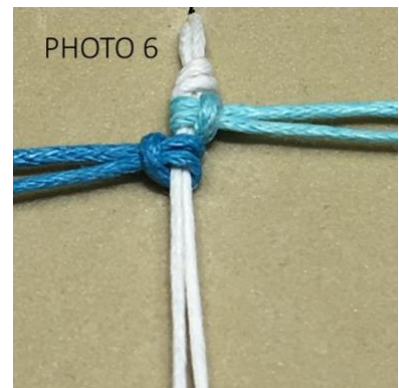


KNOTTING

6. Fold one long cord in half to find the middle. Slide this loop L to R under the center cords (PHOTO 3). Bring the two ends over the center cords and through the loop (PHOTO 4). Pull this LARK'S HEAD knot snug up to the overhand knot (PHOTO 5).



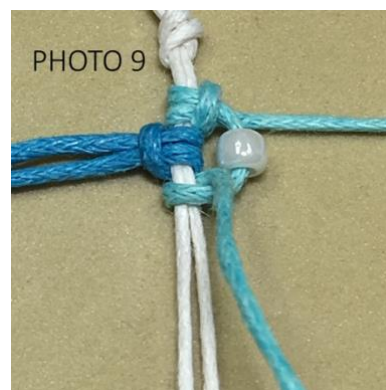
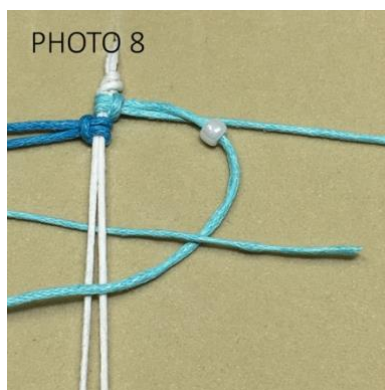
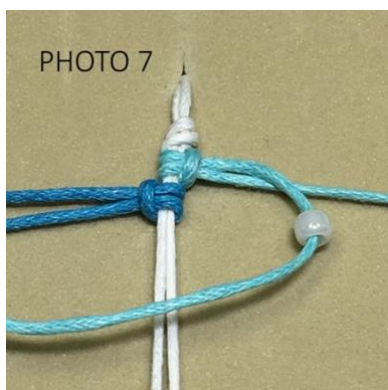
7. Fold the other cord in half to find the middle. Slide this loop R to L below the first knot. Bring the two ends over the center cords and through the loop. Pull this second Lark's Head knot snug up to the previous knot (PHOTO 6).



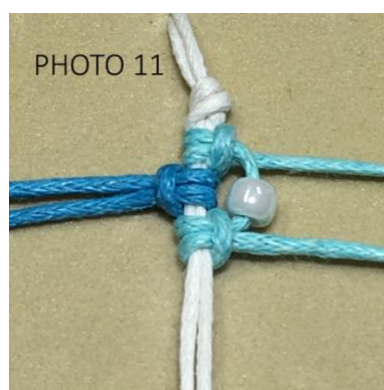
TIP: Your pairs of cords should be coming out to the R and to the L of the center cords. Tuck them into slots on the sides of the board to be out the way until you use them.

8. String a bead on the upper R cord up to the previous Lark's Head. Bring the cord down over its paired cord (PHOTO 7) leaving a small loop.

9. Bring the cord R to L over the center cords. Bring the end of the cord L to R under the center cords and up through the loop, below the bead (PHOTO 8). Pull the hitch around the center cords snug but don't pull the beaded loop part too snug. You want to see the thread arching along the side (PHOTO 9).



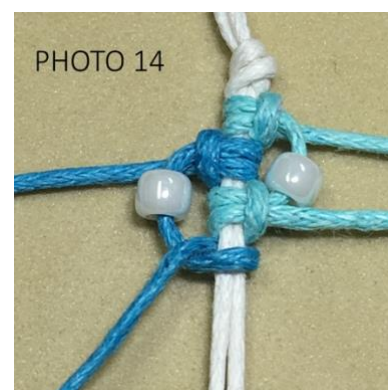
10. Bring the cord R to L under the center cords leaving a small loop. Bring the cord L to R over the center cords and under/through the loop (PHOTO 10). Pull this snug to complete the Lark's Head knot (PHOTO 11).



11. String a bead on the upper L cord up to the previous Lark's Head. Bring the cord down over its paired cord (PHOTO 12).

12. Leave a small loop and bring the cord L to R over the center cords. Bring the end of the cord R to L under the center cords and up through the loop, below the bead (PHOTO 13).

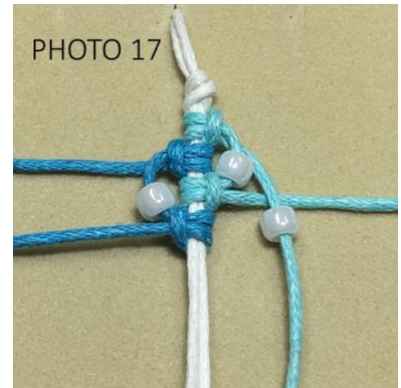
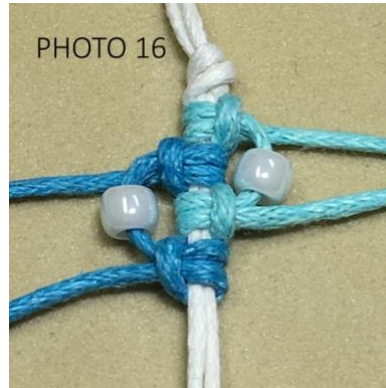
13. Pull the hitch around the center cords snug but don't pull the beaded loop part too snug. You want to see the thread arching along the side (PHOTO 14).



14. Bring the cord L to R under the center cords leaving a small loop. Bring the cord R to L over the center cords and under/through the loop (PHOTO 15).

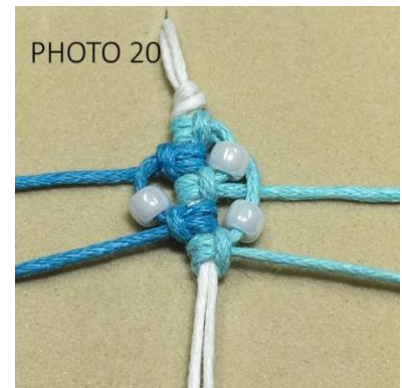
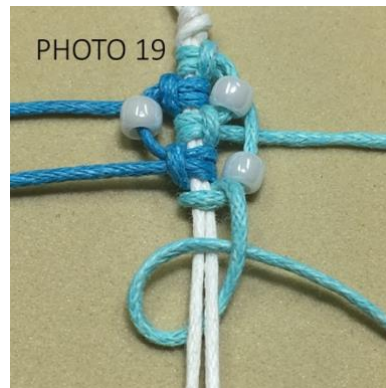
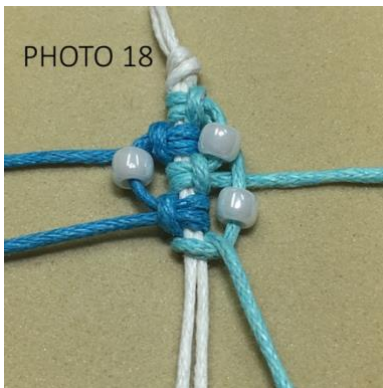
15. Pull this snug to complete the Lark's Head (PHOTO 16).

16. On the new upper R cord string a bead. Bring the cord down over the other cord, keeping the bead below the previous cord (PHOTO 17).



17. Bring the cord R to L over the center cords, then L to R under the center cords and up through the beaded loop. Leaving the beaded loop easy, pull the half hitch snug around the center cords (PHOTO 18).

18. Bring the cord R to L under the center cords leaving a small loop. Bring the cord L to R over the center cords and under/through the loop (PHOTO 19). Pull this snug to complete the Lark's Head (PHOTO 20).



19. Repeat from Step 11 noting where the beads sit and how the colors alternate along the middle cords. Make sure to always start a new bead and its knots with the top cord in each pair.

TIP: From time to time gently tug the center cords taut in the bottom slots to keep your work straight.

20. Continue making Beaded Lark's Head knots for the length of your wrist measurement.

21. Bring the two Color A cords together, and make an overhand knot as close as possible to the Lark's head/bead last added. Repeat with Color B cords (PHOTO 21). Dab glue on knots and let dry. Make an overhand knot with the two center cords snug against the macramé as done in Step 4 (PHOTO 21).

22. Trim ends of dry Color A and B cords (PHOTO 22).

23. Keep the ends even and make an overhand knot in the ends of each pair of center cords (PHOTO 23).



24.

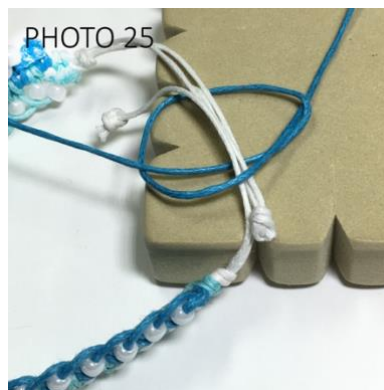
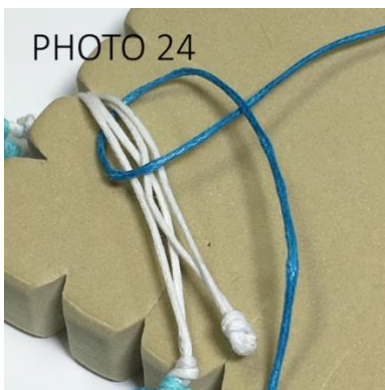


Overlap the cords. Use the corner of the macramé board to hold them in place.

25. With a fifteen-inch piece of either color cord, make four complete square knots around the overlapped center cord as follows: Center the cord under the crisscrossed bracelet center cords. Bring the left side over the center cords, left to right. Bring the right cord down over the left cord (PHOTO 24).

26. Bring the right cord right to left under the center cords, and up through the loop formed by the left cord. Bring the left cord coming over the center cords down through the loop formed by the right cord (PHOTO 25).

27. Pull this part snug. Bring the right cord over the center cords. Bring the left cord down over the right cord (PHOTO 26).

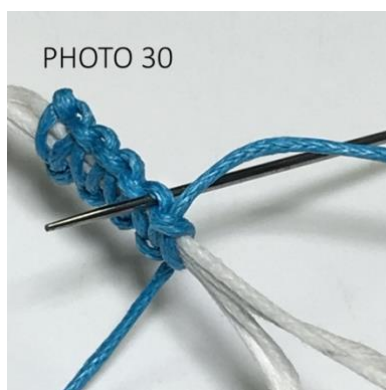


28. Bring the left cord under center cords, and up through and over the loop on the right (PHOTO 27). Pull knot snug (PHOTO 28).

29. Make five complete square knots (PHOTO 29).



30. Thread one cord on an embroidery needle. Carefully so as not to pierce the cords, weave it in a looping way up one side of the macramé through the side loops (PHOTO 30). Before pulling the last loop snug, sew through it to help secure the end (PHOTO 31). **NOTE:** Photo 31 is flipped to best show this step. In reality your thread is exiting at the top right of the macramé section.



31. Repeat for the other cord along the other side of the macramé.

32. Dab the cord ends where they exit the last macramé loop. DO NOT GET GLUE ON THE CENTER CORDS. Let dry and trim.



Leslie Rogalski (also known as Sleepless Beader™) is the creative director for The Beadsmith® and a Beadsmith Inspiration Squad designer. Specializing in (but not limited to) beadwork, she has been an editor for leading bead magazines, a designer for leading bead companies, and is widely recognized for videos and TV appearances in the US and UK. Leslie is a Master Artisan of her local chapter of the Pennsylvania Guild of Craftsmen and sells her work, kits and tutorials at leslierogalskibeadworks.com.



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