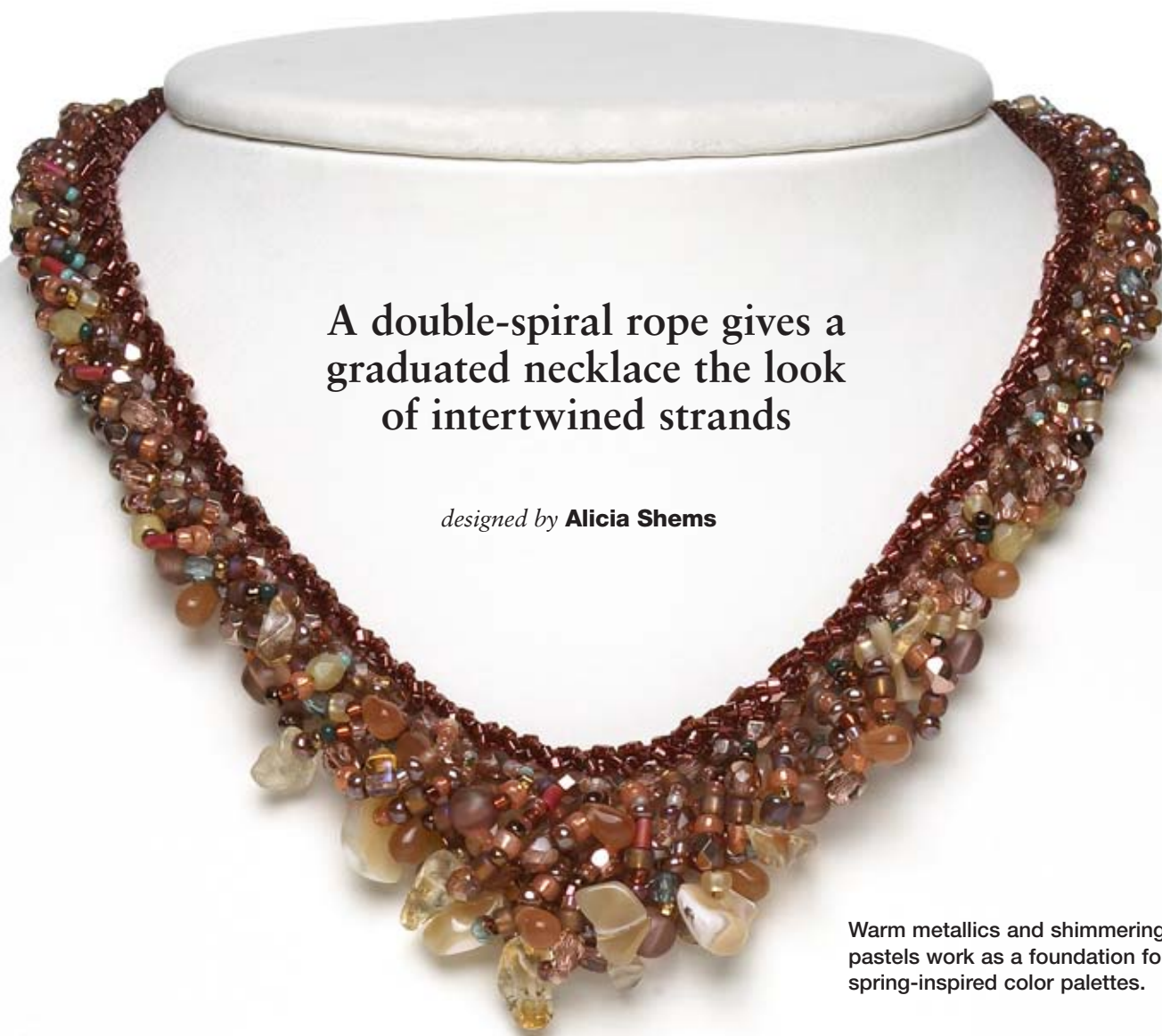


SPIRAL ROPE

# Plaited spiral



A double-spiral rope gives a graduated necklace the look of intertwined strands

*designed by* **Alicia Shems**

Warm metallics and shimmering pastels work as a foundation for spring-inspired color palettes.

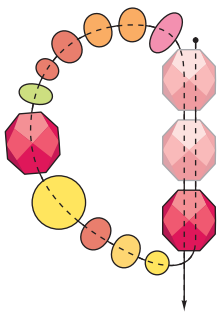


FIGURE 1

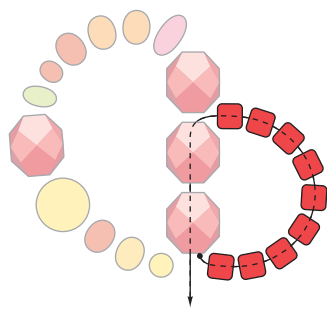


FIGURE 2

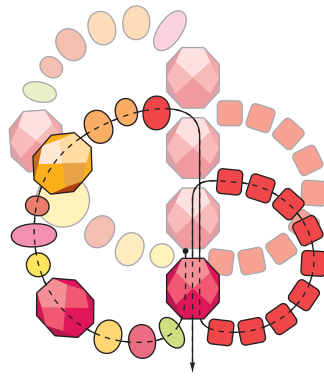


FIGURE 3

This graduated necklace combines the orderly with the organic for a versatile design that can add distinction to any outfit. Make your bead soup from leftovers in your stash, or find new beads to create the color mix — either way the look can be customized.

## step by step

**[1]** On a comfortable length of thread, attach a stop bead (Online Basics), leaving a 12-in. (30 cm) tail, and pick up two color A 4 mm fire-polished beads.

**[2]** Pick up an A 4 mm and 11 beads from the bead soup mix, using primarily seed beads and 3–4 mm beads. Sew through the last three A 4 mms again,

and flip the bead soup loop to the left (**figure 1**).

**[3]** Pick up nine 11° cylinder beads, sew through the last two A 4 mms again, and flip the cylinder loop to the right (**figure 2**).

**[4]** Repeat steps 2 and 3 (**figure 3**) until the rope measures 5 in. (13 cm) long, ending and adding thread (Online Basics) as needed.

## materials

necklace 16 in. (41 cm)

- 90–100 4 mm fire-polished beads, color A
- 12–18 g bead soup, including 4 mm fire-polished beads in two colors: A, B; 11°–8° seed beads in a variety of colors and finishes; and 3–10 mm drop beads, gemstone chips, glass beads, and/or pearls
- 8–10 g 11° cylinder beads
- nylon beading thread
- beading needles, #12 or #13

**EDITOR'S NOTE:** When adding and ending thread, take care to tie any knots in the loops of the necklace, rather than around the core strand of 4 mms. Knots around the central strand may make it hard to sew through those beads again. – Lesley

**DESIGNER'S NOTE:** Including color A 4 mm fire-polished beads in your bead soup loops creates a harmonious balance between the core beads and the loops.

*Alicia Shems of Waban, Mass., in the U.S., is an award-winning beader and multimedia artist who loves playing with texture, color, and form. Visit her Web site, [aliciashems.com](http://aliciashems.com), to see more of her work, or e-mail her at [alicia@aliciashems.com](mailto:alicia@aliciashems.com).*



**[5]** Continue working in double-spiral rope, as in steps 2 and 3, but pick up 12 beads from the bead soup mix instead of 11 for 1 in. (2.5 cm). Continue gradually increasing the number of beads in each bead soup loop, and the sizes of the beads used, picking up 13–14 beads for ½–¾ in. (1.3–1.9 cm), then 15–16 beads for the next ½–¾ in. (1.3–1.9 cm), until the rope is 7–7½ in. (18–19.1 cm) long.

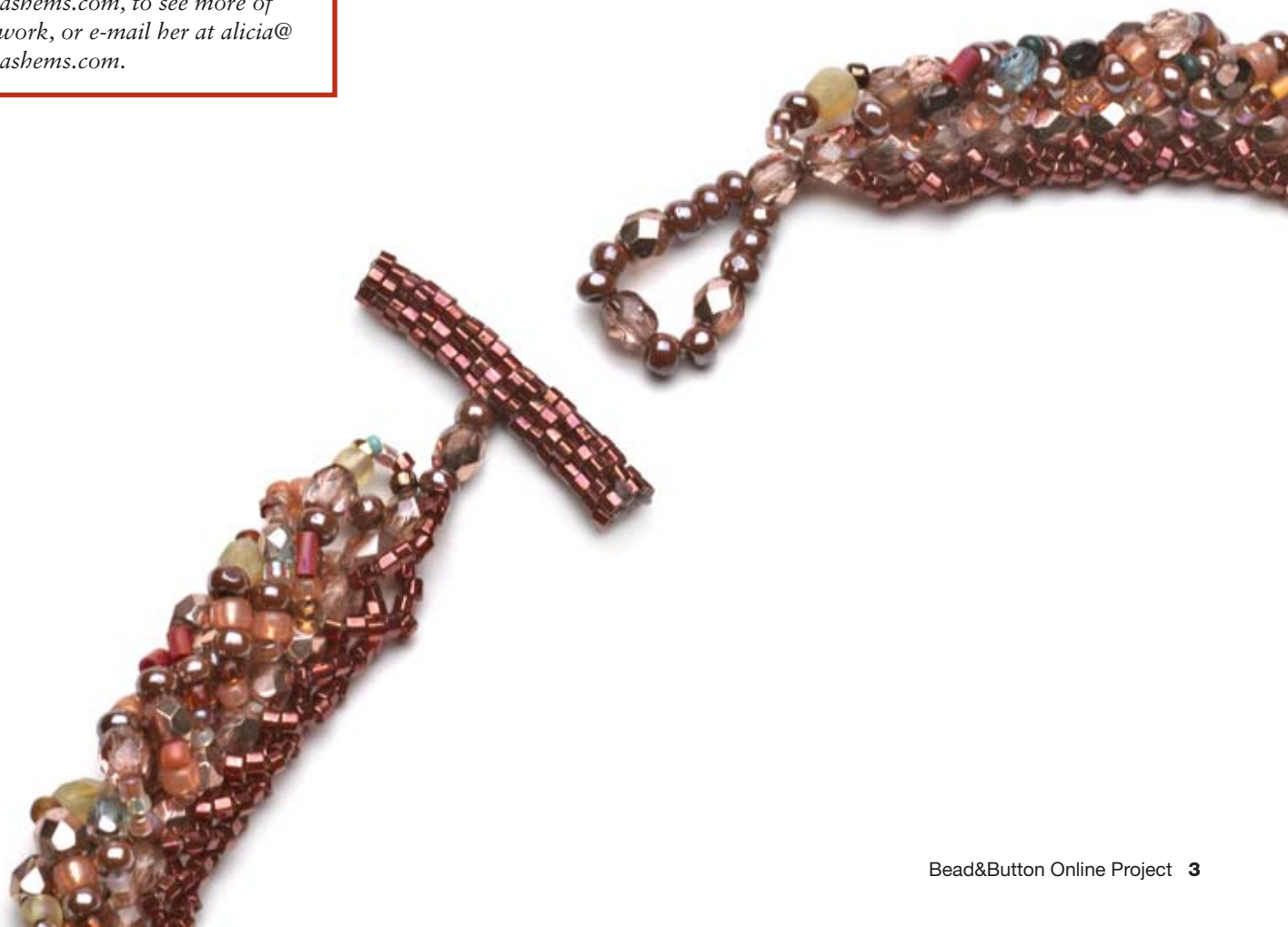
**[6]** Continue working in double-spiral rope, but gradually decrease the size of the bead soup loops to mirror the first half of the necklace: Work about ½–¾ in. (1.3–1.9 cm) with 15–16-bead loops, ½–¾ in. (1.3–1.9 cm) with 13–14-bead loops, 1 in. (2.5 cm) with 12-bead loops using the smaller beads, and 5 in. (13 cm) with 11-bead loops. Set the rope aside.

**[7]** To make a toggle bar, pick up 20 cylinder beads on 1 yd. (.9 m) of thread.

Work four rows of two-drop peyote stitch (Online Basics) for a total of six rows, and zip up (Online Basics) the edges to form a tube. End the working thread and tail.

**[8]** Using the working thread from the rope, pick up an A 4 mm and a seed bead, and sew through a cylinder at the center of the toggle bar. Sew through the beads in the toggle bar to exit the center cylinder, and sew back through the seed bead and A 4 mm and into the necklace. Retrace the thread path several times to secure the connection, and end the thread.

**[9]** Using the tail, pick up an A 4 mm, three 8° seed beads, a 4 mm, two 8°s, a 4 mm, two 8°s, a 4 mm, and three 8°s. Sew back through the first A 4 mm picked up in this step, and into the beadwork. Retrace the thread path through the loop a few times, and end the tail. ●



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