

# Super-Duo Flat Wrap Bracelet (4 Rows)

*Presented by McBead Creations, 2014*

## Materials Needed:

20 grams of Super Duo, Colour A (outer rows)  
20 grams of Super Duo, Colour B (inner row)  
3 grams of size 15/0 seed beads  
5 metres of 6-lb Fireline  
2 wire guardians  
2 jump rings  
1 clasp

## Supplies Needed:

Beading Mat  
Scissors  
2 beading needles, Size 13 or 16 (Japan)  
2 chain-nosed pliers  
1 flexible bobbin

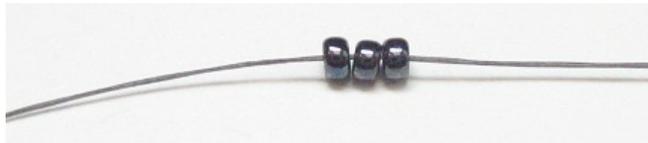
## Instructions:

You will be starting at the middle of the bracelet and working your way out, one side at a time. To make it easier to follow the instructions, keep your project positioned in front of yourself on your beading mat, with the size 15/0 seed bead from Step 2 closest to you.

1. Cut a piece of Fireline 5 metres long. Feed 1 beading needle onto the thread at each end. To prevent your needles from sliding off, pinch the threads 1 cm from the base of each needle and twist the needle by rolling it in your fingers. This will create a little twist in the Fireline.



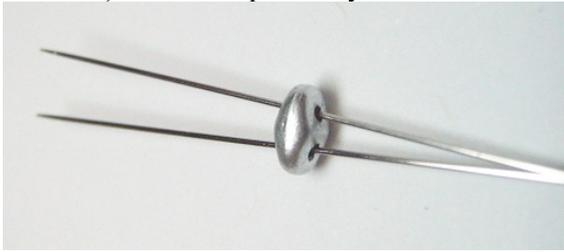
2. On one needle, feed 3 size 15/0 seed beads. Feed them down to the middle of the thread (to the 2.5-metre position.)



3. Designate a "right" and a "left" needle. Feed a Super Duo Bead of Colour A onto each needle. Slide them each down to the middle of thread to the size 15/0 seed beads.



4. Now, feed your left needle into a new Super Duo bead of colour B. Feed the right needle through the other hole of that same Super Duo, in the same direction. Slide it down to the other Super Duos (of Colour A) at the mid-point of your thread.



5. Feed a Super Duo Bead of Colour B onto each needle. Slide them each down to the middle of the thread.



6. Feed your left needle into a new Super Duo bead of colour A. Feed your right needle through the other hole of that same Super Duo, in the same direction. Slide it down to the other Super Duos (of Colour B) at the mid-point of your thread.



7. Wrap your left thread on the bobbin provided, for later use.



8. On your right thread, feed on 3 size 15/0 seed beads and a new Super Duo of Colour A. Remember to keep your project positioned in front of yourself on your beading mat, with the size 15/0 seed bead from Step 2 closest to you. In other words, your left thread with the bobbin on your left side, away from you. Feed your needle towards you through the exposed (2<sup>nd</sup>) hole of the Super Duo bead of Colour B that is sticking out. Pull your thread snugly.



9. Feed on a Super Duo of Colour B. Feed your needle towards yourself through the exposed, unused hole of the last Super Duo (Colour A) of that row. Pull snugly.



10. Feed on 3 size 15/0 seed beads and 1 Super Duo of Colour A. Feed your needle up (away from yourself) through the exposed, unused hole of the Super Duo Colour B of that row. Pull snugly.



11. Feed on a Super Duo of Colour B. Feed up through the exposed, unused hole of the last Super Duo of Colour A of this row. Pull snugly.



12. Feed on 3 size 15/0 seed beads and a Super Duo of Colour A. Feed down through the exposed, unused hole of the Super Duo of Colour B of this row.



13. Continue by repeating Steps 9-12 until you have 1 metre of thread left. Repeat Step 9 once.

**To end the row:**

14. Feed on 3 size 15/0 seed beads. Feed into the unused, exposed hole of the Super Duo of Colour A.



15. Feed on 1 size 15/0 seed bead. Add a wire guardian: Feed your needle up through one of the tubes toward the arch and pull through. Feed your needle then down away from the arch, through the other tube. In your non-dominant hand, hold the wire guardian. With your dominant hand, pull your thread snugly until your wire guardian rests in between the 2 distended super Duos. Add one more size 15/0 seed bead.



16. Feed your needle out through the last Super Duo of Colour A. Pull snugly. Using your fingers, gently squeeze the wire guardian so that the space between the tubes becomes smaller.



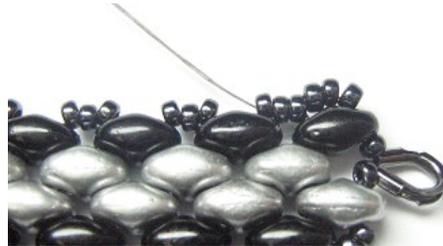
**Unwrap the left end of the thread that is wrapped on your bobbin. Wrap the remaining metre of your right thread onto the bobbin. Feed a needle onto the left thread.**

17. Flip your work so that you will once again be working to the right.
18. Repeat Steps 8-11 until you have reached the total desired length of your bracelet.
19. Repeat Steps 14-16.

**You will see the sets of 3 size 15/0 seed beads create a “border” along both sides of your bracelet. You will now join the beads together to create a solid border on each side, respectively. First, be sure that your needles are facing different directions, for instance your left needle feeding up and your right needle feeding down.**

**Begin with the thread you are currently working with.**

20. Feed on 3 size 15/0 seed beads. Feed through the first set of 3 seed beads of your border that is immediately in the path of your needle. Pull snugly but not tightly.



21. Feed on 3 more size 15/0 seed beads. Feed through the next set of 3 seed beads of your border. Pull snugly.



22. Feed on 3 more size 15/0 seed beads. Feed through the next set of 3 seed beads of your border. Pull snugly.



23. Continue until you have reached the second-last duo of that side of your bracelet.

24. Repeat Steps 20-23 on the other side of the bracelet.



25. Now, one side at a time, complete the last section of adding 3 seed beads and feeding through a set of 3 seed beads already in the border. Feed across through the first duo, then through the 2 seed beads at the base of the wire guardian, then through the second Super-Duo. Pull snugly.

26. Feed through the first 9 beads of the border. Pull through. Feed down through the SECOND hole of the second Super Duo, and then through the FIRST hole of the SECOND Super-Duo. Pull tightly. Feed your needle under the thread connecting the 2 Super-Duo beads of Colour B. Pull almost all the way, leaving a small loop. Feed your needle then through the loop and pull carefully and tightly. This is called a half-hitch knot. Repeat 3 more times. Feed your needle then through a few rows of beading, without allowing your thread to show. Trim your thread. Repeat on the second side.



Applying basic beading principles, use your flat-nosed or chain-nosed pliers to open the jump rings to attach the clasp to the wire guardians,

