

Ndebele Twist

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Materials for Bracelet:

2 strands 11° seed beads
Tube 10° triangles to match or contrast
Matching Silamide® or Nymo® thread
GS Hypo Tube Cement® or hobby glue
Thread Heaven® or beeswax
2 bead caps
Toggle clasp

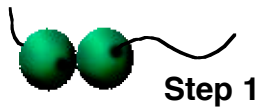


Instructions:

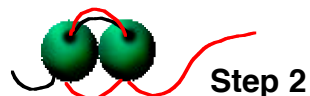
New thread is shown in red on diagrams. Keep beads snug against each other and nudge them into place if necessary. Keep thread tension tight enough to form a firm but fluid rope. Wrapping the tail around your finger can help keep the tension until the rope is long enough to hold onto. Your tension will determine how much twist your bracelet has.

Prepare thread by stretching and running it through beeswax or Thread Heaven ®.

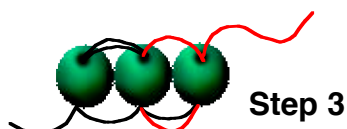
1. With 2 yards of thread, string 2 size 11° seed beads. Leave a 12" tail. It is not necessary to tie a knot or use a stop bead



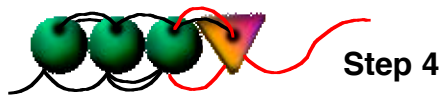
2. Pass the needle back **up** through the 1st seed bead strung, then **down** through the 2nd seed bead.



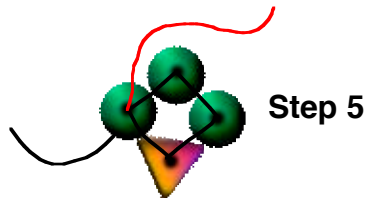
3. Pick up the 3rd seed bead. Pass the needle **down** through the 2nd seed bead, then pass back **up** through the 3rd seed bead.



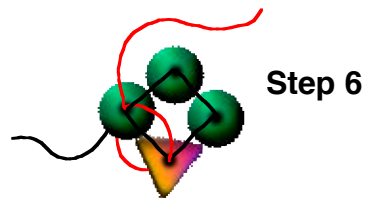
4. Pick up a size 10° triangle bead. Pass the needle **up** through the 3rd seed bead, then back **down** through the triangle bead.



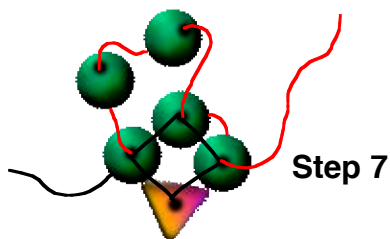
5. With the triangle bead on the right, fold the ladder away from you, then pass the needle **up** through the 1st seed bead to form a circle. Your tail thread and the new thread should now be coming out of the top and bottom ends of the 1st bead strung.



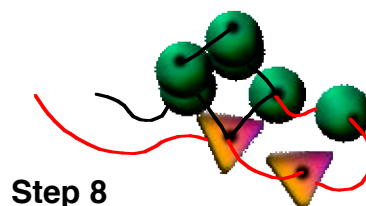
6. Pass the needle back **down** through the triangle bead, then back **up** through the 1st seed bead. This will stabilize the circle.



7. Pick up 2 seed beads, and pass the needle **down** through the 2nd seed bead in the base circle, then **up** through the 3rd seed bead in the base circle.

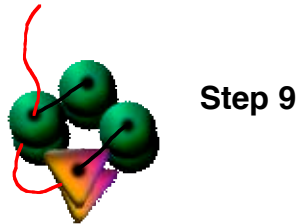


8. Pick up a seed bead, then a triangle bead, and pass the needle **down** through the 1st triangle bead in the base circle.

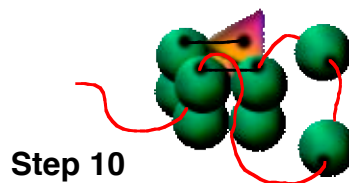


9. You should now have 4 stacks of 2 beads each. Pass the needle **up** through the first stack of 2 beads to the **left** of the stack of 2 triangle beads.

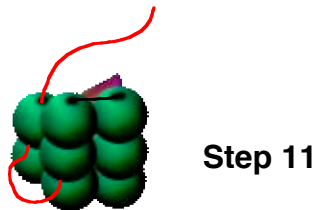
Note in the diagram that not all 4 stacks of beads are connected to each other. This is correct and will continue this way as the rope is built.



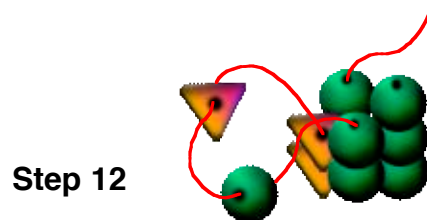
10. Pick up 2 seed beads and pass the needle **down** through the **top** seed bead only in the next stack to the **left**.



11. Pass the needle **up** through the **top** seed bead only in the next stack to the **left**.



12. Pick up a seed bead and a triangle bead, and pass the needle **down** through the **top** triangle only in the next stack on the **left**, then pass the needle **up** through the **top** seed bead only in the next stack to the **left**.



13. Continue in this manner until you have reached the bracelet (or choker) length (minus clasp length) that you desire. You will notice that the seed beads will start to alternately “lean” into each other (Fig 1) and that the rope will start to spiral gently because of the slight difference in size and shape between the seed beads and the triangles. It helps to remember that the first bead you pick up will be the same kind as the bead your needle is coming out of, and the second bead you pick up will be the same kind as the one your needle will be going into.



Fig 1

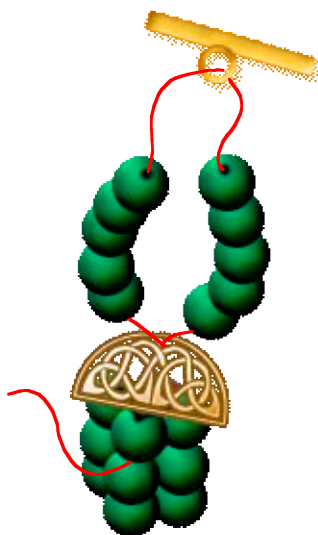
14. When you have reached your desired bracelet (or choker) length, stabilize the end by weaving the needle down and up through the first 2 beads of each stack so that all the stacks are connected to the one on either side of it. Pass the needle under the thread bridge between the beads and tie a few small knots. If desired, put a small dab of glue on the knots.

Finishing:

15. Finish bracelet (or choker) as desired, or:

A. Secure a new 12 inch thread in the bracelet, then exit from one of the end beads.

B. Run the threaded needle **up** through the bottom of a bead cap, pick up 5 seed beads, run needle through the loop in the bar end of the toggle clasp, then pick up 5 more seed beads.



Step B - Finishing

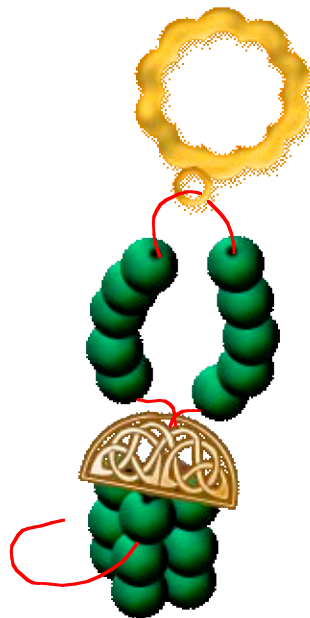
C. Run needle **down** through the bead cap and into one of the beads on the end of the bracelet. Make sure the circle of beads are snugged up tight to the clasp and the bead cap.

D. Weave the thread through a few end beads, then pass the needle back **up** through the bead cap again, through the circle of beads, then back **down** through the bead cap and into one of the bracelet end beads. Repeat this step at least one more time to securely attach the bar clasp

E. Weave the thread through the bracelet end beads to secure the thread. If desired, tie a few small knots beneath the bead cap, and dab with glue. Do not cut.

F. Weave thread so that your needle is running through a triangle bead and pointing towards the unfinished end of the bracelet. Pass the needle and thread through the column of triangle beads all the way to the opposite end. Do not pull thread too tightly or the bracelet will lose its fluid shape. Tie the tail end of the thread to your working thread, and dab with glue, then weave the tail thread back into the body of the bracelet and carefully cut.

G. With the working thread, attach the toggle end of the clasp in the same manner that you attached the bar end. This time use only 3 beads on each side of the clasp loop however.



Step G - Finishing

H. Snug up the circle of beads, then weave the thread through a few beads. Run the needle back **up** through the bead cap, through the circle of beads, then back **down** through the bead cap and into the end beads. Repeat at least one more time to secure the clasp.

I. Weave the thread through a few beads to secure, then tie two or three small knots. Dab a tiny dot of glue on the knots, then run the thread through the bracelet, tying small knots along the way before carefully cutting the thread.

Hints and Tips

* Adding Thread: To add thread, start weaving a new thread into your beadwork several inches back from your working thread. After every few beads you pass through, tie a small knot, and if desired apply a small dab of glue. Your new thread should exit the same bead as your working thread. Pull the old thread taut so that the beaded rope keeps its shape, then continue beading with the new thread. After you have beaded several inches, you can weave your old working thread into the new beadwork, tying several knots every few beads. Carefully clip thread tails.

* Your initial ring of beads will be easier to work with if you cull your beads so that they are all about the same size (the exception is the triangle bead)

* A stiffer, more pronounced curl will result from taking your needle **down** and **up** 2 beads instead of one in each stack. Depending on your choice of beads, this may more be too stiff and unyielding for a bracelet, but will be appropriate for short lengths for earrings. Try combining several varying short lengths on headpins for some spectacular earrings. Short stiff lengths also make great coral trees for 3D beadwork.

* To create a spiral when using more than one or two colors, go 2 beads **down** and 1 bead **up** and keep thread very taut.

* Use caution when using beads with sharp edges or holes. Your thread needs to be taut and may break if it runs over sharp edges. If you want to use cuts or bugle beads, consider running a thread through the entire length of each stack of beads for added security after your rope is completed.

* Apply small dabs of glue with the tip of a needle, or toothpick for more accurate placement. Place the tip of the needle or toothpick in the loop of the knot before you tighten it.

* Experiment with colors and finishes. This stitch lends itself well to unusual combinations.

Ndebele Twist Tutorial
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