

Triple Spiral Bracelet

Adapted from instructions by Bunny Crosson



Supply List for Triple Spiral:

8/0 seed beads for core (1 color)

11/0 seed bead (color #1)

11/0 seed bead (color #2)

11/0 seed bead (color #3)

Nymo with Thread Heaven, Silamide thread, Fireline or thread of your choice, used single.

#10 or 12 beading needle (again your choice of needle)

Step1: Put out 4 piles of beads, starting with the #8/0 seed bead and 3 piles of the other colors, this will be the color sequence for the cord.

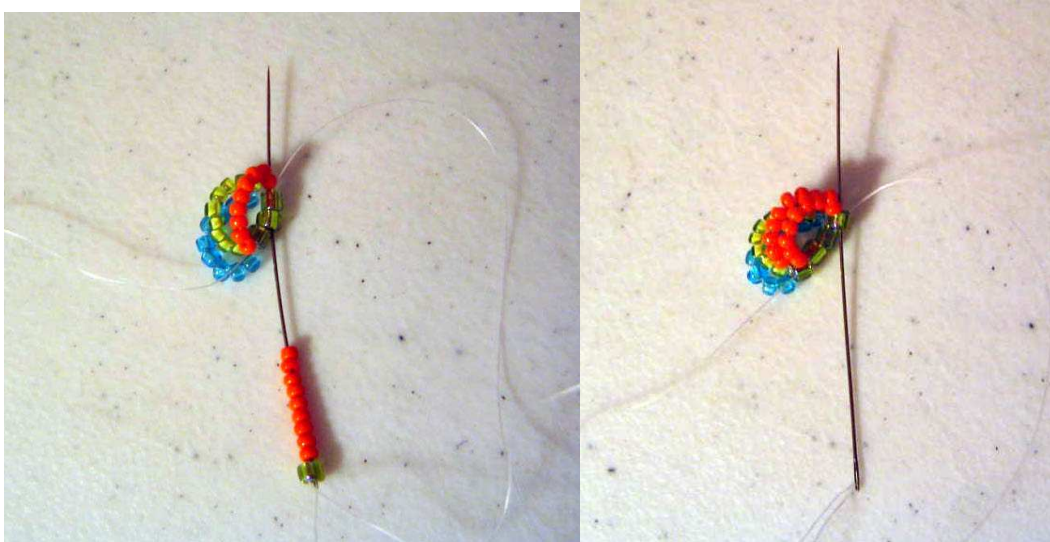
Step#2: Leaving an 8" tail put on 3 #8/0 beads, and 9 beads from the 1st pile of 11/0. Go back thru the core beads (from the tail up) and push the 11/0 beads to the left side. (I'm right handed). Put on 9 beads from the 2nd pile of 11/0's and again go thru the core. Push these new beads to the left. Now put on 9 beads from the 3rd pile of 11/0 seed beads and go thru the core beads, and push this group as well as the 1st group to the left side.



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Step #3: You are now ready to put on one #8/0 (new core bead) and 9 seeds from the 1st 11/0 pile. Needle though two old core beads and the one new core bead just added. Push this row to the left!



Move on to add nine of the next color bead. Needle up through 3 core beads (two old and the one new), push tot the left and proceed to the next color doing the same. You will only add a new core bead after you have finished a round with the 3 colors.

The color of 11/0 seed bead you are putting on will always be on the left side. If it isn't you will end up with what beaders call "confetti" and you will not see the spirals. Repeat step #3 until you have the desired length. Add a clasp at both ends.

Variations:

1. You may use size 6/0 beads for the core beads and three colors of size 8/0 beads for a different look. It will be larger and will work up faster!
2. You can use 7 beads for a row instead of 9. The rows will be not as fluffy. They will be closer to the core.
3. You can use a different size bead for the middle bead of each row. You would add 4 size 11 beads then a 3mm or 4mm firepolished crystal then 4 more size 11 beads. This will give it a more decorative look. You can do this for each color or for just one color.

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