

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. I prefer Fireline 6lb weight.

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

Step#1: 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 piece (we'll say red, blue and green).

Step#2: Leaving an 10" tail first put on a stop bead then put on 3 #8/0 beads (core beads), and *9 (See Variations) beads from the 1st pile of 11/0 (red). Go back thru the core beads (from the tail up) and push

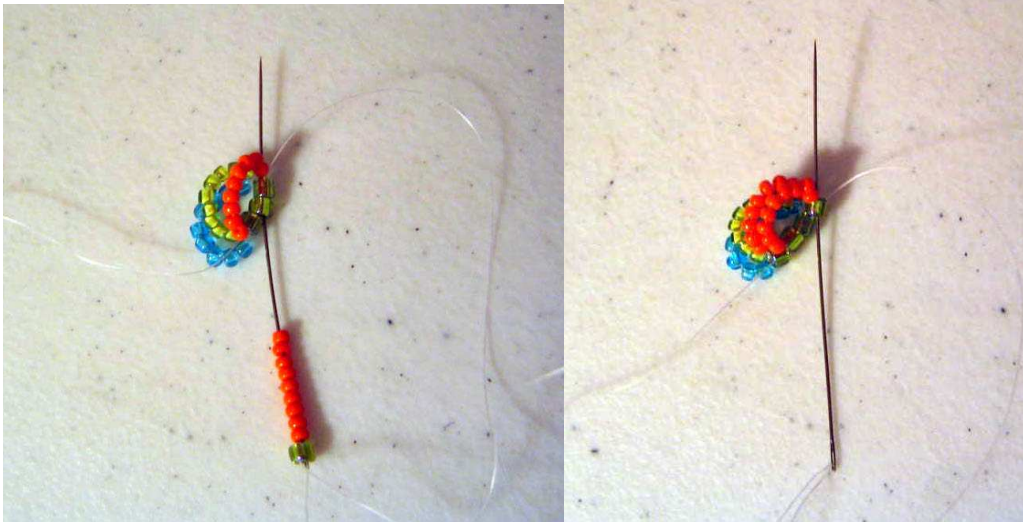
the 11/0 red beads to the left side. (I'm right handed). Put on 9 beads from the 2nd pile of 11/0's (blue) and again go thru the core. Push these new beads to the left. Now put on 9 beads from the 3rd pile of 11/0 seed beads (green) and go thru the 3 core beads, and push this group as well as the 1st group (red) 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 (red). Needle through 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 (blue). Make sure the previous row of blue is to the left. Add nine blue beads. Needle up through 3 core beads (two old and the one new), push to the left. Push the previous green row to the left and add 9 green beads. Needle up through the same 3 core beads.

Step #4. Push the red rows to the left, add a core bead and 9 red beads. Needle up through two old cores and the new core just added. Proceed to add the next two colors as in the previous step. You will only add a new core bead after you have finished a round with the 3 colors. (All the previous rows of the color that you are adding will be on the left! If you are working on a green row all of the previously added green rows should be on the left.) If they aren't you will end up with what beaders call "confetti" and you will not see the spirals. Repeat step #4 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 fire polished 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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