



















Twisted Necklace



<p>An exclusive kit from The Bead Shed www.thebeadshed.co.uk Difficulty Level ① ② ③ ④ ⑤</p>	<p>You will need....</p>	<ul style="list-style-type: none"> • KO or Nymo Beading Thread & Needle • 200 x 4mm Cats Eye Beads • 10g Sz 8 Seed Beads • 5g Sz 15 Seed Beads • 1 x 30mm Focal Bead • 1 x 12-15mm Focal Bead • 3 x 5mm Crystals 	
	<p>1. Thread your needle with approx 1m Beading Thread. 2. String on 2 x Sz 8 seed beads / 2 x Sz 15 Seed Beads / 1 x 4mm Cats Eye Bead / 2 x Sz 15 Seed Beads.</p>		<p>3. Leaving a 4" tail tie the two threads to pull the beads into a circle, double knot to secure.</p>
	<p>4. String on 1 x Sz 8 Seed Bead / 2 x Sz 15 Seed Beads / 1 x 4mm Cats Eye Bead / 2 x Sz 15 Seed Beads.</p>		<p>5. Take your needle back UP through the last 3 Sz 8 Seed beads on the work and the Sz 8 Seed Bead you just strung on. Pull the string in tight which will make the beads lay down on the work.</p>
	<p>6. Make sure your last set of beads always lie to the right of the set before. Your thread should always come out at the top of your work ready to begin the next set.</p>		<p>7. Repeat Steps 4 & 5 until your work measure approx 16" or the desired length for your neck.</p>
	<p>8. To add more thread simply make a half-hitch knot (by threading through the previous thread and catching the loop before pulling tight) & weaving your thread into the work (Hitch it again to make more secure before trimming off) Work a new thread in the same way before beginning again.</p>		<p>9. When you have reached your desired length, string on 2 x Sz 8 Seed Beads, 1 x 12-15mm focal Bead and 1 x Sz 8 Seed Bead. 10. Thread back through all of these beads missing the single bead at the end.</p>

	<p>11. Pull in tight and half-hitch the thread.</p> <p>12. It is suggested that you work back through the Sz 8 Seed Beads and Focal a few times, back and forth, to strengthen, half-hitch your thread again and weave in the ends before trimming off the excess.</p>		<p>13. Join some thread at the opposite end as in Step 8, and when secure string on enough Sz 8 and Sz 15 beads (alternately) to make a loop to fit your focal bead into. Be careful not to make it too tight or too loose.</p> <p>14. Join the loop by sewing into the last bead on the work.</p>
	<p>15. Strengthen the loop by sewing through it a few times before half-hitching and weaving in the ends.</p>		<p>16. Take approx a meter of beading thread and thread up your needle. String on 30 Seed Beads, alternating Sz 8's and Sz 15's; tie into a loop by double knotting the thread.</p>
	<p>17. Thread on the large focal heart bead followed by a 4mm Cats Eye bead.</p>		<p>18. Thread on 9 Seed beads (alternating Sz 8 & Sz 15's) followed by the 5mm Crystal and ending with a Sz 15 Seed Bead.</p> <p>19. Thread your needle back up the beads, missing out the Sz 15 at the end.</p>
	<p>20. Pull tight and thread back through to the top of the heart.</p>		<p>22. When back at the top of the heart repeat from Steps 16 – 18 to form 3 loops and 3 dangles. Half-hitch the thread, and weave in the ends.</p> <p>23. Finally thread your heart pendant onto your spiral necklace.</p>