



Flat Spiral

Pattern and instructions by Gail DeLuca

Flat spiral is a variation of Simple Spiral and is easy to learn, and super impressive as a finished project! Try it with Czech firepolish, crystals or pearls - it's a stitch that's easy to adjust depending on the beads you are using.

Refer to my blog on the Fundamentals <http://www.whitefoxbeads.com/bead-weaving-fundamentals-essential-stuff-for-successful-stitching/> for information on adding thread, clasp ideas and more.



Tools and supplies

- 6mm fire polish or pearls
- 4mm fire polish or crystals
- Size 15 seed beads
- Size 11 Seed Beads
- Beading thread - Fireline 6lb
- Beading needles, size 10
- Bead blanket or other work surface
- Scissors

Flat Spiral is worked with “core” beads and the “loop” beads. In this project we will be using 6mm fire polish or pearls for the core, and a combination of beads for the loops. Stitch to desired length, and add a clasp of choice.

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1. Thread a needle with about 4-6 feet of thread, whatever you are comfortable working with.



2. To get started, string two 6mm core beads and a size 15 seed bead, three size 11 seed beads, one 4mm bead, three size 11 seed beads and one size 15 seed bead.



3. Stitch through both 6mm beads again, pull the thread all the way through forming a loop. (Take care to keep an eye on the length of the tail here, making sure to leave 12" to use to attach the clasp with later)
4. String a size 15 seed bead, three size 11 seed beads, one 4mm bead, three size 11 seed beads and one size 15 seed bead.



5. Stitch through the two 6mm core beads AGAIN. At this time, push one set of loop beads to the left and the other set to the right.



6. String one 6mm core bead, a size 15 seed bead, three size 11 seed beads, one 4mm bead, three size 11 seed beads and one size 15 seed bead.



7. Stitch through the “top” 6mm bead in the core. This refers to the core bead farthest away from the tail. Also stitch through the 6mm core bead you added in step 6.

8. Push the loop beads to the left.



9. String a size 15 seed bead, three size 11 seed beads, one 4mm bead, three size 11 seed beads and one size 15 seed bead.

10. Stitch through the **top two** 6mm beads in the core. Push the loop beads to the right.

Repeat Steps 6-10 and continue stitching until you reach the desired length and finish with a clasp.

As you continue stitching, if your beadwork flips over, take care to add your loops on the same side of the bracelet. The loop beads should layer on top of the previous loop beads.

Try These Variations:

- Substitute a size 6 seed bead for the 4mm Fire polish
- Use a 15, 9 size 11, and a 15 as an alternative “loop” sequence

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