

# Step into summer



Show off your feet with these easy to create stylish foot thongs.  
By Helen Kaut

Cardiff based freelance journalist Helen launched her jewellery business in September last year. She enjoys working with different techniques using a variety of materials. Foot thongs are perfect for beach weddings, belly dancers or just for wearing when it's nice and warm. I started making foot thongs after a friend of mine, who attends belly dancing classes, asked me to make some for her. They are easy to create and are made by using two needles. You can try different colour combinations to create the perfect foot thongs for you. Word of warning: Don't wear these in your shoes! This project was made for a shoe-size 4-5 but is adaptable for other sizes.

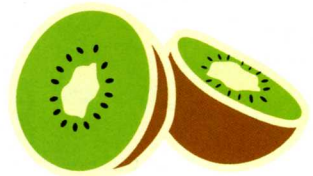
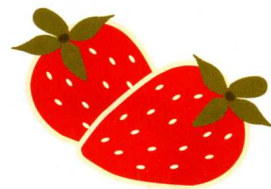
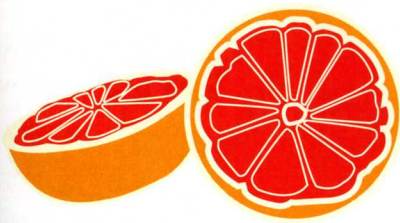


## MATERIALS

- ▶ 2 needles big enough to fit Fireline
- ▶ 120-150cm approx. Fireline 8LB strength (be generous for larger feet)
- ▶ 5mm jumpring
- ▶ Lobster clasp
- ▶ 2 x 12mm calottes
- ▶ 1 tube size 11 Japanese silver lined silver seed beads
- ▶ 1 tube size 8 Japanese silver lined red (garnet)
- ▶ 1 tube size 8 Japanese silver lined silver beads
- ▶ 1 tube 6mm Japanese silver lined silver bugle beads
- ▶ 2 x 6mm white Swarovski pearls
- ▶ 4 x 6mm light Siam AB Swarovski bicone crystals
- ▶ 4 x 4mm clear AB Swarovski bicone crystals
- ▶ Optional - 2 extension chains

## designer tip

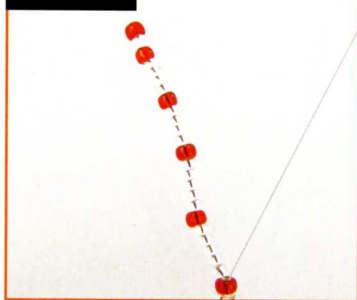
- ▶ Before finishing off with the calottes and clasp try on the thong to make sure it fits snugly and adjust the length by adding or taking out some beads. You can also add extension chains
- ▶ Always make sure that you counted the correct number of beads, so before adding the calottes check your design to make sure no beads are missing
- ▶ You can use other thread, but I chose Fireline, because it is a tough and forgiving material, which is used for fishing and ideal for using with crystals like Swarovski



### STEP 1



### STEP 2



### STEP 3



### STEP 4



### STEP 1

Cut about 150cm Fireline and thread a needle through at each end. The foot thong starts with the loop for the second toe. Thread 50 silver-lined silver beads size 11 on and make sure they are placed at the centre of the thread. Go through all the beads with one needle, so it forms a loop. If necessary re-adjust the loop so it sits at the centre of the thread. Add one red seed bead through both needles.

### STEP 2

Beginning with one end, thread the following seed bead sequence: 5 silver size 11, 1 red, 5 silver, 1 red, 4 silver, 1 red, 4 silver, 1 red, 1 silver size 8, 1 red, 1 bugle, 1 red, 1 silver size 8 and 1 red. Repeat with the other thread but only add the silver lined size 11 beads and go through the already existing red beads and bugle bead.

### STEP 3

Separate the threads again and thread on each side the following sequence three times: 6 size 11 silver, 1 red, 1 bugle, 1 red until you have three bugle beads in your sequence. Add another size 8 silver and a red. Set aside one thread end. Take one thread.

### STEP 4

Add another silver lined size 8 followed by another red, 4 silver size 11, a red, bugle and red, 10 silver size 11 beads. For the Swarovski drop sequence add another red bead, followed by clear AB Swarovski bicone, light Siam Swarovski bicone, white Swarovski pearl, light Siam Swarovski bicone, clear AB Swarovski and red seed bead. Go with the needle back through the whole Swarovski sequence. Make sure you pull the thread tight.

### SUMMER 2011

### FASHION INSPIRATION

## fashion tips

**BELOW** Leather bag Dune £50

**RIGHT** Lemon print sundress £9 and sunglasses £2 Primark



### STEP 5



### STEP 5

Continue with the same sequence as before the Swarovski drop sequence until you end up with just the silver lined size 8 bead. Set aside the needle and pick up the other thread end. Go with the thread through the whole sequence you just created until you reach the silver size 8 bead added at the beginning of step 4. Go through that silver bead.

### STEP 6



### STEP 6

On both sides follow the sequence: 6 silver size 11, 1 red, one silver bugle, one red, 6 silver size 11 until you have 4 bugle beads in total and 24 silver beads. Add another 4 silver lined size 11, another red, a silver lined size 8 and another red bead. Add the calottes, secure a seed bead size 11 inside it going through that bead again. Weave the Fireline through the calotte and beads, securing it with a few knots along the way. Finish off by adding the jumprings and lobster clasp.

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### resources

All supplies can be purchased at many companies advertised in this magazine.

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