

# TANGLES'N KNOTS

## CHEERS

*For all you "soccer moms" out there: This one is for you! (YES! I was one for 8 years!)*

*Here is a great little tutorial that will help you cheer on your little player (or professional player) in style. A simple charm bracelet paired with a paracord style bracelet makes this piece both dainty and sporty at the same time. Make them in all your favorite team colors or for your entire team and get ready to CHEER your teams on in style!*



### MATERIALS:

- Sport Charm
- 3MM Crimp: Hole 2.5MM
- 6/0 Beads
- 3 Colors 1.4MM Chinese Knotting Cord
  - Main Color: 3 Yards
  - Color 1: 1 Yard
  - Color 2: 1 Yard

### KNOTS:

- \* Macrame Square Knot
- \* Square Knot Sliding Clasp

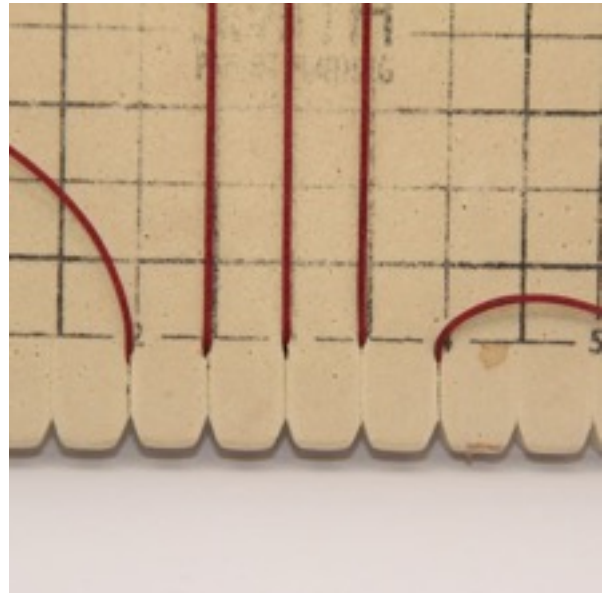
### TOOLS

- \* Scissors
- \* Thread Burner or Lighter
- \* Macrame Board & Pins
- \* Crimper
- \* Plastic Craft Needle

The macrame pattern for this bracelet is called the Macrame Square Knot w/Weave. It is a simple basic Macrame Square Knot but one of the cords (the one going over the top) will weave through the core cords first.

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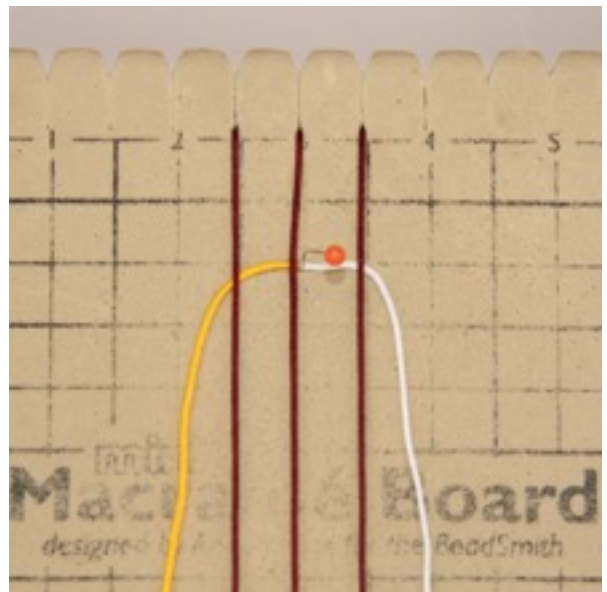


1) Cut Three 20 Inch Pieces of your main color. In our case this will be Garnet. Place them on your Macrame Board.

2) Secure the bottom of the three pieces of cord by pulling them down through one slot and then up through the adjacent slot.



3) Cut 1 yard of Color 1 and 1 Yard of Color 2. Melt the ends and seal them together.



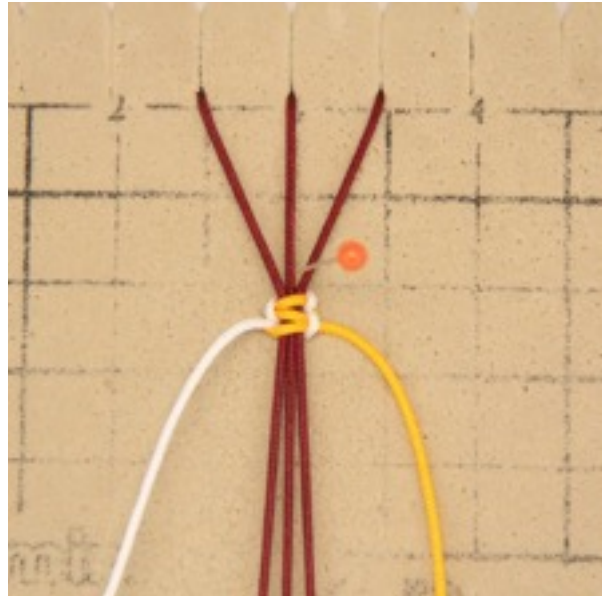
4) Put the two colored cord underneath all 3 main cords centering the meld under the middle cord. Pin in place.

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Border

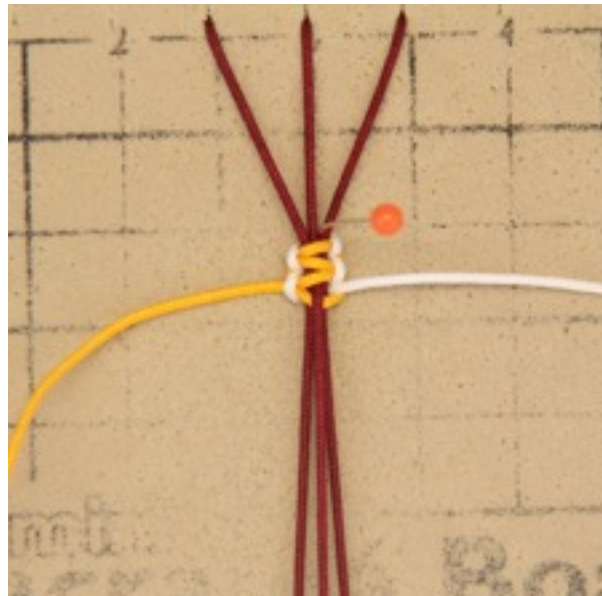


5) Choose which color you would like as the border. In our case we chose White. This color will ALWAYS go under all three main cords when knotting.

6) Macrame three regular square knots making sure the white cord goes under every time.



7) Start Weave! Thread Yellow cord under the middle cord cord before completing square knot.



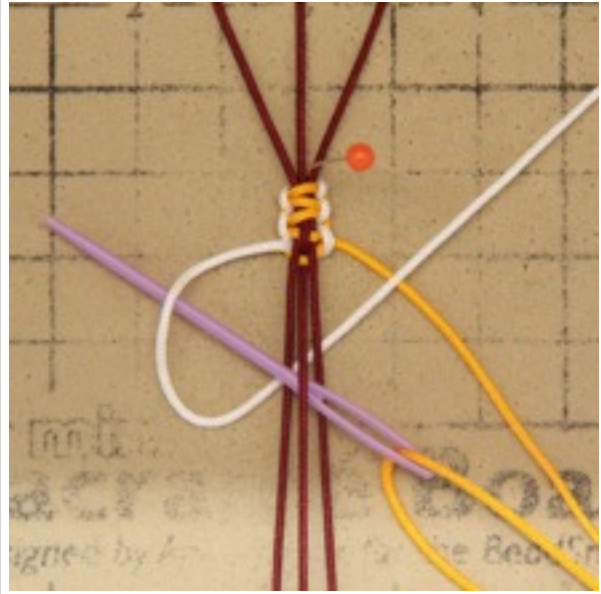
8) Tighten the yellow cord first and then the white. This will create a more balanced knot.

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9) Thread the yellow cord under the first core cord, over the middle core cord and under the third core cord this time before finishing off the square knot.



10) Tighten and repeat steps 7-9 for desired length.

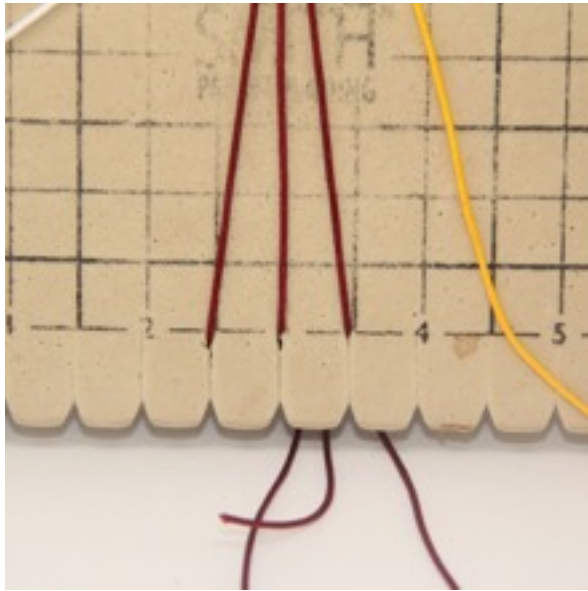
### *Calculating Desired Length*

Measure your wrist. A comfortable but snug fit works best for wearing this bracelet. Subtract 1.5 inches for the clasp. This is the length that you will macrame for. My wrist measures 6.5 inches so I will macrame for 5 inches.

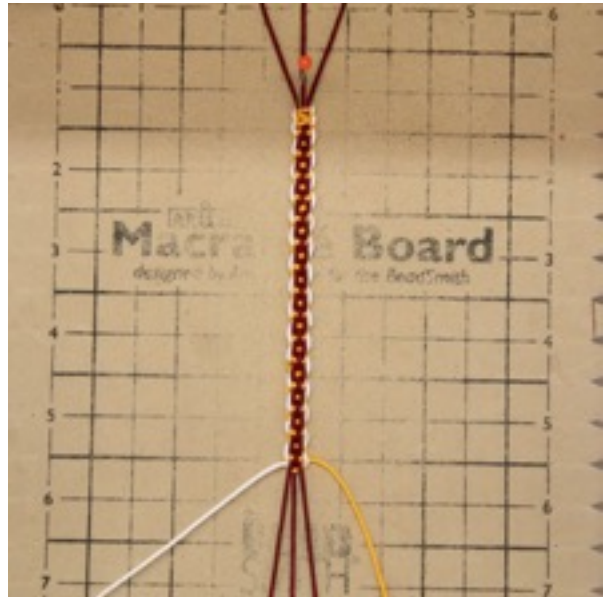


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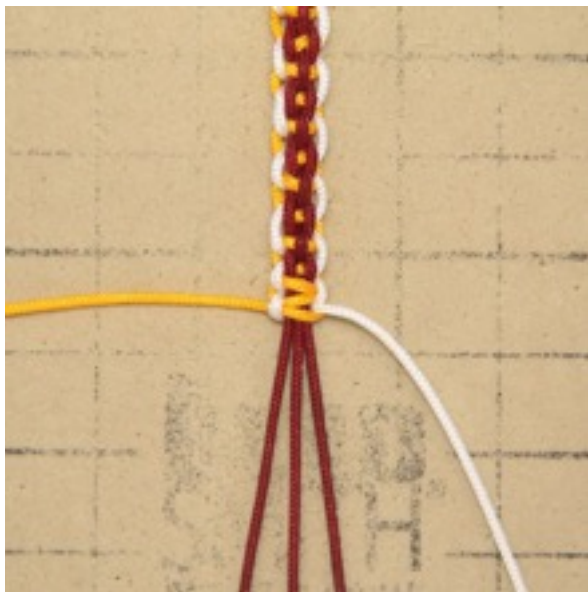
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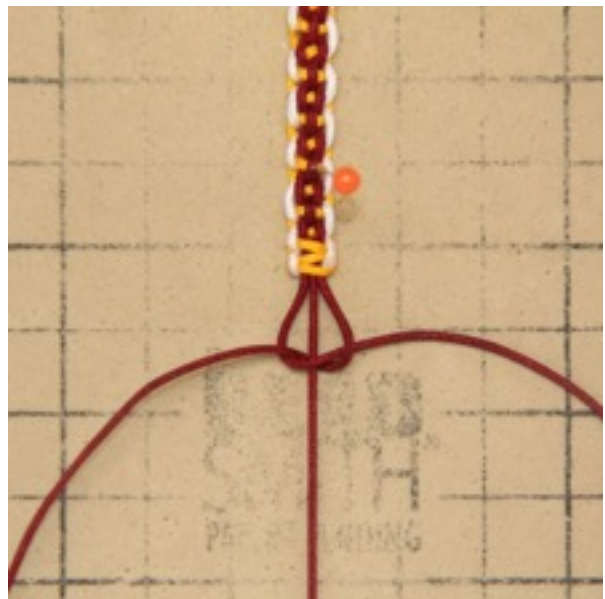
11) As you macrame you might need to re adjust the core cords as you work as they will tighten as you weave.



12) When you have finished you will have a braid that looks like this.



13) Finish off your braid with 3 regular (no weave) square knots. Cut and seal the ends of the yellow and white cords.



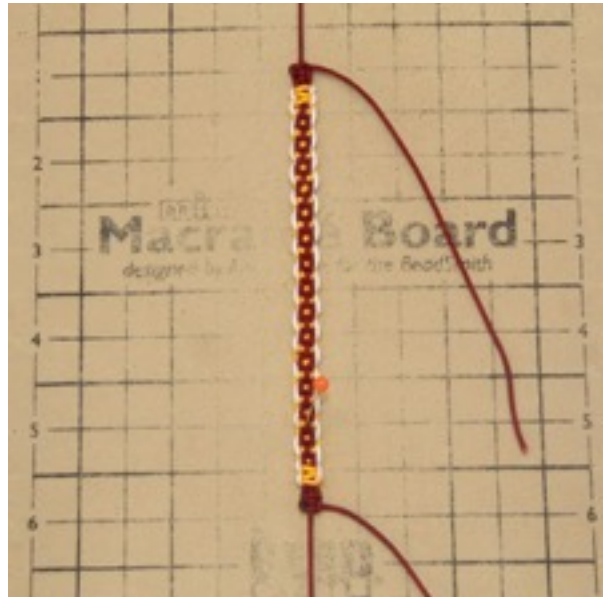
14) To start forming the clasp, macrame 3 square knots with the three cord cords.

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15) Repeat on the other end.



16) Pin your bracelet to the board. Cut and seal off the left core cords so your bracelet looks like the picture above.



17) Cut two 20 inch pieces of main color. Thread cord through crimp and through charm.



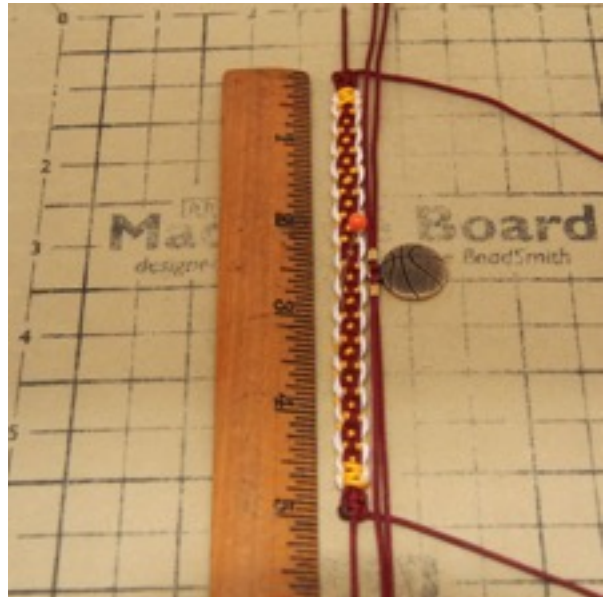
18) Thread cord back through crimp. Before tightening the crimp make sure the cords are even.

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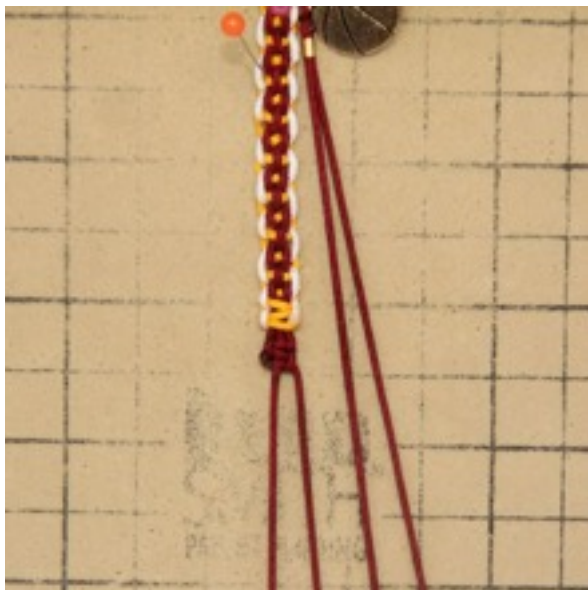
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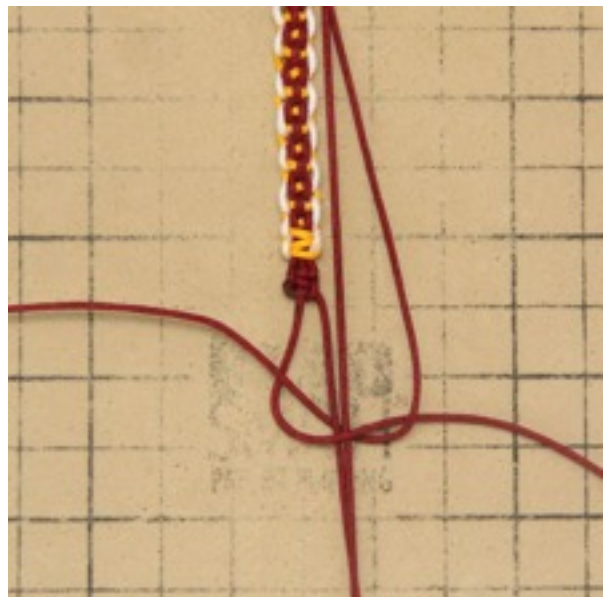
19) Repeat on the other side.



20) Lay out your bracelets. Make sure the charm is in the middle of your macrame bracelet. Pin in place.



21) These are the four cords you have left. The middle two cord will be your core cords. The rightmost and leftmost cords will be doing the final macrame.



22) Macrame three square knots. Make sure that the cord attached to the charm goes under first.



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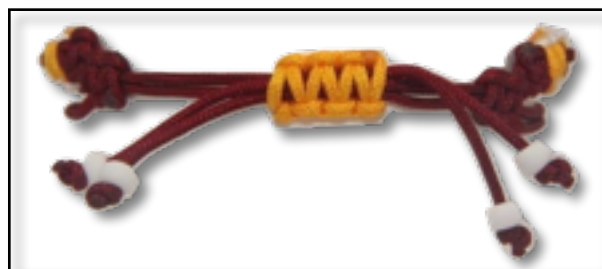
23) This is what your piece should look like. Repeat on the other side. NOTE: On the other side, the cord attached to the charm will be the leftmost cord.



24) Cut and seal cords. Your piece should now look like this.



25) All that is left is to make the sliding clasp knot. Please see video for directions on how to make this clasp.



26) Add 6/0 beads to the ends of your cord, cut and seal. You are Done!



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