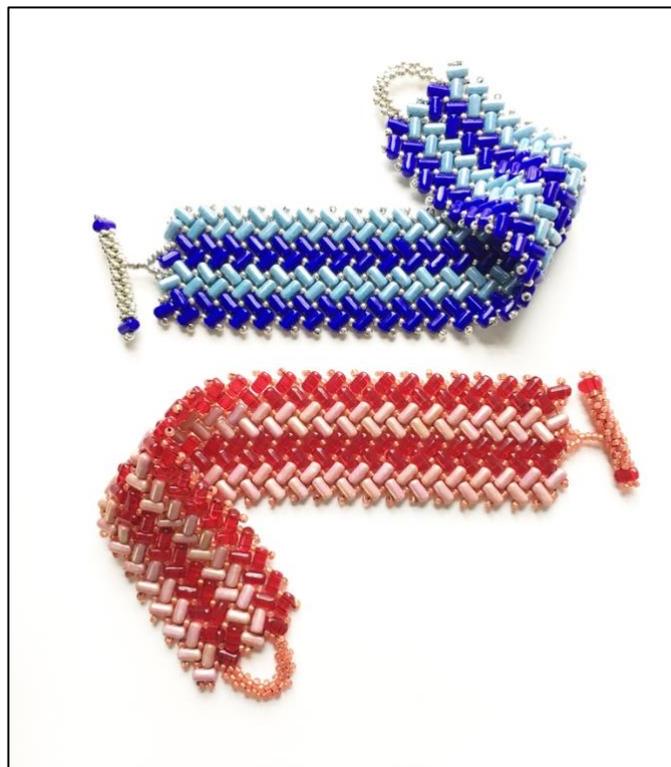




ZIGZAG RULLA CUFF

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Learn how to recreate this popular zigzag technique for working with two-holed beads. Our “striped” version uses two-holed rulla beads and size 11° seed beads, but this technique can be applied to many other two-holed beads. Refer to illustrated steps on the last page.

MATERIALS:

Rulla beads in two colors:
A (lighter color) and B (darker color)
Size 11° Japanese seed beads
Fireline 6 lb. black or to blend in with colors
Size 10 or 12 beading needle
Scissors

TECHNIQUES:

Working with two-holed beads, ending and adding thread, peyote stitch and zip-up

SKILL LEVEL: Intermediate

NOTE! Check all holes of any multi-holed beads to make sure they are clear before use. Just peek at them as you work. It's worth the extra time!

CUFF ROW 1 (FIGURE 1)

1. String a stopper bead on a 2.5 yard piece of thread, leaving a 10-inch tail. String an 11°, a rulla color A, an 11° and a rulla B two times for a total of four rullas.

NOTE: The beadwork will arc a bit in the first three rows. To help keep your beadwork from twisting, work the first three rows with your piece held down on your work surface, open holes facing towards your dominant side. Pay attention to where the tail thread is and keep that as your orientation.

CUFF ROW 2 (FIGURE 2)

2. String an 11°, a rulla B, and an 11°. Sew through the previous rulla B open hole and the next 11° from Row 1. (Figure 2 a-b)

3. String a rulla A and an 11°. Sew through the open hole of the next rulla A and 11° from Row 1. (Figure 2 b-c)

4. String a rulla B and an 11°. Sew through the open hole of the next rulla B and 11° from Row 1. (Figure 2 c-d)

5. String a rulla A and an 11°. Sew through open hole of the next rulla A, the first one strung in Row 1. String an 11°. (Figure 2 d-e)

6. Sew back into the rulla hole just exited (so the 11° sits by itself) and through the 11° strung after the last new rulla A. (Figure 2 e-f)

CUFF ROW 3 (FIGURE 3)

7. String a rulla A and an 11°. Sew through the next rulla A and the next 11° sewn in Row 2. Do not sew through the 11°s from Row 1. (Figure 3 a-b)

8. String a rulla B and an 11°. Sew through the next Row 2 rulla B and the next 11°. (Figure 3 b-c)

9. String a rulla A and an 11°. Sew through the next rulla A and the next 11° from Row 2. (Figure 3 c-d)

10. String a rulla B and an 11°. Sew through the end rulla B in Row 2. String an 11°. (Figure 3 d-e)

11. Sew back through the rulla just exited and through the next 11°. (Figure 3 e-f)

You should see the zigzag pattern beginning.

CUFF ROW 4 and on (FIGURE 4)

12. Repeat Figures 2 and 3 to work the rest of the cuff. **Note** the rulla color changes to keep up the “stripes” of each color which will run lengthwise in the cuff. Bead enough rows for the desired cuff length minus an inch clasp allowance.

EDGE LAST ROW (FIGURE 5)

13. Make sure your last row looks like Figure 5, with the rullas facing the same way. You should be exiting an 11°. String an 11° and sew through the open hole of the rulla. Sew through the next 11°. Repeat to add new 11°s down the edge. Exit the bottom rulla. String an 11° and sew back into the rulla. Secure the thread in the beadwork and trim.

EDGE ROW 1 (FIGURE 6)

14. Remove the stopper bead from your starting tail thread and thread a needle. Exiting the first 11 strung in Row 1, sew back into the rulla and the next 11° from Row 1. String a new 11° and sew through the next rulla and the next 11°. Sting a new 11°. Continue to add new 11°s along the row atop the rullas as you did in Step 13 for the last row. After sewing through the bottom rulla in Row 1, weave in your tail thread to secure and trim.

TOGGLE LOOP

Peyote Loop Row 1 (FIGURE 7)

15. String a stopper bead on a 16-inch piece of thread. Sew through the second rulla in Row 1 (Figure 7 a) from inside to outside. String seventeen 11°s. Skip one pair of edge 11°s, and sew from outside to inside through the next size 11°s (Figure 7 a-b). Sew through the third edge rulla (Figure c) and the next two 11°s (d). Sew through the first rulla exited in this step. Repeat thread path to reinforce.

Peyote Loop Row 2 (FIGURE 8)

16. Work peyote stitch back around the loop and through the last loop bead (Figure 8 a-b). Sew into the rulla (Figure 8 c) and out the other hole. Exit out through the two 11°s and the loop bead (Figure 8 b).

Peyote Loop Row 3 (FIGURE 9)

17. Peyote stitch the third and last row around the toggle loop. String two beads in a stitch or two if needed to keep the loop from clinching up (Figure 9 a). After adding the last new 11° (Figure 9 b) sew into the 11° atop the rulla, through the rulla and out the other hole of that rulla. Sew through the two edge 11°s and back through the rulla (Figure 9 b-c). Secure the thread in the beadwork and trim. Remove the stopper bead, secure the tail in the beadwork, and trim.

TOGGLE BAR TUBE

18. On a 16-inch thread string fourteen 11°s, leaving a 6-inch tail. Work even count peyote for a strip four beads wide. Zip into a tube. Knot working thread and tail. Weave in tail and trim. Sew through the tube.

TOGGLE BAR END BEADS (FIGURE 10)

19. String a rulla and two 11°s. Sew back through the open hole of the rulla pulling the 11 and through the tube. String another rulla and two 11°s and sew back through the open hole of the rulla and through the tube. Weave through the 11°s in the tube to exit the seventh bead in from one end.

ATTACH BAR TO CUFF (FIGURE 11)

19. Sew into the end hole of the second rulla from the corner end of the cuff (Figure 11 a). Sew through the beadwork to exit the next rulla in the middle (Figure 11 b). Sew out through the other hole of the same rulla. String three 11°s. Sew into the first four 11°s of the seven first strung for the stem. Sew through the seventh 11° in the tube exited in Step 18. Sew again through the stem beads and rullas in the cuff, and back to the toggle bar. Pull snug. Secure thread end in toggle (or sew back through the stem beads into the cuff if the toggle bar stitching is too tight) and trim.



LESLIE ROGALSKI is currently the Creative Director for the BeadSmith. She's been the editor in chief of *Step by Step Beads*, technical editor for *Bead & Button*, and a designer for many other entities in the bead world. Known for appearances on *Beads, Baubles and Jewels* (PBS) and *Jewelry Television* in the U.S., and *Jewellery Maker TV* in the U.K., Leslie also has a Doodlebeads class on Blueprint.com for essential seed bead stitches. Find more of her work online on the I LOVE BEADS pages of beadsmith.com, personal designs at www.leslierogalskibeadworks.com, and as Doodlebeader on Instagram.

ILLUSTRATIONS FOR ZIGZAG RULLA CUFF BY LESLIE ROGALSKI

