

Summer Sandals



Description: Summer Sandals are often uncomfortable, especially if they are plastic. This Macrame pattern will show you how to cover the **straps** of flip flops to make them softer. I recommend that you use soft, flexible material such as yarn or cotton.

This Macrame project is suitable for children and beginners who know how to tie Square knots. I've provided instructions for all the knots used in the design, but it's easier if you have some experience.

Supplies Needed:

- **One pair of flip-flop sandals**
- **2mm to 4mm cord material**
- **Glue**

Knots Used:

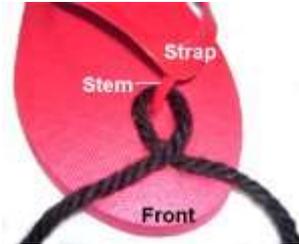
- [Square Knot](#)
- [Slipknot](#)
- [Overhand knot](#)

Preparation:

Measure the strap you will be covering, from the back (where it attaches to the sole), all the way around to the other side (also at the back).

Multiply the measurement by 8. Cut 2 cords to that length.

Front of Strap



The **stem** of the Summer Sandals is the part in the front that fits between the toes.

Step 1: Wrap one cord around the stem and center it by matching the ends. Cross right over left to make a loop.



Step 2: Fold the **right half** of the cord to form a bight. Pass it through the loop from below (**Slipknot**).



Step 3: Tighten the Slipknot by pulling on the **bight**, while holding the ends steady.

Adjust the size of the bight by pulling on the right end, but don't tighten it completely.



Step 4: Add the second cord by passing it through the the bight. Center it by matching the ends.

Pull on the right end of the **first cord** (the one that moves), to tighten the Slipknot. Make sure the knot is facing the **front** of the Summer Sandals.



Step 5: Move three of the ends towards the strap. Use the fourth end to **wrap around the stem**, along with the other three cords.

Wrap firmly, moving upward towards the strap. The Slipknot should be close to the sole.



Step 6: To secure the wraps, pull a small portion of material towards you, forming a loop.

Wrap the cord around one last time, and pass the end through the loop. This knot should be at the top of the stem, just under the strap.

Square Knot Design

The primary knot for your Summer Sandals is the Square Knot. Instead of fillers, the strap itself runs through the knots.

[Alternating Half Hitches](#) can also be used, if the Square Knot is too much of a challenge for you. They are tied onto the strap, which is used as a holding cord.

Turn the sandal so you are working from the stem, towards the back of the strap. You will tie the knots for one half, then do the other half.

Step 7: Start by passing the end used to wrap the stem **under** the strap, so it becomes the **left** working cord. Choose another cord close to it, for the right side.

The remaining two cords are used for the other half, so push them out of your way.



Step A: Move the left cord **over** the strap and **under** the right cord.

Step B: Move the right cord **under** the strap and **over** the left cord, as you bring it out on the left.



Pull on both ends to **firmly** tighten the first half of the Square Knot.



Step C: Move the cord that's now on the **right** over the strap and under the cord on the left.

Step D: Move the end on the left under the strap and over the cord on the right.



All 4 steps = 1 Square Knot

Step 8: Repeat step 7 over and over, until the front and middle portion of your Summer Sandals is covered with Square Knots.

Back of Strap



When you reach the back of the strap, you may need to twist it in order to tie the last few Square knots.

Try to tie as many knots as you can, straightening the strap as much as possible. You may need to lift it straight up as well. **Be careful not to pull the strap out of the sole.**



Step 9: Apply glue next to the last Square Knot tied. Use the two cords to tie an Overhand knot. Position it on top of the glue. The knot must face the **outside edge** of the sandal.

Apply glue again and tie a second Overhand knot. Allow the glue to dry completely before cutting off the excess material.

Step 10: Repeat steps 7 - 9 to cover the second half of the strap.

Step 11: Repeat steps 1 - 10 to make the other sandal.