

Kurrajong Handcrafts

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## Sunday Spin-a-Long #2: It's all in the Wrist

### Or, Plying from an Andean Bracelet

I spin a lot of samples. For articles, photo shoots, to test out an idea or to find the best twist amount or wheel ratio. Being of a fairly unenergetic persuasion, I quickly tracked down a way of getting my short samples plied up without having to resort to spinning little bits on many bobbins and constantly unscrewing the flyer on my wheel. All my short 2-ply samples are plied back on themselves using a centre-pull ball wound off on my Nostepinne – some of you may have read my article to the effect over at [Spindle and Wheel](#).

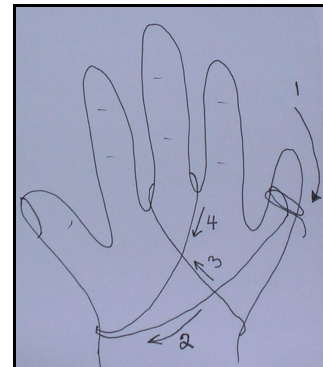
Naturally, you may not have a Nostepinne handy. In which case, Andean plying is your friend because all you need is your hands. It is possible to use a specially made tool – sometimes called a Peruvian Plyer – to make an Andean Bracelet, but this tutorial is about not needing any special equipment, just quickly and easily plying a sample of your yarn so you can see how it's going to turn out before committing yourself to several bobbins full.

#### ***Step one: Spin some yarn.***

For a sample, I tend to spin two bumps on the bobbin. This generally gives me enough to knit a small swatch from the plied yarn if I want to, and gauge any colour effects properly. I spun the yarn for today's photos on a drop spindle, partly because I was feeling too lazy to unscrew the flyer and put a new bobbin on the wheel! Andean plying is particularly suited to spindlers and you can easily ply your whole spindle-full of singles from one bracelet.

#### ***Step two: Wind your bracelet.***

I did some research on this and I discovered that there are several ways to wind an Andean Bracelet. This method is the only one I've ever tried but it works for me and you know what they say – not broke, right. The important thing for every method, however, is to be consistent in your wrapping. *Do not* switch direction halfway through and start winding a different way. You'll pay for it when your yarn becomes a tangled mess of spaghetti squiggle.

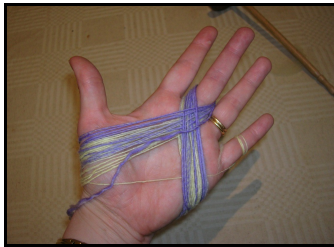


The wrap:

1. Attach the free end of your singles to the little finger of your non-preferred hand by wrapping it around a couple of times.
2. Take the yarn across the front of your hand, below the thumb and around the back of your wrist
3. Bring the yarn around to the front of your hand and take it back between your middle and index fingers, then forward between your middle and ring fingers
4. Take the yarn down past your thumb again and behind your wrist.



Repeat steps 3 and 4, always wrapping in the same direction, until you have run out of yarn. Ignore the phone if it rings, or make the cat answer it (this is why some people use a Peruvian Plyer).



- 5.5. Detach the tail of yarn from your little finger and hold it together with the other end
6. Slip your middle finger out of the loop and let the bracelet fall to your wrist. You can safely switch the bracelet to your other hand if you prefer, before plying, just keep a good hold on both the ends of yarn.

***Step three: Ply from the bracelet.***

Simply attach the two ends together to the leader on your spindle or wheel and start to ply. The singles will draw out from the inside and outside of the bracelet without tangling until the whole length is doubled back on itself in a 2-ply yarn.

That's really all there is to it. But because you have to send in a photo to enter the prize draw, and because we want photos that don't all look the same, apply your imagination to the process and produce the most unusual 2-ply you can think of! Simply spin a length of one colour/fibre followed by a similar amount of the second. Purple-on-yellow? Not very exciting at all – try different fibres, different thicknesses, interesting colour combinations. I can't wait to see what you come up with!



**Send your pics (less than 50k please) and comments to:  
dianemulholland AT gmail DOT com**

