

RINGSTRAP HUARACHES

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MATERIALS NEEDED

Sport yarn in cotton, linen, hemp or nylon. You can use any material that gets you the right gauge of six or seven or so whole rings per instep strap.

Approximately 250-350 yards, depending on size.

If you have large feet and use finer thread you will want to have more than 6 rings per strap.

Strong yarn or thread for joining sole to uppers. Can be in contrasting or coordinating color.

Crochet hook to fit the thread or yarn of your choice. (Make a swatch of one whole instep band to see how many rings you will need, or if you need a thicker or thinner thread or yarn.)

Two ½ inch buckles for sandal straps, or buy the size to fit the strap you make after sandal is finished.

Soles: Use Flip-flop soles using bathroom caulk to fill in the strap holes. Alternatively you can use shoe leather soles of medium flexibility, or cut your own out of leather, recycled billboard signage soles, or any rubber of size that you can find, even old tires will work! Or make your own: Single crochet your own soles from Jute or Hemp.

Nail and hammer, or nail, pliers and candle, or awl, or leather punch, to punch stitch holes in soles. See instructions for Prepare Soles.

INSTEP SECTIONS

Chain 8 and join to first stitch to make a ring, then single crochet around it for 24 stitches and pull the tail of thread snugly to get a somewhat firm ring. Slip stitch to beginning. Chain 8, join to first chain to make a ring. 12 single crochet, join to stitch 12 of the first ring with a slip stitch. 12 single crochet to finish ring, slip stitch to beginning. Continue adding rings until you have enough to go over the ball of your foot as shown.

How many rings you make will depend on your gauge and the size of sandal you are making.

Make 4 chains of at 6 rings for the instep sections as illustrated.

Make your chains of rings into a strap: Chain 3, *3 half-double crochet into ring, chain 3*. Repeat from * to * along each side of the ring chain. You have 3 stitches per ring, and 3 chains between rings, starting and ending with chain 3 to make the chains into bands.

HEEL SECTION

For heel section, make one chain of rings as for the front of foot section. Make the second ring chain as first while joining each ring to both the ring before it, and to the corresponding ring of the first Heel Section chain of rings (at stitch 6) into the first heel chain.

Make the heel section for the other sandal the same way.



ANKLE STRAP

Make ankle strap to fit ankle to measure with extra length of about 2 inches for looping through buckle pieces and fastening buckle:

Make a chain the length appropriate for your ankle plus length to sew on buckles and fasten buckle. Single Crochet around the entire chain, joining to the heel section with 3 single crochet stitches per ring as you come back toward the beginning of the chain.

This is where you differentiate the right sandal from the left sandal. For second sandal, join to heel section on the first row of SC so the strap will fasten on the opposite side as the first sandal.

PREPARE SOLES

Mark holes in sole for equal spacing to crochet the sandal together. Use the sample photo and your gauge to determine spacing. Use a ruler or template to maintain equal spacing! Punch or drill holes. Use a leather punch, or a thin nail and hammer, or melt holes in rubber or plastic sole with red hot nail, depending on your materials

The sandals in the photo used ½" flip-flop soles and punched the stitch holes on a diagonal from top to exit half way down the side. This is extremely attractive, but quite difficult to get precise. Real artistry! Use the hot nail held in plyers (and a candle to heat it) to melt it instead of using a hammer punch for this precision. You can go straight through to the bottom as well. Strong thread will probably last as about as long as the flip-flop sole even if it hits the road.

JOIN UPPERS TO SOLES

Try on the straps over your foot to fit them onto the sole. Mark both sides of where you want each strap and the heel attached. Use a soft pencil or chalk to make marks on the sole for each strap and the heel section.

IMPORTANT -> this is where you get your FIT. Every foot is different, so use pins if necessary and make sure the sandal straps fit well before attaching uppers to sole.

NOTE: Here is where you may use a different yarn or thread than used on the uppers. Something sturdier like jute, linen or hemp in a size similar to the uppers would work well. Use something strong as this goes on the outside where it will get the most abrasion.

CAUTION: Make sure your second sandal is set up as the mirror image of first sandal so you won't have two left feet!

Cross front straps right over left on left foot and left over right on the right foot. Make sure buckle strap has the ends on the right side for the right sandal and on the left side for the left sandal.

Single crochet around sole going three times into each hole, attaching straps and heel section with slip stitch as you go, keeping placement of straps and heels as already marked. Try it on as you go. *You can rip out the attachment row and redo it fairly easily, especially before you join and secure your ends.*

Join with Slip stitch to beginning of round, secure thread, cut.

Make second sandal to match as mirror-image.

FINISHING

Weave in all ends or whipstitch with matching fine thread. Sew ends of buckles to ankle straps.

