

aster & vine

HOW TO MAKE A MACRAME HEART



Materials needed for Wall Hanging

- 45 ft Aster & Vine 4mm recycled cotton rope
- 8" wooden dowel

Materials needed for Coaster:

- 30 ft Aster & Vine 4mm recycled cotton rope
- Dowel (for keeping rope in place)

Scissors, tape

Knots used:

- Lark's Head Knot
- Square knot

Cut rope: Cut 12 pieces of rope 45" long for wall-hanging or 30" long for coaster.



Steps 1 – 5 are the same whether you are making a wall-hanging or a coaster.

Step 1: Folding each cord in half, attach to your dowel using a Lark's Head knot

Step 2: Leaving approximately 2" of space tie your first row of square knots. You will tie two square knots, one using cords 3 & 4, and one square knot using cords 9 & 10.

Step 2: Your second row will have a total of four square knots. Tie two alternating square knots directly under each of your square knots from Step 2.

Step 3: Your third row will have a total of 6 square knots. Starting with your left-most cords tie three square knots, skip the centre two cords and tie an additional three square knots.

Step 4: Leaving out the two outermost cords on both sides, tie a row of 5 square knots.

Step 5: To complete your last four rows, leave an additional 2 cords out per side each row for a row of 4 – 3 – 2 – 1 square knots.

Finishing Steps:

For wall-hanging:

- Cut the ends of your rope to their desired length and fray.

For coaster:

- Cut **all around** your heart, leaving approximately 1" of rope. Comb out fringe and trim until even.



This pattern was created by Erica Tjeerdsma of Aster & Vine. This pattern may be used for personal use as well as instructional material for workshops. Please share and tag your work @asterandvine on social media so I can see your creations!

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