

Comfy and Stylish Flip Flop Makeover

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Materials and notions:

¼ yard of 60" wide stretchy single knit

6- size #12 washers

Thread

Embroidery thread (optional)

Small safety pin or loop turner

Fabric marking pen or pencil

Measuring tape, ruler, scissors, hand needle

Sewing machine

General Notes:

All seams are ¼" unless otherwise stated.

All seams are made 'right-sides together' and then turned right side out.

Cut all pieces so that the stretch is lengthwise.

You may wish to double stitch the scrunchies (or everything) for extra durability.

You will trim the ends of the side wraps and the ankle wraps to a point. This will make them easier to thread through the hole in the sole and the washers.

All instructions are for a size 7-8 shoe. You may need to adjust for your own size.

Turn all seam lines to bottom or inside where they will not be seen as you assemble shoe.



Instructions:

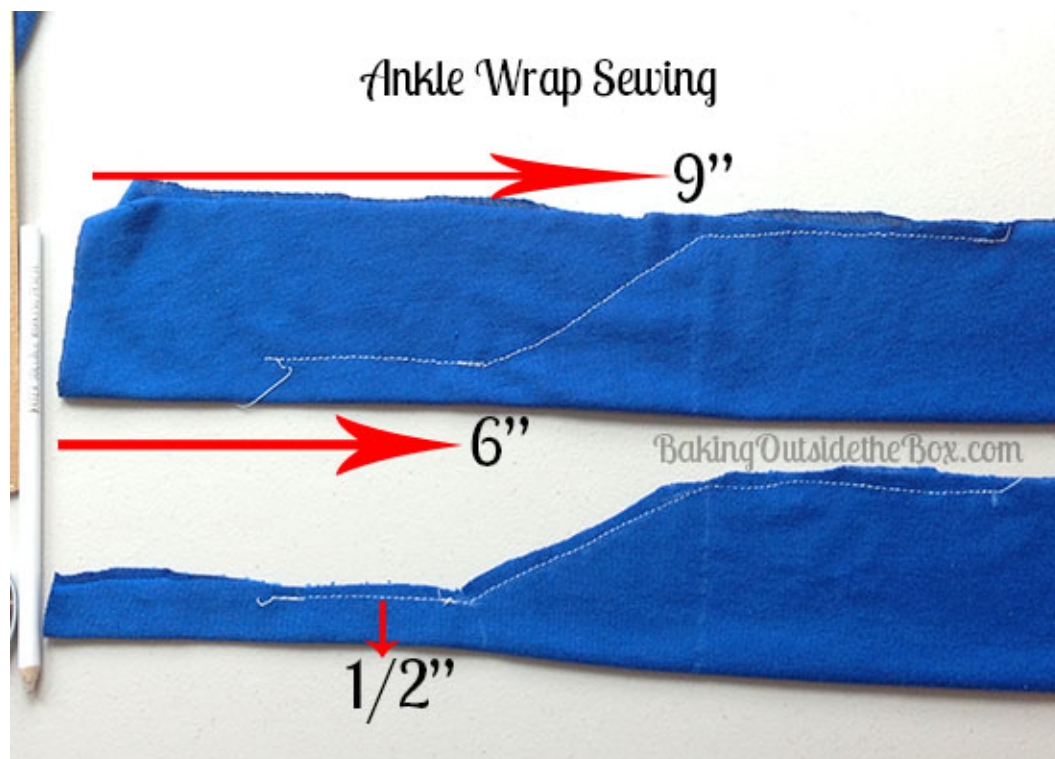
(See picture)

Cut 2 pieces of cloth that are 30" x 6" for Ankle Wraps. (Cloth should stretch along the length.)
 Cut 2 pieces of cloth 6" x 2" for toe scrunchies.
 Cut 4 pieces of cloth 9" x 2 1/2" for side wraps.
 Cut 4 pieces of cloth 3" x 1 1/2" for side scrunchies.



Prepare Flip Flops:

1. Cut off plastic toe holders and discard.
2. Gently push a washer into each hole, till it is resting firmly against the sole.



Ankle Wrap: (See picture. I used white thread so it could be seen in the example pictures.)

1. Fold ankle wrap in half lengthwise right-sides together.
2. On the wrong side, measure in 9 inches from end on both sides at the open edge.
3. On the folded edge, measure in 6" from ends and then mark 1/2" up for the seam.
4. Angle a line from the 6 inch mark up to the 9 inch mark.
5. Beginning about 3 inches from end on folded side, sew 1/2" from folded side to 6 inch mark and then turn and follow angled line up toward 9 inch mark.



6. Turn $\frac{1}{4}$ inch from the open side and continue sewing across, stopping and reinforcing seam before center to leave a 3" opening as pictured.
7. Clip threads and then on the other side of the opening, reinforce sewing and sew $\frac{1}{4}$ inch from open edges to 9" mark then turn and sew down angled line to 6 inch mark and turn $1\frac{1}{2}$ " above fold.
8. Continue sewing to 3" before ends. Backstitch to reinforce.
9. Trim seam to $\frac{1}{4}$ " and clip curves if needed. Trim ends to points.
10. Turn ankle wrap using a safety pin or a loop turner.
11. Turn in raw edges at opening and slip stitch closed.
- 12.

Toe & Side scrunchies and side wraps:

1. Sew each of the other pieces, along length using a $\frac{1}{4}$ " seam. (Be certain to reinforce ends of seams for scrunchies.)
2. Turn all pieces using a safety pin or loop turner.
3. For side wraps: trim ends to points, like ankle wrap.

To assemble shoes: Repeat each step with second shoe.

1. Pin ends of ankle wrap and thread through the toe scrunchy, pulling it up several inches. The scrunchy should be about 1" long when it is all scrunched up.
2. Take a moment to measure the foot opening. (For me it was 6 inches from the heel to the top of the scrunchy.)
3. Guide ends of ankle wrap through the toe hole and washer. (If washer pops out with cloth, just gently pull the cloth through and re-seat it in hole.)
4. Note: Write down the measurements you're making down so the second flip flop will go together quickly!
5. Try on shoe again, to find the length needed for the length of comfort of the cords between your toes. (For me it was 1" from the sole to the bottom of the scrunchy.) It should be quite snug but not so tight it is uncomfortable. The entire length of the wrap from heel to sole for me was 8". Your length may vary depending on foot length and width.
6. Tying the knot: You can just use a regular square knot and but don't tie it really tight yet. Don't cut off the leftover strings yet!

** Please note you may wish to trim the ends so that they are slimmer and the knot fits nicely into the hole. That's fine. But the ends can't be so slim that the knot pops through washer and to the top of the shoe. (Experience speaking here. ☺)

7. Now drape a side wrap evenly across the top and side of the ankle wrap, near a side hole in the sole. Pin the points together.
8. Thread the side wrap points through a side scrunchy. Pull up so scrunchy is about an inch high.
9. Thread tails of side wrap through a side shoe hole and washer. Pulled up the side wrap should be about 2" in height, including the scrunchy which should rest against shoe base. (This is also should be adjusted for individual comfort. - I might try 2 ½" next time.)
10. Tie knot on the back, trimming tails as needed to fit in the hole, but don't cut off tails yet.
11. Repeat 7-10 for the other side.
12. Now try on shoe. Walk about a bit. Is the ankle wrap snug but not too tight? Does it stay up? Does anything need tightening up? It should fit very snugly but not tight.
13. When everything is adjusted to your liking, tighten the knots down hard and trim them leaving just a bit of tail on either side of knot. Using a pencil point or small crochet hook, push tails down into the washer to secure. (You could fill in the holes with a bit of hot glue, if desired. But I haven't tried that yet.)
14. Embellish with beads or embroidery as desired. (I used a wrapped blanket stitch on the toe scrunchies.)
15. Your custom-made-super-comfy-and-stylish flip flops are ready to walk about!