FREE PATTERN



Spiral Twist Plant Hanger

A complete free macramé pattern from AlandTina

From Aussie Macrame Plant Hangers Vol 1

One of 12 macramé plant hanger patterns

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Materials & tools

4 mm single-twist cotton cord in natural for eleven of the twelve hangers — about 340 m in total across the pack (buy 3-4 × 100 m rolls; each hanger's exact cord list is given in its pattern-at-a-glance box), plus about 26 m of 5 mm natural jute cord for the Rustic Jute Bead Hanger. Wooden rings: 11 × 50 mm (every hanger except the Mini Trio) and 1 × 40 mm for the Mason Jar Hanger. A 30 cm × 12 mm wooden dowel rail for the Mini Trio. Wooden beads: 12 × 20 mm natural beads for the Beaded Boho hanger and 8 × 25 mm chunky beads for the Rustic Jute hanger (check the hole fits your cord before you start — 5-6 mm holes suit 4-5 mm cord). Tools: sharp scissors, a tape measure, a wide comb or pet comb for fringe, a sturdy ceiling hook or S-hook to work from, and masking tape or chalk for marking basket lines. Pots and vessels are not included in the cord maths: most hangers fit a standard 12-15 cm pot; the Mason Jar Hanger wants a 500 ml glass jar and the Glass Bowl Hanger a bowl about 20 cm across.

Cord notes & sizing

This pack is measured in cord, not stitches. Cord types: 4 mm single-twist cotton is the house cord for this line — soft, easy on the hands, and it combs out into beautiful fringe; 5 mm jute (Pattern 11) is coarser and stiffer, so its knots sit bigger and its lengths run shorter. The rules of thumb behind every cord list in this book: square-knot WORKING cords need about 4× the finished length of the band they tie, because the working cords do all the travelling; FILLER cords, which stay still, need about 2× the finished length; spiral columns sit between the two at about 3×. Every cut length in this book already includes a mounting allowance for the lark's head fold (mounting doubles your strands: 8 cords on a ring give you 16 working strands) plus a fringe or tassel allowance below the basket. How counts work: macrame is knotted in groups of 4 strands (2 working cords around 2 fillers), so strand counts always divide by 4; a double half hitch line uses 1 holding cord and knots every other strand once, so a line across 16 strands states 15 knots. If you swap pot sizes, change the DROP (the plain measured distance before the basket) — never the basket row counts — and add or trim cord at the fringe end.

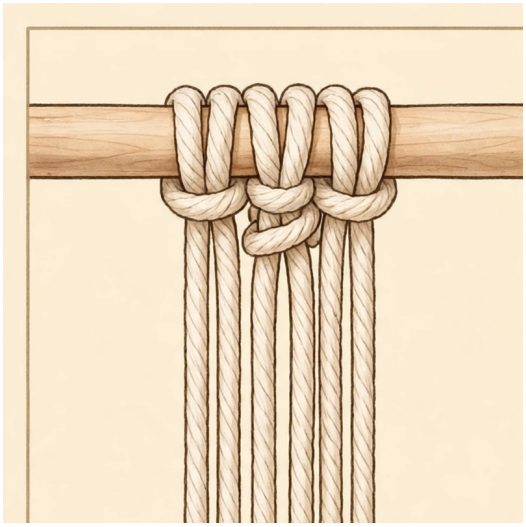
Knot quick reference

Every knot used in this book is taught step by step in the Knot Library on the next pages. This table is your map back to it.

Knot	What it does
Lark's Head Knot	The mounting knot — how every cord goes onto a dowel, ring or branch.
Square Knot	The workhorse knot of macrame — flat, sturdy, worked over 4 strands.
Alternating Square Knot	Square knots offset row by row to make nets, diamonds and lacy fabrics.

Double Half Hitch	The drawing knot — wraps a holding cord to make lines, curves and shapes.
Spiral Knot (Half Knot Twist)	Half a square knot, repeated — the column twists on its own.
Gathering Knot (Wrap Knot)	A separate cord wrapped around a bundle to bind it tightly and neatly.
Berry Knot	Three square knots folded up into a round bobble berry.
Fringe, Beads & Finishing	Threading beads, combing fringe and trimming — the last 10% that sells the piece.

Lark's Head Knot



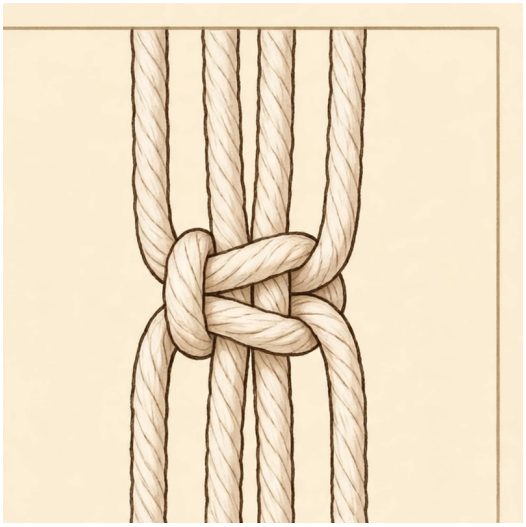
The mounting knot — how every cord goes onto a dowel, ring or branch.

1. Fold the cord in half so you have a loop at one end and two tails.
2. Lay the loop behind the dowel (or ring, or branch) and bring it up and over the top toward you.
3. Pull both tails down through the loop.
4. Slide the knot along the dowel to its position and pull the tails evenly until the loop sits snug and the two strands hang the same length.
5. Repeat for every cord; mounted cords always give you TWICE as many working strands as cords cut.

Used for

Mounting cords on dowels, rings, hoops and branches — the first step of almost every pattern in this line.

Square Knot



The workhorse knot of macrame — flat, sturdy, worked over 4 strands.

1. Work with 4 strands: the two outside strands are the working cords, the two middle strands are the fillers and stay still.

2. Take the LEFT working cord over the two fillers and under the right working cord.

3. Take the RIGHT working cord under the two fillers and up through the loop on the left. Pull both ends evenly — that is the first half.

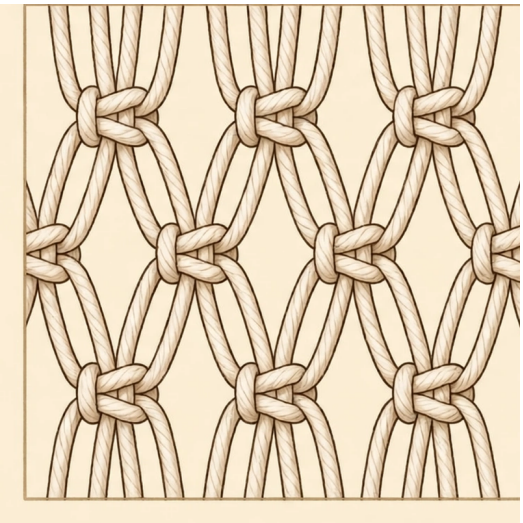
4. Now mirror it: RIGHT working cord over the fillers and under the left cord; LEFT cord under the fillers and up through the right loop.

5. Pull snug and slide the knot up to sit neatly against the work above. Always start each knot from the same side or the band will twist.

Used for

Flat bands, plant-hanger arms, bag straps, net fabrics — if a pattern says 'knot', it usually means this one.

Alternating Square Knot



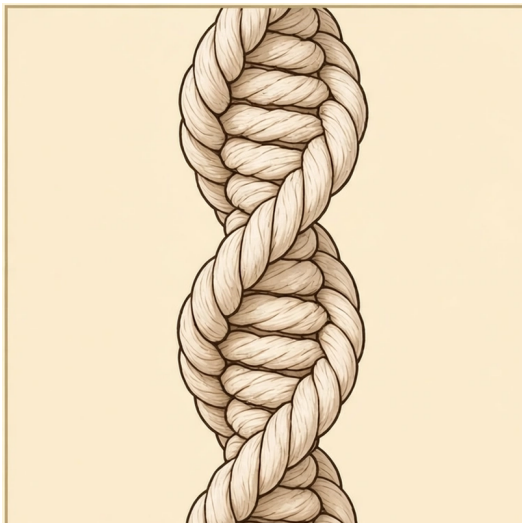
Square knots offset row by row to make nets, diamonds and lacy fabrics.

1. Tie a full row of square knots across, one in every group of 4 strands.
2. For the next row, set the first 2 strands aside and regroup: each new group of 4 takes 2 strands from one knot above and 2 from its neighbour.
3. Tie a square knot in every regrouped set — you will have one knot fewer in this row, and the offset creates the diamond net.
4. Next row, regroup back to the original groups (using the 2 set-aside strands again) and tie a full row.
5. Keep the row spacing even — measure with a ruler or your fingers; even spacing is what makes the net look woven, not tangled.

Used for

Plant-hanger baskets and nets, bag bodies, curtain panels, wall-hanging skirts and dream catcher webs.

Spiral Knot (Half Knot Twist)



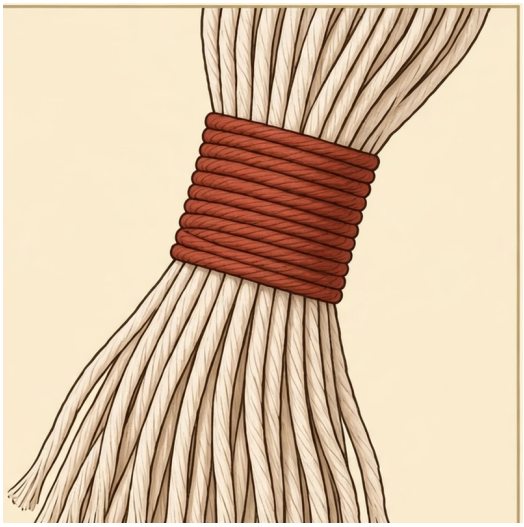
Half a square knot, repeated — the column twists on its own.

1. Work with 4 strands: two outside working cords, two middle fillers.
2. Tie ONLY the first half of a square knot (left cord over, right cord under and up through).
3. Repeat the same half knot again and again, always starting from the same side.
4. After 4-6 half knots the column begins to rotate by itself — let it turn and keep knotting on the new front face.
5. Count your half knots per column and match them across a piece, or the twists will not line up.

Used for

Plant-hanger arms, bag handles, keychain cords, chandelier arms — anywhere a rope-twist column looks good.

Gathering Knot (Wrap Knot)



A separate cord wrapped around a bundle to bind it tightly and neatly.

1. Cut a wrapping cord about 40-60 cm long in a contrast colour.
2. Lay a small loop of the wrapping cord down the front of the bundle, loop end pointing DOWN, tail at the top.
3. Wrap the long end firmly around the whole bundle, working downward, keeping every wrap snug against the last — 8-15 wraps makes a good band.
4. Pass the wrapping end through the loop at the bottom, then pull the top tail so the loop slides up under the wraps, carrying the end with it.
5. Trim both tails flush; the band hides its own ends. This is the knot that finishes tassels, plant hangers and angels' waists.

Used for

Binding plant-hanger tops and bottoms, tassel heads, tassel dream catchers, bundle finishes.



Pattern 2

Spiral Twist Plant Hanger

Ring, four spiral columns, net basket, short fringe

Type	Macrame plant hanger
Size	Drop about 80 cm (31 in) from ring to fringe tip; fits a 12-15 cm (5-6 in) pot
You will make	1 plant hanger: four spiral-twist columns, net basket and short fringe on a wooden ring.
Cord	4 mm single-twist cotton cord, natural — 8 cords × 3.5 m, plus 1 wrapping cord × 60 cm; 50 mm wooden ring.
Level	Confident beginner

Four rope-twist columns that spiral all on their own — you tie the same half knot over and over and the column turns in your hands like magic. This is the hanger that makes visitors ask how you did it, and the honest answer is: one simple knot, repeated with patience. A feathery fern in a white pot shows the twists off beautifully against a bright Aussie window.

CUT & MOUNT

Cut 8 cords, each 3.5 m long (8 cords)

Fold each cord in half and mount it on the 50 mm wooden ring with a lark's head knot (Knot Library, page 'Lark's Head Knot'), spacing the mounts evenly (16 strands)

SPIRAL COLUMNS — 24 half knots per column gives about 30 cm of twist — count every column

In every group of 4 strands, tie 24 half knots always starting from the same side; let the column twist as it forms (Knot Library: Spiral Knot) **(24 half knots per column)**

Check the columns hang the same length before moving on (4 columns)

MARK THE BASKET LINE

Measure down 30 cm from the last knot row and mark the basket top line on every arm with a pin or a dab of chalk (4 arms)

Set a 12-14 cm white pot on the table, lift the arms around it and check the marked line sits level with the pot rim all the way around (1 pot)

Adjust any arm that sits high or low before you knot the basket — the net locks the level in (4 arms)

NET BASKET — space the rows about 4 cm apart

Row 1: square knot in every group of 4 strands across **(4 knots)**

Row 2: leave the first 2 and last 2 strands free; regroup 2 + 2 from neighbouring knots and tie a square knot in each new group (Knot Library: Alternating Square Knot) **(3 knots)**

Row 3: square knot in every group of 4 strands across **(4 knots)**

Row 4: leave the first 2 and last 2 strands free; regroup 2 + 2 from neighbouring knots and tie a square knot in each new group (Knot Library: Alternating Square Knot) **(3 knots)**

GATHER UNDER THE BASKET

Straighten the bundle of strands so they hang evenly together (16 strands)

With a separate wrapping cord, bind the bundle with a gathering knot: lay the loop down the bundle, wrap 10 times, thread the end through the loop and pull the top tail to bury it (Knot Library: Gathering Knot) **(10 wraps)**

Trim the wrapping tails flush with the band (1 wrap knot)

SHORT FRINGE

Untwist and comb out every hanging strand from the bottom up (16 strands)

Hang the piece, check the line, and trim the fringe to 8 cm, trimmed straight with sharp scissors in small cuts (16 strands)

Finishing

1. Hang the hanger and turn each spiral column so its twist faces forward the same way before you set the pot in.
2. Trim the short fringe straight at 8 cm below the gathering band, cutting in small snips.
3. Give the spirals a gentle untwist-and-settle with your fingers once a month — they relax back into line.

Maker's tip

If a column starts twisting the wrong way, you started one half knot from the other side — unpick back to that knot; there is always exactly one culprit.

One down, eleven to go!

This free pattern is one of 12 in Aussie Macrame Plant Hangers Vol 1.

Meet the rest of the collection: Classic Square Knot Plant Hanger, Beaded Boho Plant Hanger, Diamond Lattice Plant Hanger, Double-Tier Plant Hanger, Long Fringe Plant Hanger, Mason Jar Hanger, Mini Trio Plant Hangers, Wrapped Ring Tassel Hanger, Chevron V-Point Plant Hanger, Rustic Jute Bead Hanger and Hanging Glass Bowl Hanger.

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