

1. Put both laces on one side of the shoe.

2. Pick up one lace and go over and under the other lace.

3. Hold the ends of both laces and pull tightly.

4. Pick up the middle of the left lace and pinch it at the bottom. Hold it close to the shoe.

5. Pick up the other lace and wrap it around the loop.

6. Push the lace through with your finger.

7. Grab the loop with your hand...Grab the other loop with the other hand...And pull.