

**Today I'm _____ to show you how to tie a shoelace in
_____ one second.**

- You _____ both sides of the shoelace with _____ fingers.
 - With the _____ hand, you go down and over the top.
 - With the _____ hand, you go over the top and under.
 - Then you bring your _____ close together.
 - And grab opposite ends of the _____.
 - And you simply _____ through like this.
-

**Today I'm _____ to show you how to tie a shoelace in
_____ one second.**

- You _____ both sides of the shoelace with _____ fingers.
- With the _____ hand, you go down and over the top.
- With the _____ hand, you go over the top and under.
- Then you bring your _____ close together.
- And grab opposite ends of the _____.
- And you simply _____ through like this.

Text

Today I'm going to show you how to tie a shoelace in just one second.

- You grab both sides of the shoelace with three fingers.
- With the left hand, you go down and over the top.
- With the right hand, you go over the top and under.
- Then you bring your fingers close together.
- And grab opposite ends of the loops.
- And you simply pull through like this.