1. Put left shoe on left foot. Put right shoe on right foot. Make sure they are on the correct feet before you start.

2. Start off with the left shoe, ignore the right shoe for now.

3. Grip the left lace with your left hand and the right lace with your right hand.

4. Grip firmly and pull to tighten.

5. Cross the right lace over the left lace. Now take hold of your right lace in your left hand and left lace in your right hand.

6. Still keeping the lace crossed, loop the left lace (in your right hand) around the right lace (in your left hand) and pull to tighten.

7. Take the right lace and make a small loop. Hold this in place.

8. Take the left lace and wrap once around the right lace loop.

9. If done correctly, there should be a small loop around your left hand thumb. Push the left lace through this loop.

9. Grab the right lace loop with your right hand and the left lace loop with your left hand. Pull both loops away from shoe to tighten.

11. Congratulations, you have now tied your shoelace! Now go back to step 3 and repeat process for right shoe.