



Heathen

Hook: size 16-20
Thread: 8/0, color to match Larva Lace
Underbody: One Wrap Pearl Krystal Flash
Body: Larva Lace Body Material (Hollow), color to match natural
Wing: Upright - White Larva Lace Dry Fly Foam
Thorax: Coarse Hare's Ear, dubbed front and back of wing

- STEP 1** Tie on one piece of Krystal Flash, just behind the eye of the hook.
- STEP 2** When Krystal Flash is secured on hook, lift up, off the back of the hook and proceed wrapping hook shank with black thread, stopping just at the bend of the hook.
- STEP 3** Continue wrapping Krystal Flash over the shank of the hook, stopping at the bend.
- STEP 4** Tie off Krystal Flash and cut off remaining Krystal Flash material.
- STEP 5** Slip Larva Lace Body Material over the eye and shank of the hook, not to exceed half of hook shank. Tip: A little spit inside the Larva Lace will help it slide on easier.
- STEP 6** Snip larva Lace at the eye of the hook and push remaining section to bend of hook.
- STEP 7** Build small abdomen with tying thread and continue with close segmented wraps over the Larva. Lace to the eye of the hook.
- STEP 8** Tie in small piece of pre-sliced foam approximately 1/3 shank length back from the eye of the hook. Leave foam pointing up as a parachute post.
- STEP 9** Dub coarse hare's ear in front and behind foam post creating a thorax.
- STEP 10** Whip finish and head cement.
- STEP 11** Trim foam post short above hare's ear thorax when used as a nymph. Trim post high above the thorax when used as an emerger.