

THE TROLL HANDS AND FEET

Part 2 of 3

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Photos Ray Jensen

[The Troll Project Part 1 - The Head](#)

The Troll Project Part 2 - Hands and Feet (this page)

[The Troll Project Part 3 - The Body \(coming next\)](#)

Sculpting troll hands and feet. Trolls only have four fingers and toes. I use the same method for smaller sized dolls too - just add an extra finger. These fingers and toes are rough to fit the troll look.

Materials for making the hands and feet:

- Polymer clay in a skin tone (I've used Fimo Soft clay)
- Sharp cutting blade
- Knitting and wool/yarn needles and dental tool (optional)
- Brush with a round back
- Matte polymer clay varnish
- Nail tool or needle
- Talcum powder
- Water based antiquing medium



HAND

Click on picture for larger photo

STEP ONE:

Start with a log of clay about 1.6 inches (4 cm) long.



STEP TWO:

Make indentations for the wrist 0.6 inches (1.5 cm) into the log. Roll a knitting needle around the log.



STEP THREE:

Press the 0.6 inches (1.5 cm) part of the log down to your working surface with your finger.



STEP FOUR:

Cut away clay from both sides to shape three fingers, the one in the middle being the largest.



STEP FIVE:

Cut with a sharp blade to separate into three fingers.



STEP SIX:

Start rounding each finger with your hands. It is easier if you spread them apart. Also round the back side of each finger.



STEP SEVEN:

Blend the clay with your knitting needle to make a nice wrist shape.

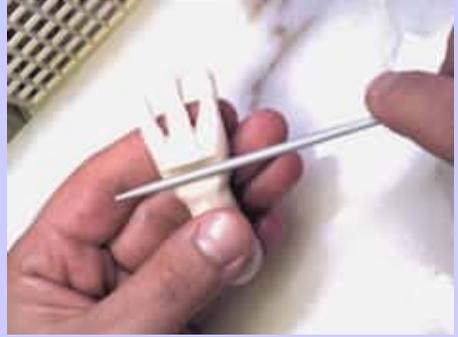


STEP EIGHT:

Let the fingers rest over your own fingers, and make the indentations for knuckles.

**STEP NINE:**

Look at your own hands, and try to make the hand more lively. Press the clay with your knitting needle so it will be higher where the finger ends. Smooth it nicely with the needle.

**STEP TEN:**

Make the indentations for the lower knuckles, where the fingers meet the hand.

**STEP ELEVEN:**

Turn the hand and start working on the palm of the hand. Dust a rounded tool (back side of a brush) with talcum powder and press it into the hand. Do not press too hard because it will ruin the front. Make a nice round shape.

**STEP TWELVE:**

Roll a log for the thumb. Roll it more on one end to get a cone shape.

**STEP THIRTEEN:**

Press the thumb into the palm of the hand.



STEP FOURTEEN:

Blend the seams with your knitting needle.



STEP FIFTEEN:

Make wrinkles with a dental tool or a little needle where the fingers meet the palm.



STEP SIXTEEN:

More wrinkles. Look at your own fingers and see where the bendable spots are. There are three for each finger!



STEP SEVENTEEN:

Make wrinkles on the front of the hand.



STEP EIGHTEEN:

For nails, I like to use nail tools. These come in several sizes. This one is called Large. This lovely tool makes a nicely shaped nail every time you press it into the clay.

If you don't have these tools, you can use a little needle and make indentations for nails.



STEP NINETEEN:

Make a hole by pressing a wire or a knitting needle in the hand. Make sure the hole fits the wire you plan to use for the troll's skeleton body.

Make the right hand as a mirror of the left hand - same size, but with the thumb on the other side.



Bake the hands on fiberfill for 30 minutes, using the recommended temperature for your clay.

FOOT

Click on picture for larger photo

STEP TWENTY:

Start with a 2 inch (5 cm) log for the foot.



STEP TWENTY-ONE:

Bend it into shape. Press your thumb down and inward to the clay.



STEP TWENTY-TWO:

While holding the front in place with your thumb, use your other thumb to press the clay into the form of a heel.



STEP TWENTY-THREE:

Shape the foot and smooth over all rough edges.



STEP TWENTY-FOUR:

This is a left foot. Press the clay into a narrower shape where the smallest toes are, and start rounding and forming the leg and flatten the underside of the foot.



STEP TWENTY-FIVE:

Make little indentations with a needle for four toes and cut the indentations with a sharp blade.

**STEP TWENTY-SIX:**

Separate the toes and round them with your fingers.

**STEP TWENTY-SEVEN:**

Make wrinkles using a dental tool or needle.

**STEP TWENTY-EIGHT:**

Make nails with a nail tool or a needle.

**STEP TWENTY-NINE:**

Make a right foot. Make a hole in each leg the same size as the wire armature you will be using for the body. Bake the feet on a tile, standing up, for 30 minutes, using the recommended temperature for your clay.

**STEP THIRTY:**

After the hands and feet are baked, let them cool. Apply a water-based antiquing medium with a brush and wipe away the excess with tissue paper. (See instructions on antiquing in the troll head lesson.)

Seal the feet and hands with Fimo lacquer.



I am still missing my body!

Body and final assembly will be the [last troll lesson](#) coming in July!

