

Technical Note

Over-Under Cable Coiling

Tips for rolling up cables in a convenient and safe way

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1 Step-by-Step Instructions

1. **Start with a clean cable** Lay it out straight to remove any existing twists or knots.
2. **Create the first loop (Over)**
 - Hold the cable in one hand.
 - Use your other hand to form a loop in the natural direction of the cable.
 - This is the “over” loop — just a regular coil.
3. **Create the second loop (Under)**
 - For the next loop, twist your wrist slightly so the cable flips.
 - This loop goes in the opposite direction — the “under” loop.
 - It counteracts the twist from the previous loop.
4. **Repeat the pattern**
 - Alternate between “over” and “under” loops.
 - This keeps the cable relaxed and prevents internal stress.
5. **Secure the coil**
 - Use Velcro straps or tie wraps to tie the coil.
 - Avoid wrapping the cable around itself, as that would causes damage over time.

2 Watch It in Action

Here are 8 examples of YouTube videos that demonstrate this technique with practical tips:

1. [Over Under Cable Wrapping | IMPORTANT Livestreaming ... Shows why this method matters for livestream setups and how to apply it with precision.](#)
2. [How to Wrap a Cable Over Under - QUICK DEMONSTRATION A fast, no-nonsense demo perfect for beginners.](#)
3. [Over-Under Cable Wrapping Offers a simple breakdown of the twist technique and how to avoid cable damage.](#)
4. [How to Coil Cables | The Over Under Technique Explains the physics behind the method and how to troubleshoot common mistakes.](#)
5. [How to Wrap a Cable Like a Pro \(The Over-Under Method\) Includes tips on when to use this method and how it compares to others.](#)
6. [How to Wrap a Cable The Right Way - The Over Under Method Demonstrates hand-coiling and table-coiling variations, plus what not to do.](#)
7. [How to Wrap Cables Like a Pro: Over/Under \(Roadie Wrap ... Goes deep into the technique with POV shots and long-term cable care advice.](#)
8. [How to Wrap Cables Properly - Over-Under Method Covers guitar, power, and mic cables — great for musicians and AV techs.](#)

Acoustics Engineering develops systems for the prediction and measurement of acoustical parameters, resulting in user-friendly tools that enable you to perform fast and accurate acoustical measurements and calculations.

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