Category: Knitted Sock Patterns

Skill Level: INTERMEDIATE

Size:
One Size

Finished Measurements:
About 8" circumference (relaxed) to fit most women’s sizes. Length is adjustable as noted in instructions.

Materials:
- Cascade Yarns® Fixation
  98.3% Cotton / 1.7% Spandex
  50 g (1.75 oz) / 100 yds (93m) relaxed
- MC-2 skeins of color #2253 (Reef Waters)
- CC1-1 skein of color #8001 (Opulent White)
- CC2-1 skein of color #4545 (Coral)
- US 7 (4.5 mm) Set of four double pointed needles or size to obtain gauge
- US 5 (3.75 mm) Set of four double pointed needles
- Yarn needle
Gauge:
26 sts = 4” (10 cm) in Stockinette Stitch on larger needles after blocking.

Abbreviations:
CO = Cast On
BO = Bind Off
K = Knit
P = Purl
St(s) = Stitch(es)
K2tog = Knit 2 stitches together
P2tog = Purl 2 stitches together
Kf&b = Knit next st but do not drop off left needle; knit into the back of the same st; drop off left needle (1 st increased)
Ssk = Slip two sts one at a time as to knit, in sert tip of left needle into slipped sts and knit them together thru back loops (1 st decreased)
Inc 1 = Knit into right loop of knit st 1 row below next st on left needle. Then knit into st on needle (1 st increased)
Sl1 = Slip one stitch
MC = main color
CC = contrast color

Special Stitches:
K2, P2 Rib (multiple of 4 sts):
Rnd 1: *K2, p2; rep from * to end.
Repeat Rnd 1 for pattern.
Begin Pattern:

Divide for heel:
Next rnd: Work to 13 sts before end of round. Knit next 26 sts on 1 needle for heel flap. Place rem 26 sts on waste yarn or a stitch holder for instep. Turn work and begin working heel flap in rows.

Work heel flap:
Row 1 (WS): With yarn in front, sl1 purlwise, purl across row.
Row 2 (RS): With yarn in back, *sl1 purlwise, k1*, repeat between * across row.
Repeat these two rows 11 times more. There will be a total of 13 sts on the edge of the heel flap (1 knit and 12 slipped).

Turn heel:
Row 1: Sl1 purlwise, p14, p2tog, p1, turn.
Row 2: Sl1 purlwise, k5, ssk, k1, turn
Row 3: Sl1 purlwise, p6, p2tog, p1, turn
Row 4: Sl1 purlwise, k7, ssk, k1, turn
Continue in this manner having one stitch more before dec until all sts are knitted ending with a knit row. 16 sts remain.

Pick up sts for instep:
Needle #1: With loose needle, pick up and knit 14 sts down side of heel flap.
Needle #2: Place the instep sts on one needle and knit across.
Needle #3: With loose needle, pick up and knit 14 sts up side of heel flap. With same needle, knit across 8 sts of heel.
Slide rem sts of heel to needle #1.
Needles #1 and #3 have 22 sts each. Needle #2 has 26 sts of instep.

**Shape gusset:**

Rnd 1: Knit even.

Rnd 2: Needle #1: Knit to last 3 sts, k2tog, k1.
   Needle #2: Knit even.
   Needle #3: K1, ssk, knit to end.

Repeat these two rounds until 52 sts rem. Needles #1 and #3 have 13 sts each. Needle #2 has 26 sts of instep. Knit even until sock is 2” less than desired length from back of heel to end of longest toe.

**Shape toe:**

Begin toe decreases (dec) every other rnd as follows:

Rnd 1: Needle #1: Knit to last 3 sts, k2tog, k1.
   Needle #2: K1 ssk, knit to last 3 sts, k2tog, k1.
   Needle #3: K1, ssk, knit to end.

Rnd 2: Knit even.

Rep these 2 rnds until 28 sts rem. Continue to dec every rnd (work rnd 1 only) until 16 sts rem. Using needle #3, knit the sts on needle #1. Hold needles parallel with 8 sts on each needle. Graft toe using Kitchner st. Weave in all ends.
Chart:

Heart

10-st rep

Key

☐ With CC1, knit
☐ With CC2, knit