Category: Accessories/Knitted Shawls/Ponchos/Capes/Wraps

Skill Level: INTERMEDIATE

Paradigm Shift®
Ocean Depths Wrap
Designed by Ethel Weinberg

Size:
One size fits most

Finished Measurements:
53” x 16”

Materials:
- Cascade Yarns® Paradigm Shift® 100% Mercerized Cotton
- 100 g (3.5 oz) / 371 yds (340 m)
- 3 skeins of color #02 (Deep Dive)
- US 8 (5.0 mm) knitting needles or size required to obtain gauge
- Yarn needle
- 12 stitch markers for marking pattern repeats (optional)

Gauge:
20 sts x 28 rows = 4” in pattern

Abbreviations:
K = Knit
K2tog = Knit 2 stitches together
Fr = From
LH = Left hand
M1 = Make 1 st by lifting running thread between the st just worked and the next st, and knit into the back of this thread.
P = Purl
PM = Place marker
RH = Right hand
RS = Right side
Sl = Slip
SSK = Slip 1 st, Slip 1 st, Knit these 2 stitches together
St(s) = Stitch(es)
WS = Wrong side

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**Additional Abbreviations and Glossary:**

- K2tog (Knit two stitches together) = K2 sts tog in front loops as one stitch.

- LBO (Loose Bind Off) = K2, sl these 2 sts back to LH needle, K2tog, *K1, sl 2 sts on RH needle back to LH needle, K2tog; rep from * to end.

- M1 (Make 1) = Lift running thread between the st just worked and the next st, and k into the back of this thread.

- SSK (slip, slip, knit) = Slip next 2 stitches knitwise, one at a time, to RH needle. Insert tip of LH needle into fronts of these sts and knit them together.

**Pattern Notes:**

The 24-row pattern stitch is a multiple of 7 stitches plus 5 stitches.

To maintain consistent color changes, join each skein with the appropriate color.

Place markers to guide for pattern repeats (optional):

For rows 1-12, place marker:
(1) after 4th st; (2) after every 7th st thereafter; and (3) before last st. Rearrange markers for rows 13-24 by placing marker: (1) after 1st st; (2) after every 7th st thereafter; and (3) before 4th st from the end of row. Slip markers while working rows.

**Directions:**

Using long-tail method, cast on 82 sts.

**Begin 24-row pattern stitch:**

Row 1 (WS) and all other WS rows: P.
Row 2 (RS): K4, *ssk, k5, m1; rep fr * across to last st, k1.
Row 4: K4, *ssk, k4, m1, k1; rep fr * across to last st, k1.
Row 6: K4, *ssk, k3, m1, k2; rep fr * across to last st, k1.
Row 8: K4, *ssk, k2, m1, k3; rep fr * across to last st, k1.
Row 10: K4, *ssk, k1, m1, k4; rep fr * across to last st, k1.
Row 12: K4, *ssk, m1, k5; rep fr * across to last st, k1.
Row 14: K1, *m1, k5, k2tog; rep fr * across to last 4 sts, k4.
Row 16: K1, *k1, m1, k4, k2tog; rep fr * across to last 4 sts, k4.
Row 18: K1, *k2, m1, k3, k2tog; rep fr * across to last 4 sts, k4.
Row 20: K1, *k3, m1, k2, k2tog; rep fr * across to last 4 sts, k4.
Row 22: K1, *k4, m1, k1, k2tog; rep fr * across to last 4 sts, k4.
Row 24: K1, *k5, m1, k2tog; rep fr * across to last 4 sts, k4.

Rep 24-row pattern stitch until 64” or desired length.

Bind off using LBO (see “Additional Abbreviations and Glossary”).
Weave in ends. Damp block to desired measurements.