Category: Knitted Sock Patterns

Heritage Prints Time Step Socks

Designed by Carly Waterman

Skill Level:

INTERMEDIATE

Must be experienced knitting in the round with two circular needles

Size:
One size fits most adults

Finished Measurements:
Stretches to fit up a 9” circumference ankle.

Customizable to fit up to a women’s size 12/men’s size 14.

Materials:

- Cascade Yarns® Heritage Prints 75% Superwash Merino Wool / 25% Nylon 100 g, (3.5 oz) / 437 yds (399.6 m)
- 1 skein of color #55 (Fiesta)
- 2 US 2 (2.75 mm) circular needles, each with 24” cord
- Waste yarn in contrasting color to use as a placeholder for the afterthought heel
- Yarn needle

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Gauge:
32 sts x 34 rows = 4” (10 cm) in pattern

Abbreviations:

CO	= Cast On
K	= Knit
P	= Purl
M1	= Make one: With the left hand needle, pick up the bar between the stitch last worked and the 1st on the left needle and knit into the back of it (increases one stitch).
SKP	= slip on stitch knitwise, knit the next stitch, pass the slipped stich over the knit stich (decreases one stitch)

Begin Pattern:
CO 16 sts (8 sts per needle) using Judy's Magic Cast-On.

Judy's Magic Cast-On can be found at http://knitty.com/ISSUEspring06/FEATmagiccaston.html.

Working in the round with two circular needles, knit one round.

Toe Increase:
Rnd 1 (Both Needles): K1, M1, Knit to 1 st before end of needle, M1, K. (4 st increase)

Round 2: Knit all sts.

Repeat rounds 1-2 until there are a total of 64 stitches (32 on each needle).

Foot:
All rounds: K6, P2

Continue to work in K6, P2 ribbing until sock measures 2 ¼ inches short of desired foot length.

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Afterthought Heel Set-Up
The afterthought heel uses waste yarn to hold stitches for later use. The heel will be done at the end of the pattern.

Using waste yarn, knit 32 stitches across (all of the stitches on one of your two circular needles) with waste yarn. Work these stitches again, maintaining K6, P2 ribbing with the working yarn of the sock. The waste yarn will later be removed to reveal "live" stitches that can be used to create the heel of the sock.

Leg
Continue all rounds in K6, P2 ribbing for 4 inches beyond the waste yarn.

Cuff
Change to K2, P2 ribbing for all rounds and work for 2 inches.

Break yarn leaving tail. Bind off all stitches loosely either using larger needles or using a stretchy bind off like the EZ sewn bind off.

Afterthought Heel
Using one of the circular needles, pick up all 32 stitches on one side of the waste yarn. Using the other circular needle, pick up the other 32 stitches. Carefully remove the waste yarn. You will now have 64 stitches on the needles. Attach yarn at the beginning of either circular needle. You are now ready to work in the round.

Round 1: Knit 32 stitches (all of the stitches on the first needle) and pick up and knit 2 stitches in the gap between the needles, knit 32 stitches (all of the stitches on the second needle and pick up and knit 2 stitches in the gap between the needles (total 68 stitches).

Round 2: (Knit 32, K2tog) on each needle.

Round 3-10: Knit all stitches.

Round 11: (Knit 9, SKP), repeat to end of round (60 sts).

Round 12: Knit all stitches.

Round 13: (Knit 8, SKP), repeat to end of round (54 sts).

Round 14: Knit all stitches.

Round 15: (Knit 7, SKP), repeat to end of round (48 sts).

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Round 16: Knit all stitches.

Round 17: (Knit 6, SKP), repeat to end of round (42 sts).

Round 18: Knit all stitches.

Round 19: (Knit 5, SKP), repeat to end of round (36 sts).

Round 20: Knit all stitches.

Round 21: (Knit 4, SKP), repeat to end of round (30 sts).

Round 22: Knit all stitches.

Round 23: (Knit 3, SKP), repeat to end of round (24 sts).

Round 24: Knit all stitches.

Round 25: (Knit 2, SKP), repeat to end of round (18 sts).

Round 26: Knit all stitches.

Round 27: (Knit, SKP), repeat to end of round (12 sts).

Round 28: Knit all stitches.

Round 29: (SKP), repeat to end of round (6 sts).

Break yarn leaving a 6 inch tail. Thread tail through remaining 6 stitches, remove from needles, pull thread tightly to close the heel. I recommend a small knot to secure the closure, just to be safe.

Finishing:
Using yarn needle, weave in ends thoroughly.

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