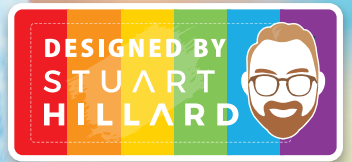


*Head  
over Heels* Walking  
in Nature



# Twisted Rib Socks in Head over Heels Walking in Nature

## MEASUREMENTS

Diameter around foot		Small	Medium	Large
	cm	19	21.5	22.5
	in	7¼	8½	9

## YOU WILL NEED

### Twisted Rib Socks

Head over Heels	100g	1	1	1
Walking in Nature				

Colours used	Saunter 3231, Skip 3233, Stroll 3234, Swagger 3230
1 set of 2.75 mm (UK 12 – USA 2) double pointed knitting needles. Stitch markers. Blunt needle for grafting the toe.	

## ABBREVIATIONS

<b>cm</b> centimetre(s)	<b>rs</b> right side
<b>dpns</b> double pointed needles	<b>sl</b> slip
<b>g</b> grammes	<b>ssk</b> slip next two stitches knitwise onto right hand needle. From the left, put the left hand needle into the front of slipped stitches and knit them together.
<b>in</b> inch(es)	<b>st(s)</b> stitch(es)
<b>k</b> knit	<b>tog</b> together
<b>k2tog</b> knit two stitches together	<b>ws</b> wrong side
<b>mm</b> millimetre(s)	
<b>p</b> purl	
<b>p2tog</b> purl two stitches together	

The yarn amounts stated are based on average requirements and are therefore approximate.

**Tension:** 28 sts and 40 rows to 10 cm, 4 in, over stocking stitch on 2.5 mm needles or the size required to give the correct tension.

**It is essential to work to the stated tension to ensure the correct size of garment and you should always knit a tension square.**

Although every effort has been made to ensure that instructions are correct, Stylecraft cannot accept any liabilities.

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## TWISTED RIB SOCKS

### CUFF

Using 2.75mm needles cast on 60 (64: 68) stitches divide them over 4 dpns. Join to work in the round being careful not to twist the stitches.

### Work in twisted rib as follows:

Rnd 1: \*P1, k1 tbl; rep from \* to end.  
Rep last rnd for 3cm, 1¼ in.

### Now work in patt as follows:

Next rnd: \*P3, k1 tbl; rep from \* to end.  
Repeat this round until the leg is 15cm, 6in long including the cuff.

### HEEL FLAP

The heel flap is worked flat, back and forth over half the stitches. Leave the remaining stitches on the other dpns. You will be working the heel flap across the stitches you have just finished knitting.

Arrange the next 30 (32: 34) sts on to one needle. Turn your work so the wrong side is facing you.

**Row 1 (ws):** Sl1, p29 (31: 33) and turn. 30 (32: 34) sts.

**Row 2 (rs):** \*Sl1, k1, rep from \* to end of needle and turn.

Repeat these two rows 14 (15: 16) times more. The heel flap should have 30 (32: 34) rows and should be roughly square.

### HEEL TURN

**Row 1 (ws):** Sl1, p14 (16:18), p2tog, p1 and turn.

**Row 2 (rs):** Sl1, k1 (3:5), ssk, k1 and turn.

**Row 3 (ws):** Sl1, p to 1st before the gap, p2tog, p1 and turn.

**Row 4 (rs):** Sl1, k to one st before the gap, ssk, k1 and turn.

Repeat rows 3 and 4 to continue shaping until you have worked all the stitches from the heel flap.

There will be 16 (18: 20) stitches on the heel flap. Now divide them evenly on 2 needles so that you have 8 (9: 10) on each. These will now be called needles 1 and 4.

### GUSSET

**Needle 1:** Pick up and knit the 15 (16: 17) stitches down the side of the heel flap.

**Needle 2:** Knit 15 (16: 17).

**Needle 3:** Knit 15 (16: 17).

**Needle 4:** Pick up and knit the 15 (16: 17) stitches up the side of the heel flap. Knit across the remaining 8 (9: 10) sts. 76 (82: 88) sts

Circle the size you wish to make

## Round 1

**Needle 1:** Knit down the side of the heel flap until you are 3 sts away from the end of the needle, k2tog, k1,

**Needle 2 and 3:** Knit.

**Needle 4:** K1, ssk and knit to the end of the round.

## Round 2

Knit all sts.

Repeat these two rounds until you have 15 (16: 17) sts on each needle.

Then continue without any more decreasing until the foot measures around 5cm, 2in shorter than the length of your foot.

## TOE

### Round 1

**Needle 1:** Knit to the last 3 stitches, k2tog, k1,

**Needle 2:** k1, ssk, knit to the end of the needle,

**Needle 3:** As needle 1,

**Needle 4:** As needle 2.

## Round 2

Knit all needles round.

Repeat these two rounds 5 more times. 9 (10: 11) sts on each needle.

Now repeat round 1 until you have 4 sts on each needle. Knit the stitches on needle 1 again.

Cut the yarn, leaving a tail of 25cm, 9¾in and graft stitches together using Kitchener stitch. Weave in ends from the toe and cuff.

For video instructions and further support on grafting, visit our YouTube channel Stylecraft Yarns: <https://www.youtube.com/c/StylecraftYarns/videos>



  
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The colour reproduction in this pattern is matched as closely as possible to the yarn but due to photography and printing restrictions some slight variations may occur.

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