

## **Shadow Wrap Short Row Heel by Hollybellknits**

### **What I'm using:**

Size US 1(2.25mm) circular needles (32") for the magic loop method

KnitPicks Stroll yarn in the colorway Dove Heather

A size medium (64 total sts) sock example

### **KEY:**

Sts – stitches

St – stitch

RS – right side

WS – wrong side

RH – right hand

LH – left hand

### **INSTRUCTIONS**

Knit across the front of your sock and stop. The heel will be worked on the back side of your sock only, and the front stitches will hang out until we are just about done working the heel portion.

We will be working along half of the total stitches, so in this example – 32. I will be working 11 twin stitches on the sides and 10 plain knit stitches in the center. The way I've written this out in the video is 11 – 10 – 11. I'm a visual person and writing it in this way helps me imagine what we're going to be doing.

If you're working a different size sock, here a couple of examples of how you could work the numbers out:

28 sts – 10 – 8 – 10

36 sts – 13 – 10 – 13

or 12 – 12 – 12

Row 1 (RS): Knit across to the last st on the needle. With your RH needle, pick up the right leg of the stitch below and place it onto your LH needle. Knit into this new loop, and then place it back onto your LH needle. This has created a twin stitch. Turn your work.

Row 2 (WS): Purl across to the last st on the needle. Place the last stitch onto your RH needle, and then lift up the leg from the stitch below using your LH needle. Purl into this new loop, and then slip both loops back onto your LH needle. This has created a twin stitch.

Continue repeating rows 1 and 2, knitting or purling down the needle until you run into the st before the twin st, and then creating a new twin st, until you have the desired amount on each side.

RS: Knit across the center stitches until you run into the first twin stitch.

Row 1 (RS): K the first twin stitch together as 1 st. Create a triple st in the next st in same way that you made the twin sts. With your RH needle, pick up the right leg of the stitch below and place it onto your LH needle. Knit into this new loop, and then place it back onto your LH needle. You should see 3 loops now, and this is a triple st.

Row 2 (WS): Purl across until you come to the first twin stitch. Purl this twin stitch together as one and create a triple st in the next. Place the twin stitch onto your RH needle, and then lift the leg from the stitch below using your LH needle. Purl into this new loop, and then slip all 3 loops back onto your LH needle. This has created a triple st.

Continue in this way back and forth on each side – knitting or purling one triple st together as one and then creating a new triple st, until you have 1 triple st left on each side of the heel, ending with a purl row.

Finishing your heel: Now that you have 1 triple st left on each side, you are going to knit across the heel of your sock and knit the last triple st as one st.

Knit across the front of your sock.

Knit the last triple st as one st and continue knitting across the back of your heel.

That's it! Easy peasy! Let me know if you decide to give this heel method a try. I'd love to hear how it went!