

WATERFALL SOCKS

Wendy D. Johnson



Sizes

Small (Medium, Large): 7" (8", 9") around, stretched slightly

Gauge

8 stitches and 12 rows per inch

Needles

US size 0 (2mm) needles – either double-pointed needles (dpns), 2 short circulars, or 1 long circular (see note below), or size to attain gauge

Yarn

Fingering weight sock yarn (approximately 350 – 400 yards)



Note:

You can knit these socks using your favorite sock-knitting method: dpns, 2 short circulars, or 1 long circular for magic loop. The pattern divides the stitches into 2 groups: instep (top of the foot) and sole (bottom of the foot). You will either divide each group over 2 dpns, place the whole group on 1 of your 2 short circulars, or on half your long circular for magic loop.

When you work the “make 1” increases for the toe and the gusset, you can do a lifted increase, or knit in the front and back of a stitch, whichever you prefer. I prefer the “knit in the front and back of a stitch” method – I find it makes a neater increase with no hole.

The chart shows odd-numbered rows only – on even-numbered rows, knit across.

Toe:

Using the Turkish Cast-on method, (or another toe-up cast-on method like the Judy’s Magic Cast-on), cast on a total of 28 (32, 36) stitches – 14 (16, 18) on each needle. Knit across the stitches on each needle once. On the next round increase 4 stitches thusly:

Needle 1: K 1, M1, knit until the last stitch, M1, K1

Needle 2: K 1, M1, knit until the last stitch, M1, K1

Then knit a round without increasing.

Repeat these 2 rounds until you have a total of 56, (64, 72) stitches. If you are using dpns, divide the stitches so that you have 14 (16, 18) on each of 4 needles. Otherwise you will have 28 (32, 36) on each of your short circulars, or on each side of your magic loop. The stitches are now referred to in 2 halves: the instep stitches and the sole stitches. **Note:** If you prefer a pointier toe, you can cast on fewer stitches, but be sure to increase until you have 56, (64, 72) total stitches.

Pattern Chart

		○	∧	5
	○	∧		3
○	∧			1
4	3	2	1	

Chart Key

	K
○	YO
∧	K2 tog

Start the pattern. On the instep stitches, work the first row of the chart as follow:

Size Small: K1, (work chart over next 4 stitches, K3) 3 times, work chart over next 4 stitches, K2 (28 stitches total)

Size Medium: K2, (work chart over next 4 stitches, K4) 3 times, work chart over next 4 stitches, K2 (32 stitches total)

Size Large: K3, (work chart over next 4 stitches, K5) 3 times, work chart over next 4 stitches, K2 (36 stitches total)

All sizes: Knit across the sole stitches.

Continue in this manner, working as many repeats of the 6-row pattern chart as needed until approximately 3" shy of the total length of the foot.

Create the Gusset:

Round 1: Work across the instep stitches in the chart pattern. Sole stitches: K1, M1, knit across to the last stitch, M1, K1.

Round 2: Work across the instep stitches in the chart pattern. Sole stitches: Knit all stitches.

Repeat Rounds 1 and 2 until you have 48 (54, 60) stitches total sole stitches. On the last round, increase 1 stitch in the center of the sole for a total of 49 (55, 61) stitches. Work across the instep stitches in the pattern.

Turn the Heel:

You will now work back and forth on the sole stitches (now the heel stitches) and will not knit the instep stitches while turning the heel. Turn heel as follows:

Row 1: (RS) K33 (37, 41), KFB, K1, W&T

Row 2: P 20 (22, 24), PFB, P1, W&T

Row 3: K 18 (20, 22), KFB, K1, W&T

Row 4: P 16 (18, 20), PFB, P1, W&T

Row 5: K 14 (16, 18), KFB, K1, W&T

Row 6: P 12 (14, 16), PFB, P1, W&T

Row 7: K 10 (12, 14), KFB, K1, W&T

Row 8: P 8 (10, 12), PFB, P1, W&T

You now have 57 (63, 69) heel stitches, having just completed a wrong-side row. On the right side, knit to the end of the heel stitches, knitting each wrap together with the stitch it wraps. Work across instep stitches in the chart pattern.

Heel flap: Work back and forth on the heel stitches:

Row 1 (RS): K 42 (47, 52) (knitting each wrap together with the stitch it wraps), SSK, turn

Row 2: SL 1, P 27 (31, 35), P2TOG, turn

Row 3: [SL 1, K 1] 14 (16, 18) times, SSK, turn

Repeat Rows 2-3 until all side stitches have been worked, end having worked Row 2. Turn your work and knit across, decreasing 1 stitch in the center of the round so that you once again have 56, (64, 72) stitches.

Begin working in the round again:

Work the instep stitches (now front of leg) as established above. Starting with the same row you worked on the front of the leg, work the heel stitches (now back of leg) in the same manner as described for the instep stitches.

Now work the pattern as set until 1 inch short of your desired total length. Work in k2 p2 ribbing for 1 inch. Bind off very loosely in rib.

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