

Repeat instructions between * and * three times

1 – k1 *k9, p1*, k1

2 – k1 *p1, k7, p1, k1* k1

3 – k1 *p2, k5, p1, k2* k1

4 – k1 *p3, k3, p1, k3* k1

5 – k1 *p4, k1, p1, k4* k1

6 – k1 *p5, k5* k1

7 – k1 *p4, k6* k1

8 – k1 *p3, k7* k1

9 – k1 *p2, k8* k1

10 – k1 *p1, k9* k1

11 – k1 *k1, p1, k7, p1* k1

12 – k1 *k2, p1, k5, p2* k1

13 – k1 *k3, p1, k3, p3* k1

14 – k1 *k4, p1, k1, p4* k1

15 – k1 *k5, p5* k1

16 – k1 *k6, p4* k1

17 – k1 *k7, p3* k1

18 – k1 *k8, p2* k1

	1	2	3		1	2	3		1	2	3
1				7				13			
2				8				14			
3				9				15			
4				10				16			
5				11				17			
6				12				18			

Round 18 on the third repeat: Use the fifth needle to shuffle the stitches around:

- Knit needle 1
- Switch to a new needle and knit the first 16 from needle 2, following the pattern for round 18
- Switch to a new needle and knit the remaining 16 stitches from needle 2, following the pattern for round 18
- Switch to a new needle and knit the stitches on needle 3, completing the C6F but continuing on the same needle with the stitches from needle 1

Heel

You should have two needles holding the pattern (16 stitches each) and one needle to knit the heel flap and gusset with 32 stitches on and the cable in the middle, we stop the cable now.

Starting on the wrong side:

ws – sl1, p to end, turn

rs - *sl1, k1* to end, turn

repeat 15 times so you'll have 30 rows, then complete a ws row so you have the rs facing

ws											
rs											

ws							
rs							

Heel turn

Still working across the 32 sts of the heel continue:

Row 1 (rs) – k all sts, turn

Row 2 (ws) – sl1, p 19, p2tog, p1, turn



Row 3 (rs) – sl1, k 9, ssk, k1, turn

Row 4 (ws) - sl1, p 10, p2tog, p1, turn

Continue working row 3 and 4 k and p until one stitch before the gap created by the ssk/p2tog from the previous row before completing the row turning until all stitches are worked. Omit the p1 and k1 of the last two rows, ending on a rs row. You should have 20 sts left.

Gusset

We will pick up stitches along each side of the heel flap this round will count as round 1 of the pattern which will be picked up again for the decrease. We will shuffle the stitches around the needles to help with continuing the pattern.

- With the same needle pick up and knit 16 sts along the edge of the heel flap, place a marker one stitch before the last pick up (needle one)
- With a new needle, following the pattern for round 1, knit across 16 continue onto the next needle knitting another 16, the pattern will be central on this needle now for ease of working (needle two)
- With a new needle pick up and knit 16 sts placing a marker after the first pick up), continue onto the first needle and knit 10 sts (needle three)

Gusset decrease

We are back working in the round now continuing with the pattern on Round 2 on needle two:

On the decrease rounds marked in **bold** below you need to whilst following the pattern for that row:

k to 2 sts before first marker, k2tog, sm, k1, k to next marker, sm, ssk, k to end

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13	
14	
15	
16	
17	
18	

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7 – k1 *p4, k6* k1

8 – k1 *p3, k7* k1

9 – k1 *p2, k8* k1

10 – k1 *p1, k9* k1

11 – k1 *k1, p1, k7, p1* k1

12 – k1 *k2, p1, k5, p2* k1

13 – k1 *k3, p1, k3, p3* k1

14 – k1 *k4, p1, k1, p4* k1

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16 – k1 *k6, p4* k1

17 – k1 *k7, p3* k1

18 – k1 *k8, p2* k1



You will finish the decrease on round 2 the second time around. You should have your original stitch count with 16 stitches on needles one and three

Foot

Remove markers as you go, continue on round 3 in pattern until the sock measures 2 inches shorter than the foot measurement (from heel to the longest toe).

I have detailed how many rows to complete for UK sizes 5 to 8.

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12 – k1 *k2, p1, k5, p2* k1

13 – k1 *k3, p1, k3, p3* k1

14 – k1 *k4, p1, k1, p4* k1

15 – k1 *k5, p5* k1

16 – k1 *k6, p4* k1

17 – k1 *k7, p3* k1

18 – k1 *k8, p2* k1

	1	2	3	4
1				
2				
3				
4				
5				
6				
7				
8				
9				

	1	2	3	4
10				
11				
12				
13				
14				
15				
16				
17				
18				

Size 5 finish on the 10th round of the third repeat

Size 6 finish on the 14th round of the third repeat

Size 7 finish on the 18th round of the third repeat

Size 8 finish on the 4th round of the fourth repeat

Then knit 8 rounds in plain knitting with no pattern for all sizes before starting the toe decrease.

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Toe

We will work in rounds across the three needles as they are already set up as follows:

Round 1

- needle one, k to last 3sts, k2tog, k1
- needle two, k1, ssk, k to last 3sts, k2tog, k1
- needle three, k1, ssk, k to end

Round 2 – k

Round 3 – k

Round 4 – k



Round 5 – repeat round 1

Round 6 – k

Round 7 – k

Round 8 – repeat round 1

Round 9 – k

Continue repeating round 1 until you have 24 sts left in total. Knit to the end of needle one and slide the stitches from needle three onto it so you have two needles parallel to each other with the same amount of stitches on each, 12 sts.

Kitchener stitch to finish. There are lots of video and written tutorials on the internet.

I am happy for this pattern to be used to make items to sell, please credit/refer to this pattern in your selling/makings



For this sock I used West Yorkshire Spinners in the Yarn Dale Hope special striped yarn for the rib, heel and toe with West Yorkshire Spinners Juniper as the main colour.

