



Hybrid Heel Worksheet

To use this worksheet, you will need a copy of “Toe-Up! Patterns and Worksheets for Whipping Your Sock Knitting Into Shape” by Chrissy Gardiner. Complete instructions as to how to use the worksheet can be found on p. 39-40.

Numbers Needed:

A _____

B _____

C _____

D _____

E _____

F _____

To Work:

Gusset

Start gusset when foot measures F _____ less than desired finished length from tip of toe.

Round 1: Work across instep stitches in pattern; k-fb, knit to last 2 heel stitches, k-fb, k1.

Round 2: Work across instep stitches in pattern; knit heel stitches.

Repeat Rounds 1-2 an additional (E - 2) _____ times, then work Round 1 once more. You will now have [(2 x E) + A] _____ heel stitches. Place a stitch marker on each side of the heel to separate the gusset stitches from the center heel stitches (the gusset markers will be E _____ stitches from either side of the heel).

Shape Bottom of Heel

Row 1 (RS): Knit to stitch before the 2nd gusset marker ([A + E - 1] _____ stitches), W&T.

Row 2 (WS): Purl to stitch before the 1st gusset marker ([A - 2] _____ stitches), W&T.

Row 3: Knit to the stitch before the first wrapped stitch you come to, W&T.

Row 4: Purl to the stitch before the first wrapped stitch you come to, W&T.

Repeat the previous two rows until C _____ stitches are wrapped on either side of D _____ unwrapped center stitches.

Next Round: With RS facing, knit to end of heel stitches, lifting wraps RS as you encounter them, then work across instep stitches in pattern to bring you back to the start of the heel.

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Work Heel Flap

Row 1 (RS): Knit E ___ stitches, then knit $(A - 1)$ ___ lifting remaining wraps RS as you encounter them. You should now be one stitch before the second gusset marker. Remove marker and SSK the stitches that were on either side of the marker, turn.

Row 2 (WS): [Sl1, p1] to stitch before marker (if A is an even number then end with sl1, otherwise end with p1). You should now be one stitch before the first gusset marker. Remove marker and p2tog the stitches that were on either side of the marker, turn.

Row 3: Sl1, knit $(A - 2)$ ___, SSK, turn.

Row 4: [Sl1, p1] to stitch before gap formed by previous WS row's turn (if A is an even number then end with sl1, otherwise end with p1), p2tog, turn.

Repeat the previous two rows an additional $(E - 3)$ ___ times, then work Row 3 once more, but do not turn - you will be slowly working up the edge of the gusset and forming the heel flap as you go.

Next Round: Work across instep stitches in pattern; k2tog, knit to end of heel.

