



## Short Row 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. 38-39.

### Numbers Needed:

A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_

D \_\_\_\_\_

E \_\_\_\_\_

### To Work:

Start heel when foot measures E \_\_\_\_ less than desired finished length from tip of toe.

Place A \_\_\_\_ stitches on a single needle (the heel needle) and begin working back and forth across these stitches.

### Shape Bottom of Heel

**Row 1 (RS):** Knit to last stitch on first needle, W&T.

**Row 2 (WS):** Purl to last stitch on first needle, 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.

### Shape Top of Heel

**Row 1 (RS):** Knit to first wrapped stitch (do not knit across any wrapped stitches), lift wrap RS (see glossary), turn.

**Row 2 (WS):** Sl1, purl to first wrapped stitch (do not purl across any wrapped stitches), lift wrap WS, turn.

**Row 3:** Sl1, knit to next wrapped stitch (just past the stitch unwrapped on the previous RS row), lift wrap RS, turn.

**Row 4:** Sl1, purl to next wrapped stitch (just past the stitch unwrapped on the previous WS row), lift wrap WS, turn.

Repeat the previous two rows an additional (C - 3) \_\_\_\_ times until a single wrapped stitch remains on either side.

**Next Row:** Sl1, knit to last wrapped stitch, lift wrap RS, but do not turn - you will be at the start of the instep stitches. If working on dpns, re-divide the heel stitches across two dpns.

**Next Round:** Work across the instep stitches in pattern; lift the final wrap (which is at the beginning of the heel needle) RS, then knit across the remaining heel stitches.



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