

## Cable 2 by 2

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### Materials:

Knit Picks Bare – Fingering Weight

US Size 1 circular needles – 32” or longer

**Gauge:** 8 sts per inch

**Size:** fits foot circumference 7-8½”

Note: This pattern is written to be worked using the magic loop toe-up method



### Abbreviations:

|      |                  |           |  |
|------|------------------|-----------|--|
| st   | stitch           | ktbl      | knit through the back loop   |
| sts  | stitches         | pkup wrap | pick-up wrap around stitch   |
| k    | knit             | ssk       | slip the next two stitches knitwise and then knit by inserting the left needle into the slipped stitches on the right needle |
| p    | purl             | p2tog     | purl next two stitches together  |
| pkup | pick-up          | S2        | slip next two stitches   |
| S1   | slip next stitch | cbl       | s1 and hold to the back, k1, k1 from cable   |
| pm   | place marker     |           |  |

### Cast-On

- Using the Turkish cast-on create 13 sts/loops around both needles; if you like a wider toe just cast on more stitches.

Create a slip knot and place it on one the needle. Hold this needle to the bottom placing the other end of the circular needle on top. Wrap the yarn around both needles 13 times, starting the yarn from the back and wrapping up and over towards you. You will have a total of 13 loops around the needle that will become stitches on the next round.

Round 1: Pull through the needle that had the slip knot and knit across the loops. The cable of the needle will remain in the loops that were formed with the cast-on. Once you knit the 13 loops you will need to slip the other needle through in the magic loop fashion to knit the loops again forming the second half of the foot (the sole/foot section), but do not knit the slip knot, this will just slip off the needle when you knit the first loop.

You should now have a total of 26 sts evenly divided into a heel section and an instep section. The instep will always be worked first when working in the round, followed by the heel section

### Toe

Round 2: *Increase round using the invisible or lifted increase*

instep section: k1, pkup st on row below the next st on the left needle and knit through the back loop, continue knitting across section to last st, pkup st on row below last st and knit, knit last st

heel section: repeat same as instep section

Round 3: *Knit Round*

Knit every stitch in both the instep and the heel sections

Repeat rounds 2 & 3 until you have reached a total of 60 sts (30 sts on the instep and 30 sts on the sole of the foot, end after doing a knit round.

### **Foot:**

Round 1: \*p1, cbl 2x, p1, k4; repeat from \* to end of instep section, knit all stitches on heel section (bottom of the foot)

Round 2: knit round, knit all stitches on both the instep and the heel section

Round 3: repeat round 1

Round 4: repeat round 2

Round 5: \*p1, k4, p1, cbl 2x; repeat from \* to end of instep section, knit all stitches on heel section (bottom of the foot)

Round 6: repeat round 2

Round 7: repeat round 5

Round 8: Repeat round 2

Continue until foot measures approximately 1½-2" shorter than overall desired foot length, preferably ending after round 4 or round 8. Begin short-row heel.

### **Short-row heel**

#### **Notes:**

#### **Wrapping Stitches:**

To wrap a stitch on a **knit** row: slip the st (purl wise) to the right needle, bring the working yarn to the front of the work, return the slipped st (purl wise) back to the left needle, bring the working yarn to the back of the work

To wrap a stitch on a **purl** row: bring the working yarn to the front of the work, slip the next st (purl wise) to the right needle, bring the yarn to the back of the work, return the slipped st (purl wise) back to the left needle

#### **Picking up wrapped stitches:**

**Knit** row: with the right needle, insert under wrap from back to front and bottom up, place on left needle

**Purl** row: with the right needle, insert under wrap from front to back and bottom up, place on left needle

Working only the heel section back and forth. The instep section will lay idle while working the short-row heel.

Row 1: S1, k across until you have 2 sts remaining on the left needle, wrap the next st, turn leaving two sts on the left needle

Row 2: P1, pm, p across until you have 2 sts remaining on the left needle, wrap the next st, turn leaving two sts on the left needle

You should now have two sts at each side of the row, with the second st from the end being wrapped.

Row 3: K1, pm, k across to marker, remove marker, wrap the next st, turn

Row 4: P1, pm, p across to marker, remove marker, wrap the next st, turn

Repeat Rows 3 & 4 until you have 10 (10, 12, 12, 12) sts between the wrapped sts, make sure you have the same number of wrapped sts on each side. You should end with 6 (7, 7, 8, 9) wrapped stitches on each side of the center sts.

**Turning the heel:** slip knitwise on knit rows and purlwise on purl rows

Row 1: K1, pm, k to marker, remove marker, pkup wrap (see notes above) and ktbl, turn

Row 2: S1, pm, p to marker, remove marker, pkup wrap (see notes above) and purl, turn

Row 3: S1, pm, k across to marker, remove marker, ssk, pkup next wrap (see notes above) and ktbl, turn

Row 4: S1, pm, p across to marker, remove marker, p2tog, pkup wrap (see notes above) and purl

Repeat rows 3 & 4 until all wrapped stitches have been picked up and you return to your original number of stitches. This means on your last repeat of rows 3 and 4, you will not be picking up a wrapped st; you will just knit or purl the last stitch on the left needle.

**Leg:**

Begin working both the heel and instep section together in pattern. If you ended on round 4 on the foot section then start on round 5; if you ended on round 8 then start next round on round 1.

Round 1: \*p1, cbl 2x, p1, k4; repeat from \* to end of instep section, knit all stitches on heel section (bottom of the foot)

Round 2: knit round, knit all stitches on both the instep and the heel section

Round 3: repeat round 1

Round 4: repeat round 2

Round 5: \*p1, k4, p1, cbl 2x; repeat from \* to end of instep section, knit all stitches on heel section (bottom of the foot)

Round 6: repeat round 2

Round 7: repeat round 5

Round 8: Repeat round 2

Work until leg is desired length. Sample is 24 Rounds, not including the cuff.

**Cuff:**

Round 1: \*p1, k1, p2, k1; repeat from \* to end of round

Round 2: repeat round 1 for  $\frac{1}{2}$ ", approximately 5 rounds total

**bind-off:** Very loosely bind off all stitches.