

Toe-Up Gusset Heel

This heel pattern is for a toe-up sock. Set up by dividing stitches in half into instep sts and sole sts.

Gusset Increases (In the round)

Round 1: work pattern across instep, k1, m1l, k to 1 st from end of sole, m1r, k1.

Round 2: work pattern across instep, k across sole.

Repeat Rounds 1 and 2 a total of 10 times. (+20 sts)

Make 1 Increases (m1l, m1r, m1p)

m1l:

m1r:

Wrap & Turn Short Rows

k side: insert needle into both loops of the double st as if to knit, k2tog.

p side: insert needle into both loops of the double st as if to purl, p2tog.

Heel Turn

Row 1: k ____ to last ____ sts, m1r, k1, w&t.

Row 2: p ____ to last ____ sts, m1p, p1, w&t.

Boomerang

Row 1: k to 1 st from end of heel, working wrapped sts as they come. At last st, w&t.

Row 2: p to dst, work all double sts as they come, p1 and dst

Heel Flap

Row 1: k to ____ sts before end of needle, dst

Row 2: p to ____ sts before end of needle, dst

Row 3: k to previous dst, work dst, k1 and dst

Row 4: p to previous dst, work dst, k1 and dst

Repeat Rows 3 and 4 until you've doubled the 2nd to last st on both sides. On the next knit row, k to dst, work dst twice. Return to working in the round. You will have 2 unworked double sts on the other end of your needle. Work across the instep, then work the two double sts. Your heel is done!