

Wrap & Turn Short Row Heel

This heel pattern will work with a cuff-down or toe-up sock. Set up by dividing stitches in half. Heel is worked back-and-forth across one half of the stitches.

Part 1

Row 1: k to 2 sts before end of half, w&t

Row 2: p to 2 sts before end of half, w&t

Row 3: k to 1 st before wrapped st, w&t

Row 4: p to 1 st before wrapped st, w&t

Repeat Rows 3 and 4 until you have roughly a third of your sts wrapped on each side. (e.g. for a 30 st heel, you will have 9 wrapped on each side and 10 sts in the middle. For a 20 st heel, you will have 6 wrapped sts on each side and 6 sts in the middle. For any size heel, you will have one unwrapped st on each end.)

Boomerang

Row 1: k to wrapped st, work all wrapped sts as they come, w&t at the last st

Row 2: p to wrapped st, work all wrapped sts as they come, w&t at the last st

Part 2

Row 1: k to ____ sts before end of needle, w&t

Row 2: p to ____ sts before end of needle, w&t

Row 3: k to wrapped st, work wrapped st, w&t

Row 4: p to wrapped st, work wrapped st, w&t

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

Wrap and Turn (w&t)

k side: start with yarn in back, slip 1 (as if to purl), bring yarn forward, slip back to L needle, bring yarn back, turn.

p side: start with yarn in front, slip 1, bring yarn back, slip back to L needle, bring yarn forward, turn.

Working a Wrapped St

k side: insert needle into wrap as if to knit, insert needle into st as if to k, knit wrap and stitch together.

p side: insert needle back to front into the back half of the wrap, place on L needle like a st, p wrap and stitch together.

Filling in the Blank

The number of sts in Part 2 depends on your total stitch count. Remember how many wraps you had at the end of Part 1 and add 1 to fill in the blank. (e.g. If you had 9 wrapped sts on each side, you will work to 10 sts before the end of the needle.)