

German Short Row (GSR) 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 1 st before end of half, dst

Row 2: p to 1 st before end of half, dst

Row 3: k to previous dst, dst

Row 4: p to previous dst, dst

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

Boomerang

Row 1: k to dst, work all double sts as they come, k1 and dst

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

Part 2

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 worked a double st at the 2nd to last st on both sides. On the next knit row, k to dst, work 2 double sts. 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!

Double Stitch (dst/GSR turn)

k side: turn work to WS, bring yarn forward, slip 1 as if to purl. Pull yarn up, over, and behind the needle to create a *double st*, and bring yarn forward to purl.

p side: turn work to RS, bring yarn forward, slip 1 as if to purl. Pull yarn up, over, and behind the needle to create a double st, and keep yarn in back.

Working a double st

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.

Filling in the Blank

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