

'TROPICAL JOY' SOCKS

By Knitting Ponchik #knittingponchik



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INTRODUCTION

‘Tropical Joy’ Socks were designed at the start of the summer season hence the summery vibe of the name. Unfortunately, the actual completion and testing of these socks took an extraordinary long time (even by my own standards!) as hot summers are generally not very conducive to knitting, so they were put on a back burner until further notice. Interestingly, I found it extra enjoyable to knit something so bright and joyful throughout the bleaker months of autumn, so the ‘Tropical Joy’ makes even more sense now ;).

‘Tropical Joy’ Socks are knitted in the round using ‘Stranded Colourwork’ technique with two DK yarn colours for the rib, ‘Seed Stitch’ in one colour block for the main ‘body’ and ‘Stocking Stitch’ (also in one colour block of a different yarn colour) for the heel and toe. There is an option to use only DPNs for the whole project.

Each sock is knitted from sock leg cuff to toe in four parts: sock leg, sock heel, sock foot and sock toe. We start with a Two-Colour Braided Cast-On and Rib Stitch, then gently proceed to ‘Seed Stitch’. We continue with a ‘Square Sock Heel’ and foot, finishing with toe decreases.

The pattern reflects an average sized adult feet but I have included thorough recommendations on size adjustments.

The pattern also includes a long section of Techniques, Pattern Notes & Schematics to help you in your knitting journey but if you want to dive straight into knitting action then go to ‘Method’ section on page 17.

All the terms used in this pattern are in British English. For extra help I have created a special video tutorial on how to knit these socks, available on my YouTube channel ‘Knitting Ponchik’ by clicking the link below:

<https://youtu.be/J55yr30Ddvo>

I hope you enjoy this project!

DIFFICULTY LEVEL

Advanced Beginner/Intermediate

SKILLS REQUIRED

Knit & purl

Decreasing

Specialty CO: Two-Colour Braided Cast-On

Working in the round on circular needles

Stranded colourwork

Picking up stitches

Square (Dutch) Sock Heel

Kitchener stitch

MATERIALS

YARN

Marriner Double Knit - (100% Acrylic, 300m per 100g/ball):

MC colour Aqua; 1 ball

CC colour Sunrise; 1 ball

NEEDLES

3 mm length 65cm (26in) circular needle

3 mm DPNs needles for working small circumference in the round

OTHER

Stitch markers - 2 removable and 1 of different colour or style for marking start of round

Yarn needle

Scissors

Tape Measure

GAUGE

18 stitches/32 rounds = 10cm (4in) square in 'Seed Stitch' using 3mm circular needles

18 stitches/28 rounds = 10cm (4in) square in 'St St' using 3mm circular needles

22 stitches/30 rounds = 10cm (4in) square in 'Rib Stitch' using 3mm circular needles and Stranded Colourwork*

*make sure to knit your gauge swatch in the colour pattern rather than in one solid colour yarn 'Rib Stitch'; floats in Stranded Knitting change the tension of the fabric and require more stitches per cm/in

SIZE INFORMATION

SIZES

Sized for Adult Medium and shown in Size Adult Medium (UK shoe size 6-7)

FINISHED MEASUREMENTS

*note that the finished measurement reflect negative ease as socks will stretch over the foot; read more in 'Pattern Notes' section

Foot measurement (taken around the ball of the foot) - 21cm/8in

Ankle circumference - 26cm/10in

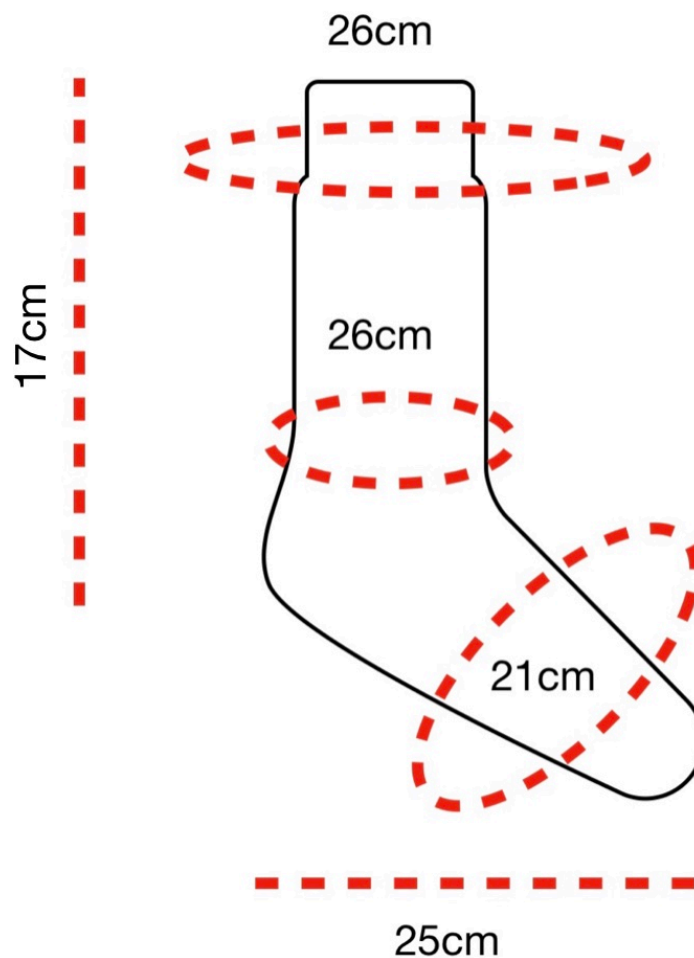
Leg length (top of cuff to top of heel; adjustable to fit) - 9cm/3.5in

Sock length (top of cuff to bottom of foot) - 17cm/6.5in

Foot length (top of heel to top of toe; adjustable to fit) - 25cm/10in

SCHEMATIC

*for more measurements and guidance on size adjustments check 'Pattern Notes' section below



TECHNIQUES & GLOSSARY

Gauge Swatch - make a tension swatch to make sure your knitting has the same measurements as the pattern. To make a swatch: knit a sample of more than 10cm/4" length and 10cm/4" width. Measure the swatch against the gauge given in the pattern by counting the stitches & rows in your 10cm x10cm sample

<https://youtu.be/ULjgzs2J6g>

How to measure yarn tail for a cast-on - wrap yarn over the knitting needle the same amount of times as the number of stitches you are planning to cast-on; then add extra 15cm of yarn

<https://youtu.be/EaEGuK86mRs>

Two-colour Braided Cast-On -

Step 1: make a slip knot using both yarn colours and place it on the needle;

Step 2: hold both yarns in a slingshot position as if for a 'Long tailed CO' with yarn A (Aqua) over your thumb and yarn B (Sunrise) over your index finger. Make the same motion as in 'Long tailed CO' going under your thumb, grabbing the yarn strain on the finger and pulling through;

Step 3: switch yarn A to the left & over the finger and yarn B over the thumb;

Step 4: do another 'Long tailed CO' with switched yarn;

Step 5: switch yarn B to the left & over the finger and yarn A over the thumb;

Step 6: do another 'Long tailed CO' with switched yarn;

Repeat Steps 3-6 for required number of stitches

<https://youtu.be/JioYnLcLvsc>

How to Join a Knitting Round - slip the first CO stitch (the one on the left needle) over onto the right needle; slide the last CO stitch (the one on the right needle) OVER the first CO stitch and onto the left needle; place a marker between the two stitches

<https://youtu.be/SFgdFSQ96bw>

1x1 Rib Stitch in the Round - Round 1 - *k1, p1*, repeat every round

Stocking Stitch (Stockinette) in the round - (RS) Round 1 - *k*, repeat every round

Stocking Stitch (Stockinette) in rows - (RS) Row 1 - *k*
(WS) Row 2 - *p*

repeat Row 1 & 2

How to hold yarn in Stranded Knitting (Continental Method) -

when holding two yarn strands with your left index finger, make sure to always keep MC yarn above CC yarn (MC yarn will be closer to the fingernail)

<https://youtu.be/OTmYfKbgFcA>

Seed Stitch - Rnd 1 - *k1,p1*
Rnd 2 - *p1,k1*

repeat Rnds 1 & 2

SQUARE (DUTCH) HEEL - how to knit a 'Square (Dutch) Heel' is explained in the knitting instructions in the 'Method' section to make it easier to follow the pattern as you knit; there is also a video tutorial (link below):

<https://youtu.be/h6iehJqKHUo>

Adding/joining new yarn ball - insert the knitting needle as if to knit and wrap the new yarn around the needle & pull through the stitch (make sure you have a long yarn tail for weaving in)

<https://youtu.be/TSNvHG12heo>

Selvedge Stitch - first stitch of the row: with yarn to the back, slip the stitch purlwise

last stitch of the row: bring yarn to the front, insert needle into the stitch as if to purl BUT purl the stitch with yarn going under the needle rather than over

repeat every row

<https://youtu.be/khYyi47TeHc>

DECREASE STITCHES:

ssk - slip twice knitwise, knit two stitches together

<https://youtu.be/regNol22Vac>

k2tog - knit two stitches together through front loops

<https://youtu.be/QztMuhnyU1Y>

k2tbl - knit two stitches together through back loops

<https://youtu.be/57dl7VFppt0>

p2tbl - purl two stitches together though back loop

<https://youtu.be/-ueNtEL9s8A>

Hiding the Jog - to hide the colour shift, slip the stitch in the new colour purlwise on the second round of knitting

<https://youtu.be/4eQ3-l-WJl8>

Weaving Ends - weave in your ends on WS by going through side loops of stitches vertically at least 5 times; if you are weaving in on WS of 'St St' then tutorial below might be of use

<https://youtu.be/ieUJN-z7JTY>

Right & Wrong Side - Right Side of the knitted fabric in this pattern means the side which is knitted (in St St); Wrong Side is the side which is purled (in St St)

<https://youtu.be/-S7xFXsx2T8>

Kitchener Stitch - spread stitches evenly on the two needles:

1. insert yarn needle through the front stitch purlwise keeping the stitch still on the needle; insert yarn needle purlwise through the stitch at the back and slip it off the needle

2. insert yarn needle knitwise through the back stitch keeping the stitch on the needle; insert yarn needle knitwise through the front stitch and slip it off the needle.

Repeat steps 1 & 2 until two last stitches. Last two stitches: insert yarn needle purlwise through the front stitch keeping the stitch on the needle; insert yarn needle purlwise through the back stitch and remove both stitches from the needles; finally, insert yarn needle knitwise through the last stitch and fasten off

<https://youtu.be/kAJB-bJ2-xw>

Extra Comments:

You have an option of using DPNs for the whole project instead of circular needle. Spread stitches evenly (or as even as possible) on 3 or 4 needles. The whole pattern remains the same for DPNs as we are still knitting in the round.

ABBREVIATIONS

*Note: This Pattern is written in British English

k - knit

p - purl

MC - Main Colour

CC - Contrasting Colour

st(s) - stitch(es)

Rnd(s) - Round(s)

St St - Stocking Stitch

CO - Cast On

RS - Right Side

WS - Wrong Side

k2tog - knit two stitches together

k2tbl - knit two stitches together through back loops

p2tbl - purl two stitches together through back loops

ssk - slip twice knitwise, knit two stitches together

rpt - repeat

* - work instructions following * as many times as indicated



PATTERN NOTES

Tips for working the pattern

The pattern is knitted top to bottom in four parts: sock leg, sock heel, sock foot and sock toe. Sock leg and sock foot are knitted in a combination of 'Seed Stitch' and 'St St'. Sock heel is knitted using a 'Square (Dutch) Heel' technique. Sock toe is an ordinary decrease technique used on both sides of the foot until we seam the ends with 'Kitchener Stitch'.

Tips for knitting in Stranded Colourwork

To avoid puckering and tightness in the knitted fabric that often happens when knitting in 'Stranded Colourwork' try some tips below:

- Make sure to carry 'floats' loosely and give stitches some space by spreading them every round after knitting.
- Steaming can help release stitches if they are too tight but make sure your yarn fibre is suitable for steam blocking.
- During 'Rib Stitch' MC yarn goes under CC yarn when twisting on WS

Measurements & Size Adjustments

Take measurements of yourself for each of the A to J measurements shown below. Don't forget about negative ease (more on negative ease below).

After taking all the measurements, compare them to the Gauge you have made earlier. Once you have Gauge Calculations you can easily calculate how many stitches you need per each measurement (if in doubt check my 'Gauge Swatch' Tutorial link in 'Techniques & Glossary' section above where I show how to do all of these calculations).

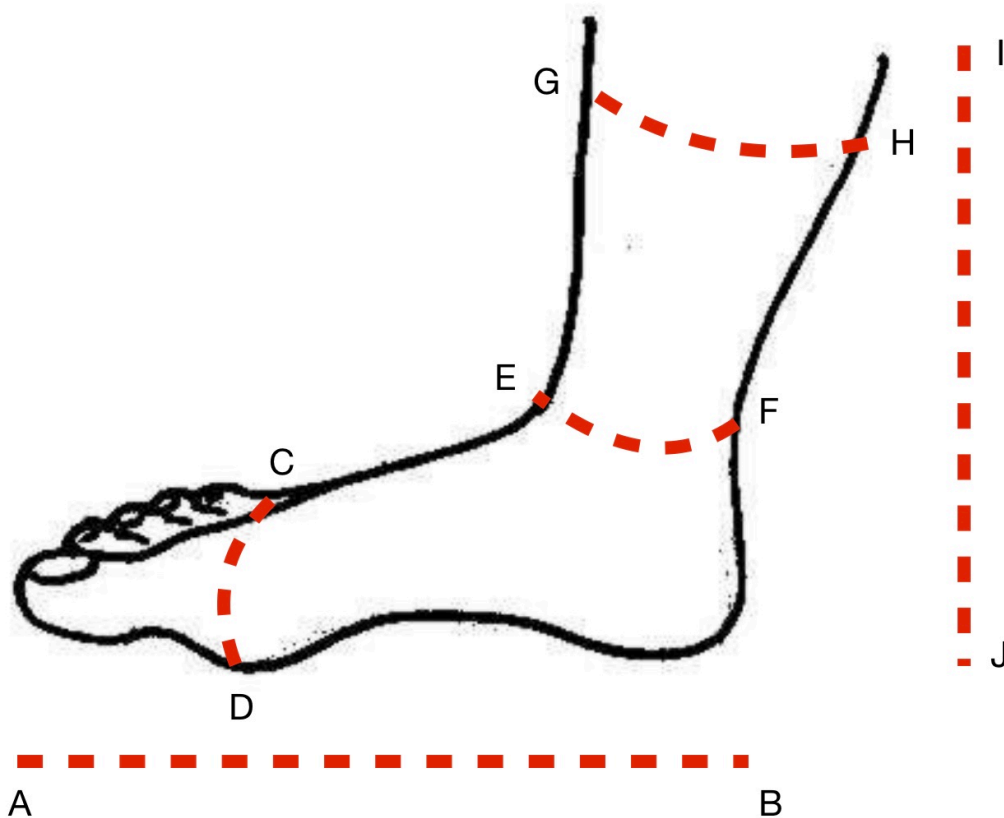
AB (foot length) = 25cm/10in
CD (circumference of foot around the arch) = 23cm/9in (-2cm)
EF (ankle circumference at narrowest part) = 26cm/10in
GH (calf circumference 15cm/6in up from floor) = 36cm/14in (-10cm)**
IJ (sock length) = 17cm/6.5in

*figures in brackets represent negative ease

** these socks are not long enough to reach the calf but I've included the measurements just in case you want to make a longer sock that does reach the calf

	ACTUAL LEG MEASUREMENTS	FINISHED SOCK MEASUREMENTS
AB (foot length)	25cm ("10)	25cm ("10)
CD (circumference of foot around the arch)	23cm ("9)	21cm ("8)
EF (ankle circumference at narrowest part)	26cm ("10)	26cm ("10)
GH (calf circumference 15cm/6in up from floor)	36cm ("14)	26cm ("10)
IJ (leg length)	17cm ("6.5)	17cm ("6.5)

*notice that actual leg measurements are in some cases larger than finished sock measurements due to negative ease.



Negative Ease Calculations

For some measurements we need to include a calculation for negative ease. Negative ease means that the finished sock measurement is smaller than the actual leg measurement because the sock stretches out over the foot. In the table above you can see a comparison between my actual leg measurements and finished sock measurements. It's important to also take into account that yarn fibre plays a significant role in how your sock will stretch over your foot so a gauge swatch is really important!

Most important negative ease that you should consider is the CD (circumference of foot around the arch) and GH (calf circumference).

We need 2cm of negative ease for CD measurement. This means that after taking your measurements you need to take away 2cm before calculating the gauge. For example, my foot circumference is 23cm:

$$23 - 2 = 21$$

thus creating a new measurement with negative ease - 21cm. I then calculate my gauge using 21cm not 23cm. We do this for GH measurement too.

Leg Length

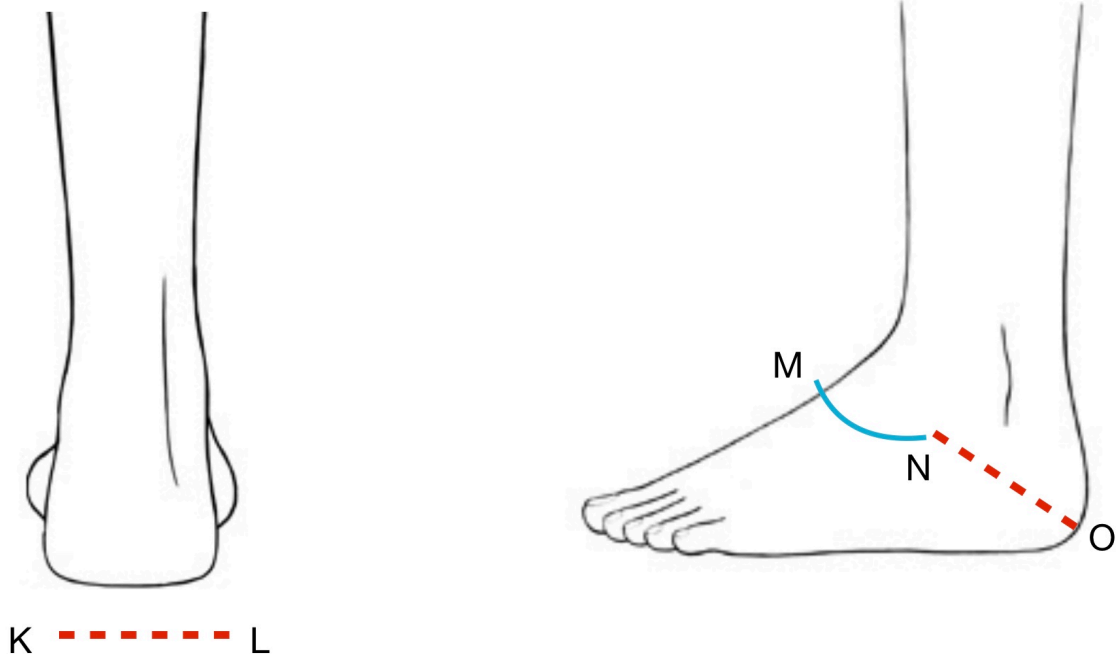
Leg length (IJ measurement) is adjustable to fit, meaning you knit in 'Seed Stitch' for as long as you want until measurement F (which is where we knit a 'Square (Dutch) Heel').

Dutch (Square) Sock Heel Measurement

The 'Dutch (Square) Heel' is divided into three sections and is knitted in rows in 3 parts: Heel Flap, Heel Turn and Heel Gusset.

Section 1 and 3 is the NO measurement shown below on the chart (we will need each side of the foot). Each side measures around 6cm and will be knitted/joined with the middle (heel) using decrease stitches. KL measurement represents your heel (middle part) and is around 5cm. Heel section stitches won't change in number but the edge stitches of the middle part of the heel will be involved in a decrease stitch to join the middle part with the sides. To sum up: all stitches at the sides will be decreased, and joined with the side stitches of the heel (middle part), leaving only original number of heel stitches on the last row. MN represents the rest of the

stitches which are left alone and are not knitted during 'Square (Dutch) Heel'. The whole heel is knitted in CC yarn colour.



Heel Flap

From information above you should measure two sides and heel (middle part) and calculate how many stitches you need. Based on my measurements above I've calculated 28 sts for the whole heel section (10 sts for heel, 9 sts for each side). Measure the height from the top of the heel to floor and knit only on your heel sts until you reach that measurement (based on my measurements I will knit on 28 sts for 6cm). This section is knitted in CC and in Stocking Stitch in rows (back and forth, turning the sock).

Heel Turn

This section is knitted in CC and St St and in rows.

As explained above, you will divide your heel section into three parts using markers. The most convenient way to do this is to place the markers at the start of side edges plus 1 middle heel stitch so that you don't have to slip markers off and on every decrease. For example, my division of the heel is

9/10/9, so I place markers like this: 10(m)8(m)10. We will decrease every row, before first marker and after second marker, bringing the total of -2 sts per row. We will repeat this until only the original number of heel sts (middle part) are left (in my case 10 sts).

Heel Gusset

This section is knitted in MC and a combination of 'St St' and 'Seed Stitch' (see 'Method' section below). We are also knitting in the round again.

We will pick up stitches at each side and then decrease every round to reach a snug fit around the foot. We will need CD measurement (see table above) for our circumference of foot around the arch (21cm) and calculate how many stitches we will need for a perfect fit. I need 40 sts and I decreased on every round x9 times. Depending on your measurements and how quickly you want to decrease, my advice is not to decrease by more than 4 sts per round as it might make your sock look slightly bloated. I've elected to decrease by 2 sts per round.

Another way you can decrease stitches is by picking up less stitches at the sides prior to decrease rounds. You can certainly do so but make sure that the gaps between sts are evenly spread and don't leave massive gaps.



Foot length

Foot length (AB measurement) is adjustable to fit, meaning you knit in 'St St' and 'Seed Stitch' for as long as you want until 6cm are left until the tips of the toes.

Sock Toe Decreases

For sock toe we decrease every other round by 2 sts (1 st at

each side). The whole decrease section measures 6cm.

METHOD

PART 1: SOCK LEG

1). Using size 3mm circular needle and both MC and CC yarn, using Two-Colour Braided Cast-On, CO 52 sts; place marker and join for working in the round, being careful not to twist

2). 1x1 'Rib Stitch' in the Round:

Rnd 1 - *k1, p1* (knit in MC and purl in CC)

repeat Rnd 1 for 6cm

3). Using MC yarn, knit in 'Seed Stitch':

Rnd 1 - *k1,p1*

Rnd 2 - *p1,k1*

repeat Rnds 1 & 2 for 3cm

PART 2: SQUARE (DUTCH) HEEL

* note that the heel is knitted only in CC yarn (without carrying MC yarn on the WS)

* more info on the technique behind 'Square (Dutch) Heel' can be found in 'Pattern Notes'

4). *Heel Flap*

Starting from the beginning of the round marker, k28 and turn your work:

Row 1 (RS) - selvedge stitch, k26, selvedge stitch, turn

Row 2 (WS) - selvedge stitch, p26, selvedge stitch, turn

repeat Rows 1 & 2 for 6cm

5). *Heel Turn*

On RS split the heel into 3 parts by placing first removable marker after 10 sts and second removable marker after 8 sts:

Row 1 (RS) - selvedge stitch, k until 2 sts before first removable marker, k2tbl, k until second removable marker, k2tbl, k until 1 last stitch, selvedge stitch, turn

Row 2 (WS) - selvedge stitch, p until 2 sts before first removable marker, p2tbl, p until second removable marker, p2tbl, p until 1 last stitch, selvedge stitch, turn

repeat Rows 1 & 2 until 10 sts are left on the needle

6). *Heel Gusset*

Take off removable markers and cut off CC yarn for now. Using MC yarn, pick up 12 sts knitwise through selvedge stitches on side 1, k24 in 'Seed Stitch' (picking up where you've left), pick up 12 sts knitwise through selvedge stitches on side 2, k10 in 'St St', place beginning of the round marker

Decrease Rnd: k10 in 'St St', k2tog, place removable marker (decrease before this marker on next decrease rnds), k24 in 'Seed Stitch', place removable marker (decrease after this marker on next decrease rnds), ssk, k20 in 'St St'

= 56 sts (-2 sts)

repeat Decrease Rnd 8 more times until 40 sts remaining

PART 3: SOCK FOOT

7). Rnd 1 - k3 in 'St St', k24 in 'Seed Stitch', k13 in 'St St'

repeat Rnd 1 until 6cm left to the tip of the toe

PART 4: SOCK TOE

8). Rnd 1 - k2 in 'St St', place removable marker (decrease after marker on next rnds - at the juncture between 'St St' and 'Seed Stitch'), ssk, k22 in 'St St', k2tog, place removable marker (decrease before marker on next rnds at the juncture between 'St St' and 'Seed Stitch'), k12 in 'St St'

= 38 sts (-2 sts)

Rnd 2 - k in 'St St'

repeat Rnds 1 & 2 5 more times until 28 sts remaining

9). Split remaining 16 sts into two sets for 'Kitchener Stitch'

Knit second sock the same way.

Don't forget to weave in the ends!

Thank you for downloading this pattern!

I would love to see your finished socks so please share a picture with me by tagging me @knitting_ponchik and using the hashtags #knittingponchik and #tropicaljoysocks on Instagram and TikTok.



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LoveCrafts: Knitting Ponchik

<https://www.lovecrafts.com/en-gb/user/>

[Knitting-Ponchik/6218c662-019f-4446-a674-1351cd97b562](https://www.lovecrafts.com/en-gb/user/Knitting-Ponchik/6218c662-019f-4446-a674-1351cd97b562)

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