



Sea Oats

By Emily Franck of The Blue Mouse

MATERIALS

YARN - Fingering weight approx:
400 yards {365 m}.

Yardage varies widely depending on the length of your foot and the CO, but 1 skein of at least 400 yds should be plenty for a pair of socks (more than enough for a pair of shorties) for most foot sizes.

Sample uses: [The Little Wolf Knits Sunfish](#) (75% SW Merino, 25% Nylon, 463 yds/100g) in the colorway 'Beach Grass'

NEEDLES

US 1.5 {2.5 mm} 32 - 40" {80 - 100 cm} circular needles or flexible DPN's.

Or size needed to match your preferred gauge.

OTHER MATERIALS

Yarn Needle, Stitch Marker

GAUGE

Leg stitch pattern worked in the round & blocked.

Works with multiple gauges: 28, 32 & 36 sts per 4" {10 cm} with a round gauge ranging from 42 to 54 rounds per 4" {10 cm}.

>> Sample got a 36 sts/ 54 rounds gauge and made the 55 size cast on.

Use your gauge and the table on page 2 to choose the number of stitches to cast on for your size.

NOTES/TUTORIALS

>> German Twisted Cast On [Video Tutorial](#)

>> Kitchener Stitch [Video Tutorial](#)

>> SSK Decrease [Video Tutorial](#)

>> K2TOG Decrease [Video Tutorial](#)

>> If you want to use your own maths for any reason, the leg stitch pattern has to be a multiple of 5 to work out evenly.

>> **Find a coupon code at the end of the pattern for 15% off anything in my shop ;)**

ABBREVIATIONS

>> BOR = Beginning of round

>> CO = Cast On

>> K2TOG = Knit 2 sts together (single decrease)

>> K2TOGtbl = Knit 2 sts together through the back loop (single decrease)

>> Knitwise (KW) = as if to knit (when slipping stitches)

>> N1(2) = Needle 1 (2)

>> P2TOG = Purl 2 sts together (single decrease)

>> PM = Place Marker

>> PU = Pick Up (stitches)

>> Purlwise (PW) = as if to purl (when slipping stitches)

>> RS = Right Side (of work)

>> SL1KW = Slip 1 stitch knitwise

>> SL1PW = Slip 1 stitch purlwise

>> sm = slip marker from needle to the next

>> SSK = Slip 1 as if to knit, Slip 1 as if to purl, then knit them together through the back loop (single Decrease)

>> st(s) = stitch(es)

>> WS = Wrong Side (of work)

>> wyif/wyib = with yarn in front/back (when slipping stitches)

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HOW TO PICK A SIZE & CAST ON

- 1.) Find your gauge (28, 32, or 36 sts) in the far left column.
- 2.) Follow the row of your gauge and pick the finished foot circumference you want.
*See the sizing guide at the bottom of this page if you don't know which size you need.
I recommend choosing a size with 1-2" {2.5-5 cm} of negative ease.*
- 3.) Use the cast on number at the top of that column to knit your socks.
The number listed for sizes 45, 55 & 65 are 1 less stitch than your actual cast on amounts because you need to have an even number for the ribbing at the beginning. You decrease down to this number for the leg.

Sizes	45	55	65	sts
28 st gauge (7 sts)	6.5 {16.5}	7.75 {19.5}	9.25 {23.5}	Inches {cm}
32 st gauge (8 sts)	5.5 {14}	6.75 {17}	8 {20.5}	Inches {cm}
36 st gauge (9 sts)	5 {12.5}	6 {15}	7.25 {18.5}	Inches {cm}

^^ All sizes rounded to the nearest 0.25" {0.5 cm}

STANDARD SIZING GUIDE

General size standards from the [Craft Yarn Council](#) based off of US shoe sizes.

These are just general guides, if you are making the socks for yourself you may want to measure the circumference, and try the sock on as you go for a better length fit. Remember you want about 1-2" {2.5-5 cm} of negative ease for the circumference.

WOMEN:

- > US 4 - 6 ½ = 7" circumference, 8 - 9" (20.25 - 23 cm) total foot length
- > US 7 - 9 ½ = 8" circumference, 9.25 - 10" (23.5 - 25.5 cm) total foot length
- > US 10 - 12 ½ = 9" circumference, 10.25 - 11" (26 - 28 cm) total foot length

MEN:

- > US 6 - 8 ½ = 8" circumference, 9.25 - 10" (23.5 - 25.5 cm) total foot length
- > US 9 - 11 ½ = 9" circumference, 10.25 - 11" (26 - 28 cm) total foot length
- > US 12 - 14 = 10" circumference, 11.25 - 12" (28.5 - 30.5 cm) total foot length

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PATTERN

CO 46 (56, 66) sts

Sample uses a German twisted cast on, but any stretchy cast on will work.

Distribute the stitches as follows:

N1 = 20 (26, 30) sts.

N2 = 26 (30, 36) sts.

Join in the round and place a removable marker in the fabric of N1 so you can tell them apart.

LEG

Work in 1x1 ribbing for approx. 0.25 " {0.5 cm}.
If you matched gauge that is approx. 4 rounds.

Setup Round 1:

Sizes 1 & 3:

N1: Knit across.

N2: Knit across decreasing 1 stitch as you go.

Size 2:

N1: Knit across decreasing 1 stitch as you go.

N2: Knit across.

The distribution of stitches should now be:

N1 = 20 (25, 30) sts.

N2 = 25 (30, 35) sts.

Total: 45 (55, 65) sts.

Continue in the following stitch pattern (Chart on Page 7) until the leg of your sock reaches the desired length. **End with a finished round 4 repeat, stopping with 1 stitch left on N2 on your very last round.**

Note: for this section always slip stitches purl-wise wyib.

Round 1: *P1, K2, P1, SL1PW wyib; repeat from * around.

Round 2: *P1, K2, P1, K1; repeat from * around.

Round 3: *P4, SL1PW wyib; repeat from * around.

Round 4: *P4, K1; repeat from * around

At the end of the very last round, work across N1 normally, but for N2 work until you have 1 stitch left, don't work it, instead, slip it from N2 to the start of N1.

^^ See page 6 if you need a visual.

The distribution of stitches should now be:

N1 = 21 (26, 31) sts.

N2 = 24 (29, 34) sts.

HEEL FLAP

You will now be working back and forth on N1 only to create the heel flap. You can just let the N2 stitches hang on the cord.

CHART ON PAGE 8.

Row 1 (RS): K1, *P1, K2, P1, SL1PW wyib; repeat from * to the last 5 sts: P1, K2, P1, K1

Row 2 (WS): SL1PW wyif, K1, P2, K1 *P1, K1, P2, K1; repeat from * across to the last stitch: P1.

Row 3 (RS): SL1KW wyib, *P4, SL1PW wyib; repeat from * to the last 5 sts: P4, K1.

Row 4 (WS): SL1PW wyif, K4, *P1, K4; repeat from * to the last stitch: P1.

Row 5 (RS): SL1KW wyib, *P1, K2, P1, SL1PW wyib; repeat from * to the last 5 sts: P1, K2, P1, K1.

Row 6 (WS): SL1PW wyif, K1, P2, K1, *P1, K1, P2, K1; repeat from * to the last stitch: P1.

Repeat rows 3-6 until your heel flap is approx. as long as it is wide (end with a finished WS row).

Stop after approx. 18 (22, 24) rows and move on to the heel turn.

Note: If you want a deeper heel then work more rows in the same pattern. You don't need to work all of them, just as many extra rows as you need. End with a finished WS row. If you do this, be sure to pick up extra stitches along both of the heel flap edges and make extra decreases in the gusset.

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HEEL TURN

You will now work short rows on N1 to shape the heel.

Row 1 (RS): SL1KW wyib, K13 (16, 20) sts, K2TOG tbl, turn.

Row 2 (WS): SL1PW wyif, P7 (8, 11) sts, P2TOG, turn.

Row 3 (RS): SL1PW wyib, Knit to 1 stitch before the gap, K2TOG tbl, turn.

Row 4 (WS): SL1PW wyif, Purl to 1 stitch before the gap, P2TOG, turn.

Repeat rows 3 & 4 until all stitches have been worked. At the end you should be ready to start a RS row for the next section and you should now have 9 (10, 13) sts on N1.

GUSSET

You are no longer going to be working back and forth, but in the round again. You have to pick up stitches along the sides of the heel flap to connect your current N1 stitches to your N2 stitches. If you matched gauge then follow the numbers listed below, if not, you can just PU and knit 1 stitch for every slip stitch you have on either side of your heel flap.

Setup Round 1:

N1: Knit across N1. Then, PU & Knit 9 (11, 12) sts along the heel flap edge.

N2: Work in the foot stitch pattern beginning with round 1 (see page 5 or chart on page 7) across N2. PM and then PU & Knit 9 (11, 12) sts along the other heel flap edge.

The distribution of stitches should now be:

N1: 18 (21, 25) sts.

N2: 33 (40, 46) sts.

Total: 51 (61, 71) sts.

Setup Round 2 (plain):

Note: It can help decrease holes in the gusset stitches if you knit all the stitches you picked up through the back loop for this round only.

N1: Knit across.

N2: Continue in the foot stitch pattern to the marker, sm, knit to end.

Round 1 (decrease round):

N1: Knit to the last 3 sts: K2TOG, K1.

N2: Continue in the foot stitch pattern to the marker, sm, K1, SSK, knit to the end.

Round 2 (plain):

N1: Knit across.

N2: Continue in the foot stitch pattern to the marker, sm, knit to end.

Repeat Rounds 1 & 2 a further 2 (2, 2) times for a total of 6 (6, 6) rounds (not including setups).

Next round:

N1: Knit across.

N2: Continue in the foot stitch pattern to the marker, remove marker, slip the remaining 6 (8, 9) sts to N1 (the stitches that were separated by the marker). Visual on page 6.

FOOT

The distribution of stitches should now be:

N1 = 21 (26, 31) sts.

N2 = 24 (29, 34) sts.

Total: 45 (55, 65) sts.

From here on out you will always be knitting across N1 and working in the foot stitch pattern (see next page or page 3) across N2 for every round. The new BOR is at the start of N1.

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Continue in the foot stitch pattern below (chart on page 7) for N2 (picking up from the round where you left off) while knitting on N1 until your foot measures approx. 1 (1.25, 1.5)" {2.5 (3, 4) cm} from your total foot length.

Foot Stitch Pattern (*N2 ONLY*)

Round 1: *P1, K2, P1, SL1PW wyib; repeat from * to the last 4 sts: P1, K2, P1.

Round 2: *P1, K2, P1, K1; repeat from * to the last 4 sts: P1, K2, P1.

Round 3: *P4, SL1PW wyib; repeat from * to the last 4 sts: P4.

Round 4: *P4, K1; repeat from * to the last 4 sts: P4.

TOE DECREASES

Setup Round 1:

Sizes 1 & 3:

N1: K1, SSK, Knit across.

N2: K1, SSK, Knit to the last 3 sts: K2TOG, K1.

Size 2:

N1: Knit across.

N2: K1, SSK, knit across.

Setup Round 2:

All Sizes:

N1: Knit across.

N2: K1, SSK, Knit to the last 3 sts: K2TOG, K1.

Your stitch count should now be:

N1: 20 (26, 30) sts.

N2: 20 (26, 30) sts.

Total: 40 (52, 60) sts.

These instructions are the same for both needles.

Round 1 (plain): Knit around.

Round 2 (decrease round): K1, SSK, Knit to the last 3 sts on the needle: K2TOG, K1.

Repeat rounds 1 & 2 a further 3 (5, 6) times. You should now have 12 (14, 16) sts on each needle.

FINISHING

Using the [kitchener stitch](#) bind off the remaining 24 (28, 32) sts.

Repeat all these steps for a second sock. Weave in your ends and enjoy :)



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By Emily Franck of The Blue Mouse

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For **pattern support** email Emily at:
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Thank you for supporting my design.

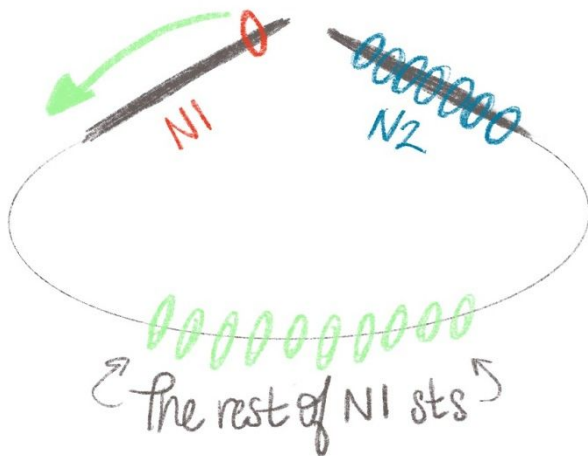
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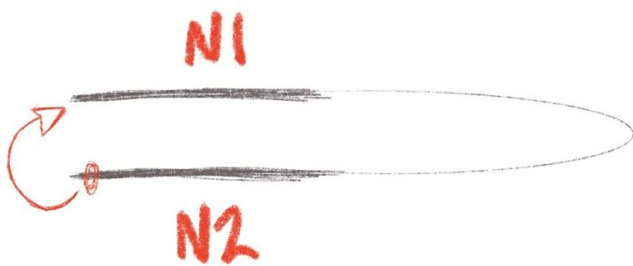
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Visual Aid for page 3

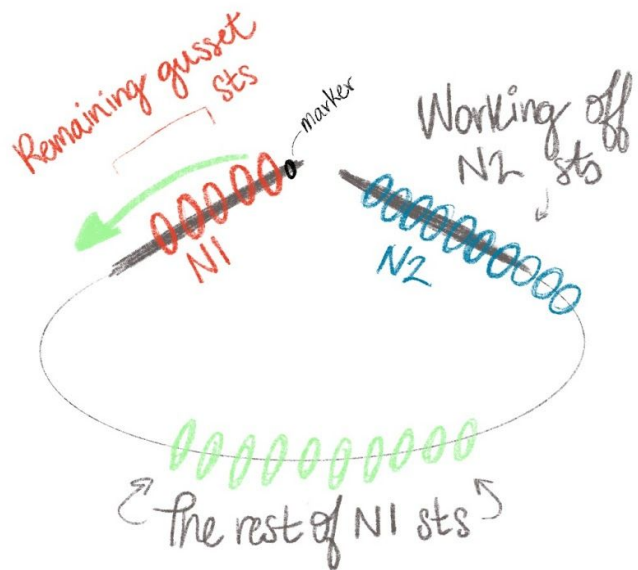


You are sliding the remaining 1 stitch from N2 to N1. Just slide those remaining sts down the cord to be with the N1 sts.

Below: The same visual for page 3, but shown as if you hadn't started knitting yet.



Visual Aid for page 5



You are sliding the remaining gusset stitches on N2, that have been separated by the marker, to N1. When you get to the marker on N2, remove it and just slide those remaining sts down the cord to be with the N1 sts.

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Charts

>> These charts are worked in the round & read from right to left starting in the bottom right hand corner.

>> The red boxes are stitch repeats.:

Leg Stitch Pattern:

>> The instructions are the same for both needles.

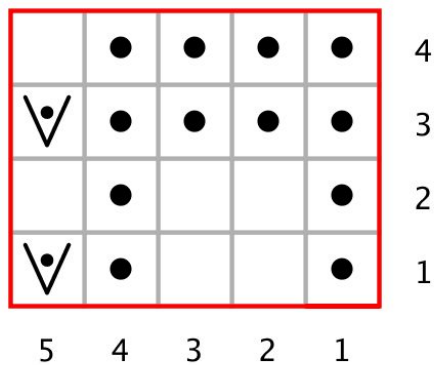
>> For the leg always slip stitches purl-wise wyib.

Round 1: *P1, K2, P1, SL1PW wyib; repeat from * around.

Round 2: *P1, K2, P1, K1; repeat from * around.

Round 3: *P4, SL1PW wyib; repeat from * around.

Round 4: *P4, K1; repeat from * around



Foot Stitch Pattern:

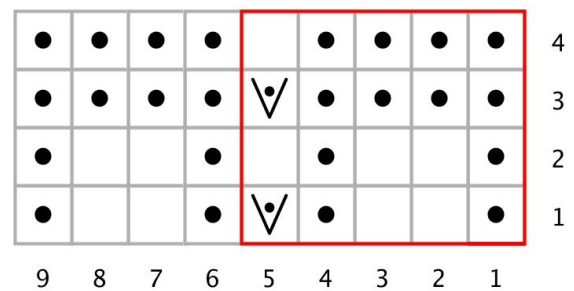
>> The instructions are for N2 only.

Round 1: *P1, K2, P1, SL1PW wyib; repeat from * to the last 4 sts: P1, K2, P1.

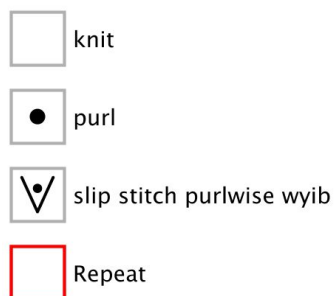
Round 2: *P1, K2, P1, K1; repeat from * to the last 4 sts: P1, K2, P1.

Round 3: *P4, SL1PW wyib; repeat from * to the last 4 sts: P4.

Round 4: *P4, K1; repeat from * to the last 4 sts: P4.



Key



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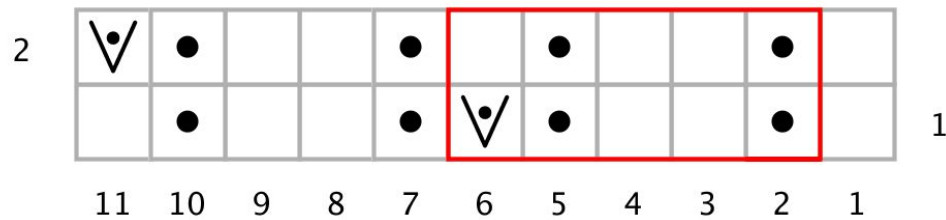
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Heel Flap Charts

The charts are worked flat and are read right to left for RS rows and left to right for WS rows. Odd numbered rows are RS, even numbered rows are WS. Work the setup and then move on to the repeat.

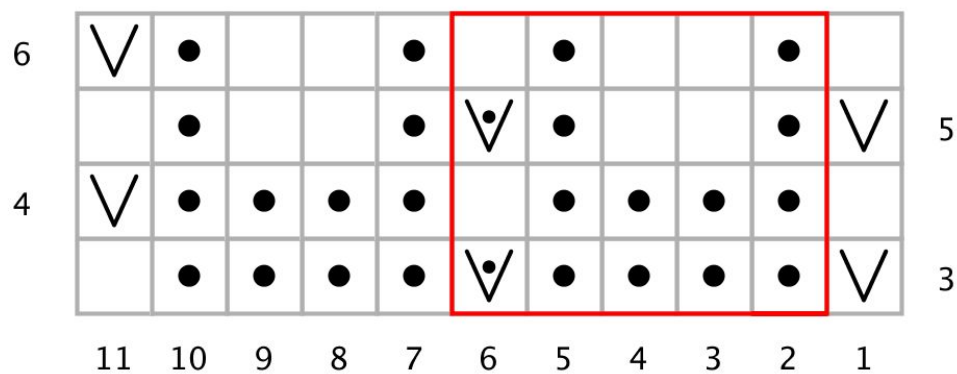
Heel Flap Setup Rows

>> These are the setup rows, you only work these 2 rows once. Then, move on to the heel flap repeat chart below.



Heel Flap Repeat

>> Begin with row 3, your first 2 rows were setups. You are repeating rows 3-6 for the rest of the heel flap.



Key

- RS: knit
WS: purl
- RS: purl
WS: knit
- ∇ RS: slip knitwise with yarn in back
WS: slip purlwise with yarn in front
- ∇ RS: slip purlwise with yarn in back
WS: slip purlwise with yarn in front
- Repeat

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