



## Cableskip - Part 2

Supported with Video Lessons at [knitpurlhunter.com](http://knitpurlhunter.com)



### Abbreviations...

**DS (double stitch)** - with yarn in front, slip next stitch to right needle as if to purl. Next, pull the working yarn firmly to the back so that the slipped stitch is pulled over the top of the right needle with both legs visible on the needle making it appear as if it were two stitches. Return working yarn to knit or purl position for next heel stitch. **See *German Short Row Heel* video**

**PM** – place marker

### Instructions...

Directions are for Small (Medium, Large in parentheses when necessary).

#### **Heel - See *German Short Row Heel* Video**

Maintain established design pattern across 28 (32, 36) instep stitches.

The 28 (32, 36) sole stitches will form the heel.

I recommend placing a **lifeline** before beginning the heel.

#### **Part 1**

Work Round 5 of established pattern over instep stitches.

Over heel stitches, k9 (11, 12), PM, k10 (10, 12), PM, k9 (11, 12).

Turn to wrong side of heel stitches. (No longer working in the round.)

Row 1. With WS facing, make DS, purl to end of heel, turn.

Row 2. With RS facing, make DS, knit across heel to DS from previous row. Do not knit the DS. Turn.

Row 3. (WS) Make DS, purl to DS from previous row, turn.

Row 4. (RS) Make DS, knit to DS from previous row, turn.

Repeat Rows 3 and 4 until all of the stitches after the second marker are doubled and only one stitch remains undoubled before the first marker, ending after Row 3. You will need to turn the work as usual after Row 3, make a DS on RS to complete all of the needed double stitches. The center stitches between the markers remain undoubled with working yarn attached to stitch that is right of the first marker.

At this point of the heel construction, with right side facing, the heel stitches are on the needles as seen in the photo below.



Reading above stitches from left to right:

On left hand needle - left side of heel, 2<sup>nd</sup> marker (orange), center stitches, 1<sup>st</sup> marker (green). On right hand needle - right side of heel.

### **Part 1 (cont.)**

Slip 1<sup>st</sup> marker, knit across center stitches.

Slip 2<sup>nd</sup> marker, knit across stitches that are left of the center stitches, working each double stitch as if it were one stitch. (Insert right needle under both strands and work together as if a k2tog.)

Return to knitting in the round and work **Round 6** of established pattern across instep stitches.

On heel, knit the double stitches that are right of the center stitches, working each double stitch as if it were one stitch.

Knit across remaining heel stitches, slipping markers. (Count the stitches – you should have 28 (32, 36) sts.

Work **Round 7** of established pattern across instep stitches. (This is a cable round!)

**Part 2**

Row 1. With RS facing, knit heel stitches to second marker, slip marker, k1, turn.

Row 2. With WS facing, make DS, slip marker, purl across center heel stitches, slip marker, p1, turn. Markers may be removed now.

Row 3. (RS) Make DS, knit across heel to DS from previous row, knit the DS (treating it as one stitch as in Part 1), k1, turn.

Row 4. (WS) Make DS, purl across heel to DS from previous row, purl the DS (treating it as one stitch), p1, turn.

Repeat Rows 3 and 4 until the last stitch on right hand side of heel is purled ending after Row 4. Turn. One doubled stitch remains on left hand side of heel.

With RS facing, make DS, knit to DS at end of heel, knit the DS. Do NOT turn! One doubled stitch remains at beginning of heel (right hand side).

Return to knitting in the round. Work **Round 8** of established pattern over instep stitches. Knit the last DS and knit across heel.

Heel is complete!