

# Dancing Waterbirds

A cable-icious sock with your choice of plain or fancy heel.

By James Nancy



## Cuff

Using your favorite method, cast-on 72 (80) stitches, join to knit in the round, and begin a \*k1, p2, k1 (repeat from \*) ribbing to create the cuff. Knit about 1.25 inches or desired length.

## Leg

To begin the leg, you will knit Round 1 of the chart twice—first as a set-up row, then as part of the chart. After this point, Round 1 will only be knitted once each time you repeat the chart. Continue knitting the chart until cuff and leg measure about 7 inches from cast-on, or desired length. The length of the leg is always a personal choice, of course, but if you are planning the re-enforced heel, for purposes of symmetry, I prefer ending the leg with round 6. Two repeats of the chart, plus the cuff, will yield a leg of about 6 inches in length. Three repeats of the chart, plus the cuff, will yield a leg of about 7.5 inches. If symmetry is less important than measurement, you need to end the leg on round having just worked the side cables (2, 6, 10, 14, 18, or 22). If you are making the fancy heel (continuing the pattern throughout the heel) you will end the leg after round 14 (10). At the end of the final leg round, knit 4 more stitches from the next needle onto your current needle.

## What you need to know:

The pattern is written in two sizes. The Medium (72 stitch) version makes a sock that is about 5 inches unstretched. The Large (80 stitch) version measures about 6 inches unstretched. (Note: I usually use 72 stitches when I knit socks for myself, but found the 80 stitch version worked better for me. I like my socks to fit snugly. If you find it to be a bit too tight, you might consider knitting the cuff and leg with a larger needle.)

**Gauge:** 9 stitches to the inch in stockinette.

**Yarn:** The sock in the photos was knitted with Springtree Road's Muscadine sock yarn. Most any fingering weight yarn will work.

**Needles:** I use 00's, but you should use whatever you need to achieve gauge.

*Note: The two cables that begin the round form the side “seams” and will split when you reach the heel flap. They are both knitted at the beginning of the round and separated at the start of the heel to avoid having the unsightly beginning/end of round jog occur between them.*

### **Heel flap—**

*To be forewarned is to have four arms . . . there are a couple of things that happen in the heel you should be aware of. First, the decrease in the center of the flap is to create symmetry. An odd number means both cables will be framed with slipped stitches. The purpose of the increases is to provide a stitch to slip, so that when you’re picking up the gusset stitches, it will not affect the cables.*

*Of course, you’re always welcome to do your own heel, but keep in mind the splitting side cable that runs down the edge of the heel flap is a fairly important point in the design. If you wish to make the fancy heel, the charts are at the end of this pattern.*

At this point, you need to turn your work, purl 17 (19) stitches, p2tog, purl 17 (19) stitches

Next Row: k1f&b in first stitch, k3, (sl1, k1) 13 (15) times, sl1, k3, k1f&b in last stitch.

At the end of this round, you will have 37 (41) stitches forming your heel.

Next Row: Sl1, purl remaining stitches

Row 1: Sl1,work 2/2 left twist, [sl1, k1] 13(15) times, sl1, work 2/2 right twist, k1

Row 2: Sl1, purl remaining stitches.

Row 3: Sl1, K4, [Sl1, K1] 13(15) times, K5

Row 4: Sl1, Purl remaining stitches

Repeat Rows 1-4 until you have 36 rows, or until your heel-flap is the desired length, ending with Row 1 or 3.

### **Turning the heel—**

Row 1: Sl 1, P20 (22) sts, P2tog, P1, turn

Row 2: Sl 1, K7 (7), ssk, K1, turn

Row 3: Sl 1, purl to within 1 stitch of the gap, P2tog, P1, turn

Row 4: Sl1, knit to within 1 stitch of the gap, ssk, K1, turn

Repeat rows 3 and 4

### **Gussett**

Pick up one stitch for each slipped stitch edge on the heel flap, plus one more stitch at the top of the gusset.

Continue instep stitches (needles 2 & 3) in pattern. When you reach needle 4, pick up one stitch in the top of the gusset, then one stitch for each of the slipped stitched edge stitches. Redistribute original heel stitches so half are on needle 1 and half are on needle 4.

Next round

Needle 1: knit all stitches until 2 stitches remain, then ssk.

Needles 2 & 3: Work in pattern

Needle 4: K2tog and knit remaining stitches.

The gusset decreases will be worked as follows:

Row 1

Needle 1: Knit all stitches until 2 remain, k2tog

Needles 2 & 3: Work in pattern

Needle 4: ssk, knit remaining stitches

Row 2

Needle 1: Knit all

Needles 2 & 3: Work in pattern

Needle 4: Knit all

Repeat these two rows until you have decreased to the original number of stitches.

### **Foot**

Continue knitting the instep in the chart pattern and the sole stitches in stockinette until you are about 2 to 2.25 inches within desired length. This is a stretchy sock, so you should plan on about 0.5 inches of negative ease

## Toe

Of course, you are welcome to use any toe you'd like, but here's the one I used:

Knit all stitches on needle one.

Your needles are now renumbered as follows:

What was needle 2 is now needle 1, 3 becomes 2, 4 becomes 3 and your original needle 1 is now needle 4.

In other words, the new needles 1 and 2 are the instep stitches and needles 3 and 4 are the sole stitches. Continue with the toe as follows:

Row 1

Needle 1: K1, ssk, knit remaining stitches

Needle 2: Knit to last 3 stitches, k2tog, k1

Needle 3: K1, ssk, knit remaining stitches

Needle 4: Knit to last 3 stitches, k2tog, k1

Row 2

Knit all stitches.

Repeat these two rows until you have 36 (40) stitches.

Continue repeating row 1 until 16 (20) stitches remain. Graft those stitches and wear.



### Cabling without a cable needle:

**2/2 RC**—with yarn in front, slip 2 purlwise, k2 from left needle, slide left needle into 3<sup>rd</sup> and 4<sup>th</sup> stitches of right needle from behind, slide all 4 stitches off right needle, slip the 2 free stitches to right needle and knit the 2 stitches on the left needle.

**2/2 RPC**-- with yarn in front, slip 2 purlwise, knit 2 from left needle, slide left needle into 3<sup>rd</sup> and 4<sup>th</sup> stitches of right needle from behind, slide all 4 stitches off right needle, slip the 2 free stitches to right needle and purl the 2 stitches on the left needle.

**2/2 LC**—Slip 2 purlwise, knit 2, slide left needle into 3<sup>rd</sup> and 4<sup>th</sup> stitches of the right needle from the front, slide all 4 stitches off the right needle, slip the 2 free stitches to the right needle and knit the 2 stitches on the left needle.

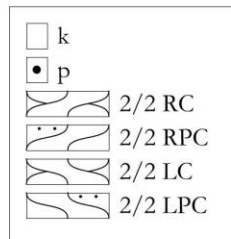
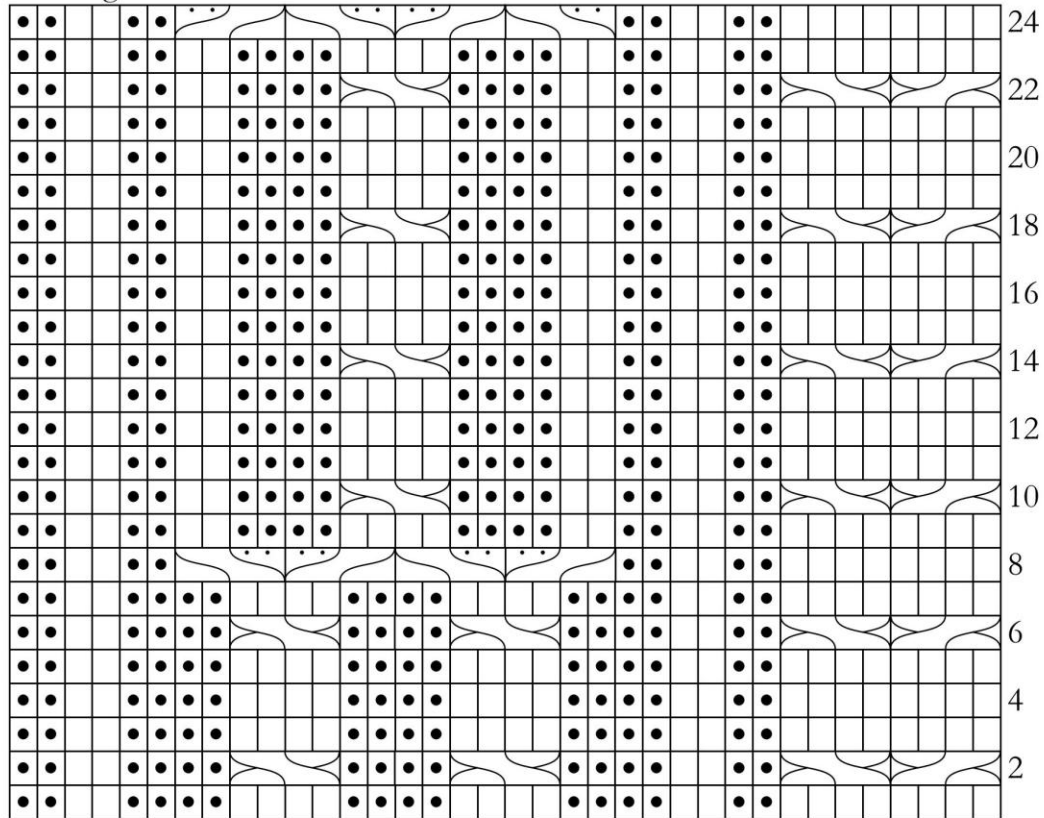
**2/2 LPC**-- Slip 2 purlwise, purl 2, slide left needle into 3<sup>rd</sup> and 4<sup>th</sup> stitches of the right needle from the front, slide all 4 stitches off the right needle, slip the 2 free stitches to the right needle and purl the 2 stitches on the left needle.



**The Fancy Heel (above)  
The Plain Heel (below)**

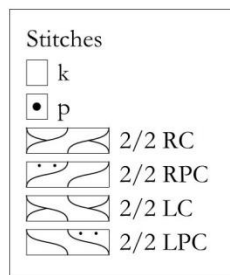
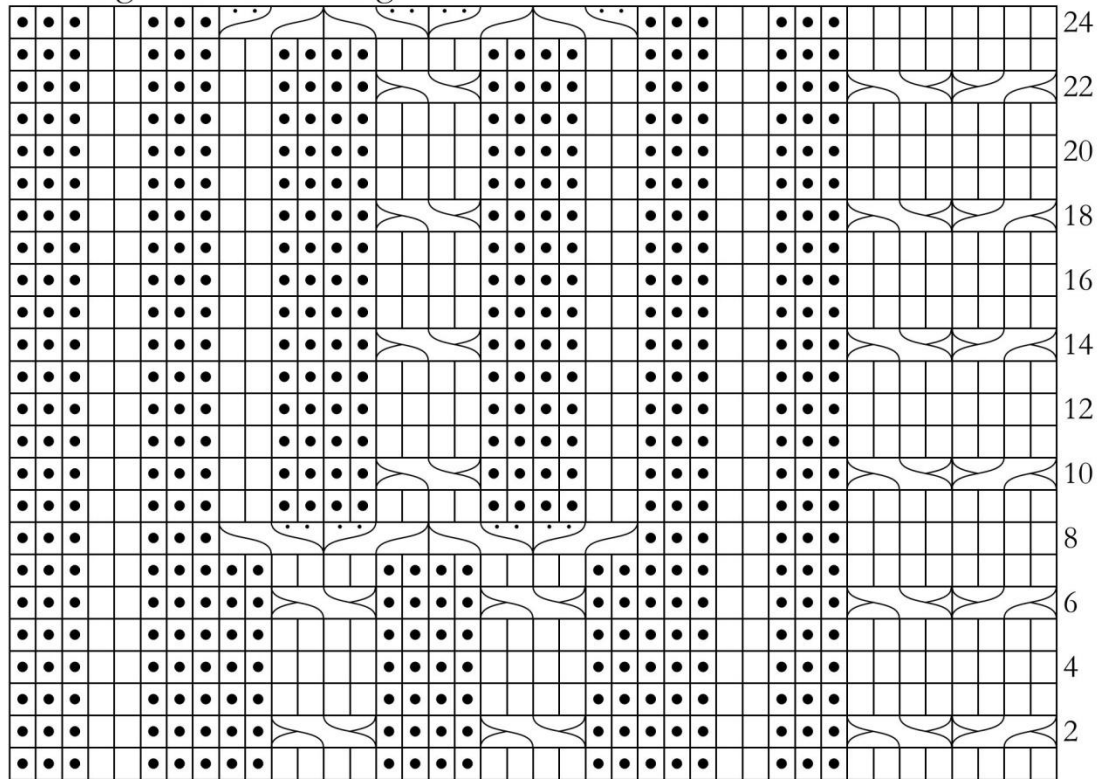


## Dancing Waterbirds--Medium



- Round 1: K8, p2, k2, [p4, k4] twice, p4, k2, p2.  
 Round 2: 2/2 RC, 2/2 LC, p2, k2, [p4, 2/2 LC] twice, p4, k2, p2.  
 Rounds 3-5: K8, p2, k2, [p4, k4] twice, p4, k2, p2.  
 Round 6: 2/2 RC, 2/2 LC, p2, k2, [p4, 2/2 LC] twice, p4, k2, p2.  
 Round 7: K8, p2, k2, [p4, k4] twice, p4, k2, p2.  
 Round 8: K8, p2, k2, p2, [2/2 RPC, 2/2 LPC] twice, p2, k2, p2.  
 Round 9: K8, [p2, k2] twice, p4, k4, p4, [k2, p2] twice.  
 Round 10: 2/2 RC, 2/2 LC, [p2, k2] twice, p4, 2/2 LC, p4, [k2, p2] twice.  
 Rounds 11-13: K8, [p2, k2] twice, p4, k4, p4, [k2, p2] twice.  
 Rounds 14-21: Repeat rows 10-13.  
 Round 22: 2/2 RC, 2/2 LC, [p2, k2] twice, p4, 2/2 LC, p4, [k2, p2] twice.  
 Round 23: K8, [p2, k2] twice, p4, k4, p4, [k2, p2] twice.  
 Round 24: K8, p2, k2, p2, [2/2 LPC, 2/2 RPC] twice, p2, k2, p2.

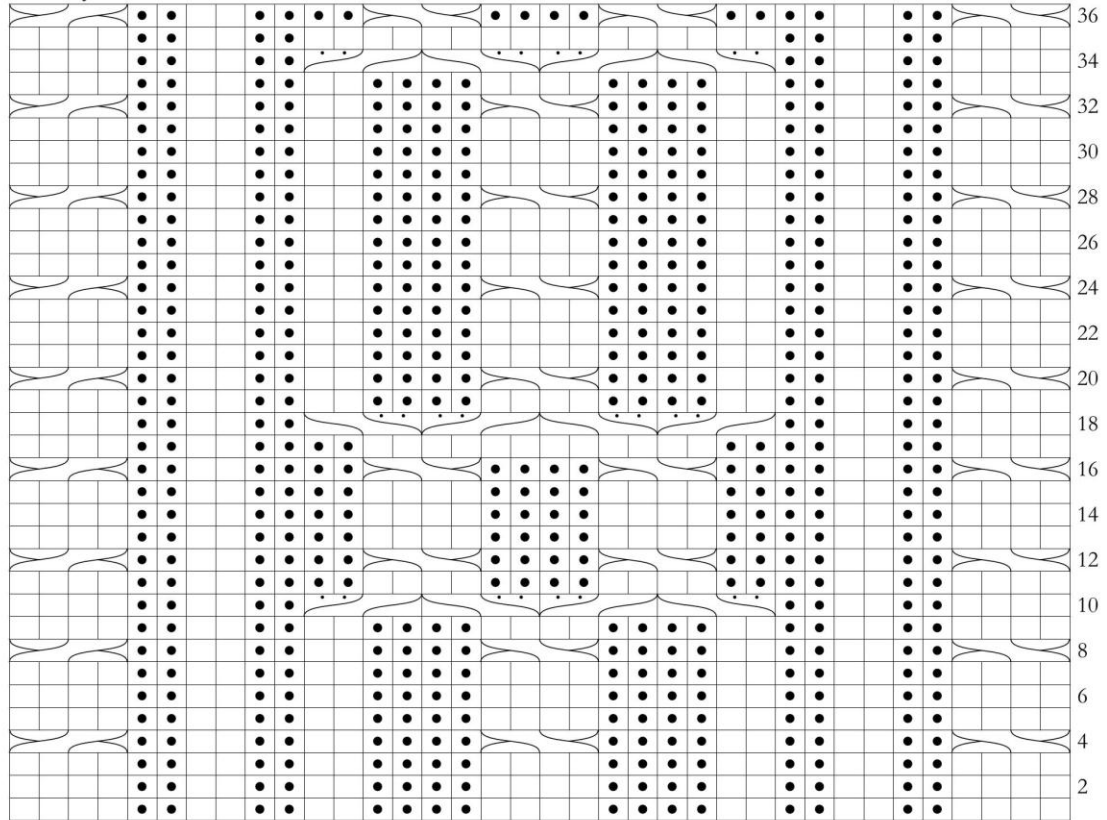
## Dancing Waterbirds--Large





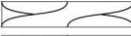
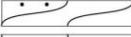


- Round 1: K8, p3, k2, p5, k4, p4, k4, p5, k2, p3.  
 Round 2: 2/2 RC, 2/2 LC, p3, k2, p5, 2/2 LC, p4, 2/2 LC, p5, k2, p3.  
 Rounds 3-5: K8, p3, k2, p5, k4, p4, k4, p5, k2, p3.  
 Round 6: 2/2 RC, 2/2 LC, p3, k2, p5, 2/2 LC, p4, 2/2 LC, p5, k2, p3.  
 Round 7: K8, p3, k2, p5, k4, p4, k4, p5, k2, p3.  
 Round 8: K8, p3, k2, p3, [2/2 RPC, 2/2 LPC] twice, p3, k2, p3.  
 Round 9: K8, [p3, k2] twice, p4, k4, p4, [k2, p3] twice.  
 Round 10: 2/2 RC, 2/2 LC, [p3, k2] twice, p4, 2/2 LC, p4, [k2, p3] twice.  
 Rounds 11-13: K8, [p3, k2] twice, p4, k4, p4, [k2, p3] twice.  
 Rounds 14-21: Repeat rows 10-13.  
 Round 22: 2/2 RC, 2/2 LC, [p3, k2] twice, p4, 2/2 LC, p4, [k2, p3] twice.  
 Round 23: K8, [p3, k2] twice, p4, k4, p4, [k2, p3] twice.  
 Round 24: K8, p3, k2, p3, [2/2 LPC, 2/2 RPC] twice, p3, k2, p3.



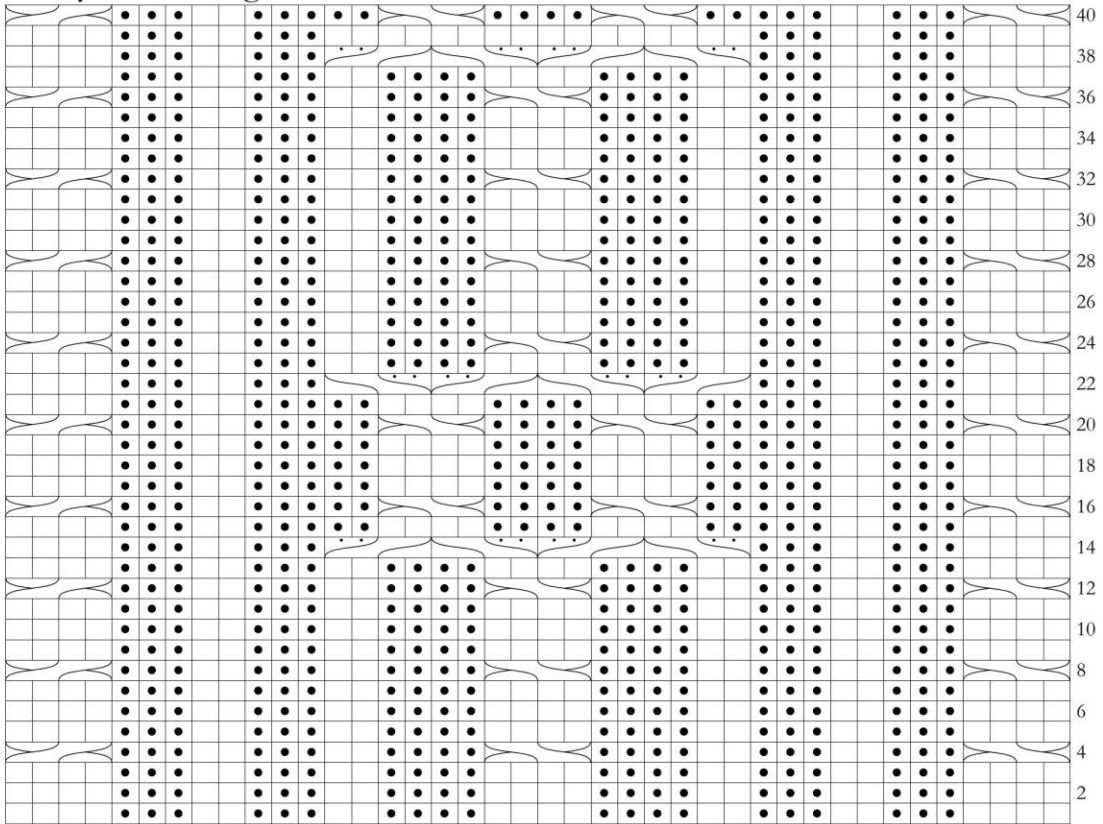
# Fancy Heel--Medium





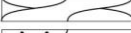



Stitches

	k
	p
	2/2 RC
	2/2 RPC
	2/2 LC
	2/2 LPC

# Fancy Heel--Large



Stitches

	k
	p
	2/2 RC
	2/2 RPC
	2/2 LC
	2/2 LPC