One Toe-Up Socks on Two Circular Needles Tutorial
A sock knitting tutorial
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This is an intermediate level sock knitting tutorial. It is best suited for the confident and adventurous beginner or anyone with prior sock knitting experience.

In this tutorial, I will encourage you to design your own socks. You can, of course, knit a basic sock, but I hope you will see how easy it is to become the master of your own knitting and do whatever you want!!

Supplies Needed

Sock weight yarn - approx 350 - 400 yards
Amount of yarn needed depends on how long you want the leg portion. Choose two complimentary colors if you want contrasting heels and toes. Or get many colors and make stripes!
(I used Knit Picks Risata in Buttermilk)

TWO Size 1 or 2 circular needles
The length of the needles is not important, however if they're too long, they'll only get in the way. I like 16 or 24 inch needles. Also, two different colored needles will be helpful to quickly see which needle to use next, although it's not necessary.
(I used two Knit Picks Harmony Circulars in size 1)

You will also need
one split ring stitch marker, safety pin or scrap of yarn
a tapestry or yarn needle
a ruler or measuring tape
and of course, PATIENCE

Step One - Cast On

Before you even begin this tutorial, go to http://www.knittinghelp.com/videos/advanced-techniques and watch Amy's video on knitting on two circular needles. Scroll down to "Small Diameter Circular Knitting" and watch the video titled "On Two Circular Needles" Special Thanks to Amy & Sheldon at http://www.knittinghelp.com for all their wonderful FREE knitting videos!

Now, after you've watched the video, we can begin.

First things first, hold one needle and the cable from the second needle in one hand together. You will cast onto the needle tip and a cable at the same time.
Tie a slip knot in the end of your yarn, leaving a tail 8-10 inches long. This slip knot is only to anchor the yarn while you cast on and will NOT count as a stitch.

Note: If you’re planning to knit contrasting toes and heels, begin with your contrast color now.

Slide the slip knot on to the tip of your needle. Begin a figure 8 cast on:
Bring the working yarn (not the tail of the slip knot) under then over the cable as shown, then under and over the top needle as shown. Be careful to make sure you’re wrapping your needle exactly as pictured.

Pull the yarn snug. Repeat these wraps under the cable and over the needle until you have 12 wraps on the needle and 12 on the cable. Do not count the slip knot! There will be a total of 24 stitches, plus the slip knot.

When wrapping, remember to go down between the needle and cable, and then up and over the needle and/or cable. This is a "figure 8" cast on, because the yarn is wrapped in a figure 8 pattern. Also, when pulling the yarn snug, pull it so that it is snug around the needle and cable, and pulls the two close together.
Note: You may be tempted to slide the other needle tip and wrap around it instead of the cable. Please do not do this. Wrapping the cable will result in a much more even cast on that will become evident a little later in the tutorial.

Count your wraps to double check you have wrapped enough times, then double check again. Leave the working yarn going down and between the needle and the cable.

That's all there is to a figure 8 cast on. That was easy, wasn't it? Ok, it was a little awkward, but you're doing great. You're now ready to begin knitting!

Step Two - The Toes

The secret to two circular needle knitting is to always keep each side of your sock on the same needle. Meaning the stitches on the top side of your sock are always knit on the same needle, the bottom side of your sock is knit on the other circular. Think of the two circulars as 2 double pointed needles. That's all it is. Yes, it's that simple.

By the way, this is my favorite sock knitting method. No fuss, no muss speedy sock knitting awaits!

Ok, back to work...

Begin knitting the stitches on the top needle using the other end of the same circular needle.

Knit across these 12 stitches as normal...

but do not knit the slip stitch. When you come to it, just drop it off and pull the slip knot out. You don’t need it anymore.
Now rotate your work so that the stitches you just knit are on the bottom, and the waiting stitches are on top on their cable. The same side of your work should still be facing you.

NOTE: Whenever you "Turn Your Work" during this tutorial, you will not turn as you do in a flat knit piece. Instead, you will rotate your work in a clockwise fashion so that the front is always facing YOU.

Slide the just-knit stitches onto the cable of the needle they're already on.

And slide the waiting-to-be-knit stitches onto the tip of their needle.
You're now ready to knit these 12 stitches. However, due to how they were wrapped, these stitches are twisted. Just knit into the back of each stitch as shown to correct them. This is the only time you'll have to do this. (Well.. until you cast on sock #2.)

Knit across all 12 stitches. And turn your work.

Knit all stitches one more time. First the 12 on the top needle, then the 12 on the other needle.
As you finish a side and flip your work, notice how each side of the sock remains on the same needle it started on.

When you finish side 2 for the second round, slip a pin or stitch marker on a stitch at this side. This will remind you which side of the sock marks the end of the round.

Step Three - Toes, part 2

Now it's time to begin your toe increases. You can do any increase that you like, but I prefer the M1 increase.

Knit into the front of the first stitch, and without slipping the stitch off, knit into the back of the same stitch. Then slip the old stitch off your left needle. This is a M1 (make one) increase.
Now knit across to the second to last stitch, and M1 again.

Knit the last stitch and turn your work (remember to rotate your work, not flip it over.)

Repeat the same increases on the next needle.

At this point, you can begin to see the toes forming a pocket between the circular needle cables.
Hold the needles so that the pocket begins forming and pointing down.

Knit all stitches for the next round.

Repeat the increase round, and the knit all round until there are 64 total stitches.

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**Step Four - The Foot**

Why am I giving you a whole section about the foot portion? Isn't that just straight knitting?

Well, yes. It is. If you're knitting a basic sock.

And if you are knitting a basic sock, just knit around and around until the length is 2 inches shorter than your foot from heel to toe. Ready? Go.

*(NOTE: If you're knitting contrasting toes and heels, switch to your main color now!)*
BUT, if you want to go a little nuts and feel the wind in your hair, this is where you’re going to start designing your own sock.

At this point, you have 32 stitches on both sides of your sock. Commonly, you’d want to knit a fancy design on the top only, since there’s no real point to knitting something fancy on the sole. Besides, it might feel uncomfortable walking on cables or bobbles. Or might lead to you waving the bottoms of your feet to perfect strangers. Let’s avoid that, k?

So, get out your favorite stitch dictionary and find something you like. Remember, you have 32 stitches to work with! You can do 4 repeats of an 8 stitch pattern, or 2 repeats of a 16 stitch pattern (this is where all that math homework comes in handy.) Lace patterns are great, or weave stitches, or grab some graph paper and do some colorwork! Go nuts!

But if the thought of designing your own is beginning to give you panic attacks, just go simple.

Add some cables.

For this sock, all I did was purl 2, knit a 4 stitch cable, purled 2 more, knit the center 16, purled 2, knit a 4 stitch cable (twisting in the opposite direction) and purled the last two. Then knit all stitches on the sole of the sock.

(I could have just as easily knit cables all the way across the top by doing a pattern like this: P2, Cable 4, P2, C4, P2, C4, P2, C4, P2, C4, P2)

That was easy, wasn’t it?

Yes it was. Onward to the heel!

**Step Five - The Heel**

Now we’re ready to begin the short row heel.

First, knit across the top needle and get ready to begin on the bottom needle. We will not use the top needle again until the heel is finished.

Note: If you’re knitting contrasting heels and toes, change to your contrast color now!
Knit across to the last stitch.

Slip the last stitch.

Wrap the working yarn around the stitch from back to front,
Then slip the stitch back to the left needle.

And turn your work. Turn the sock around as if you're knitting flat. Bring the working yarn to the front, between the needles, slip one, and purl across to the last stitch.

Slip the last stitch, wrap the yarn around, from front to back, and slip the stitch back to your left needle.
Turn your work. Slip one, and knit to 1 stitch before the last wrapped stitch.

Wrap the stitch (slip it, wrap the yarn, and slip it back).
And turn your work. Slip on, purl across to 1 stitch before the last wrapped stitch, and wrap and turn again.

Continue in this manner until you have 8 wrapped stitches on either side. If you like a narrower heel, wrap 10-12 stitches on either side. Finish on with a wrong side wrap and turn.
Step Six - The Heel, part 2

Slip one and knit across to the first wrapped stitch.

Pick up the wrap by inserting your right needle tip from the bottom to the top.

Slip it onto the left needle with it's stitch.
Knit them both together.

Wrap the next stitch (one that is already wrapped once), and turn.

Slip the next stitch, and purl across to the first wrapped stitch.

Pick up the wrap and slip it onto the left needle with it's stitch. (I find it easiest if I pick up this wrap from the right side.)

Purl the two together as one.
Wrap the next stitch and turn.

Slip one stitch and knit across to the next wrapped stitch. This stitch will have two wraps. Pick them both up, and knit the 3 together (the stitch and its 2 wraps).
Wrap the next stitch and turn.

Slip one, purl across to the next double wrapped stitch, pick up the two wraps, slip them onto the needle and purl all three together.

Continue in this fashion until you’ve picked up all wrapped stitches and knit all heel stitches.

The double wrapped stitches prevent holes along the heel. This is an extra step that is not entirely necessary, but makes for a beautifully knit hole-free heel!
Step Seven - The Cuff

If you're knitting contrasting heels and toes, switch back to your main color now.

Knit across the top needle (across the top of the foot, or instep). Remember to stay in pattern if you're knitting something fancy on the top of your foot.

When you come to the end and are ready to knit across the heel stitches, you may notice a significant gap on this side. In order to close up this gap, I like to pick up a stitch anywhere along the gap, and knit it together with the first heel stitch.

This tiny little step will close up that gap and prevent the dreaded ankle hole!
Knit across the heel stitches.

Continue knitting in the round (keeping in pattern) for 4 or 5 rounds before beginning the cuff ribbing. This elongates the heel and instep portion just a bit for a more comfortable fit.

If you would like to knit long socks, continue knitting around in pattern until you decide it’s time to start the ribbing. Or you can omit the ribbing all together. It’s up to you. This is YOUR sock.

These are MY socks, so I’m choosing to knit a short ankle sock, with a nice thick double sided ribbed cuff.

Starting at the beginning of the top needle, begin your ribbing. I chose a K2P2 ribbing and worked it in such a way that my cables still fit in the ribbing.

Continue knitting the ribbing around until it’s as long as you want, or follow me for a nice double cuff...
I continued my ribbing for 3 inches. After 1.5 inches, I stopped knitting the cables. This second half of the cuff will be turned in and only show on the inside of the sock, so who needs cables that no one will see?

Step Eight - Binding Off

Once the leg is as long as you'd like it, cut the yarn leaving a good length of yarn. I tend to err on the side of caution... great caution. So I have a length about 2 feet long. (It's overkill, I know. But there is almost nothing worse in knitting than running out of yarn on your bind off.)

Thread the yarn through a large-eye needle or yarn needle. We will bind off using the Sewn Bind Off technique. This is my favorite bind off for socks. It's easy, super stretchy and quick! Yay for easy and quick!

Begin by inserting the yarn needle into the first two stitches purlwise and pull the yarn through. (Do not pull the yarn super tight. Just pull it enough to snug up any slack.)
Turn back and insert the needle knitwise through the first stitch only AND slip this one stitch off the knitting needle. Pull the yarn through.

Continue with these two steps, (yes, that's all there is to it!), by insert the needle through the first two stitches purlwise, then go back through the first stitch knitwise, slipping that stitch off, an pull the yarn through. Continue to the last stitch on this needle.

Then slip this last stich onto the other needle, and continue the bind off.

When you come to the very last stitch, insert the needle through the last stitch and the very first stich (already bound off), then go back through the last stitch.
If you are finishing with a double cuff like me, DO NOT cut the yarn yet! If not, weave in your end and you're finished!

For the double cuff, Turn the sock inside out and fold the cuff down halfway. Using a simple whipstitch, sew the cuff in place all the way around. No one will see this, so it doesn't have to be perfect. Just try to keep it mostly straight.

When you're finished, weave in the tail and cut your yarn.

Go back and weave in the tail at the toe, and any other tails from changing colors.

Turn the sock rightside out, and marvel at it's wonderfulness. I love the double cuff on this. It's so nice and professional looking. I hope you like it too. You can use this technique on longer socks too, but I think it looks best on an ankle sock.