

Worsted-Weight Toe-Up Faux-Heel-Flap Socks for Magic Loop



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Materials

Yarn: 160(180) yds. [146(165) m]
heavy- worsted-weight yarn. If
knitting two socks at a time,
separate yarn into two equal balls.

Gauge: 4.5 sts/in in St st.

Needles: US Size 8 (5.0 mm) 40 or
47-inch (120-cm) knitting
needles, or size required to get
gauge. If knitting two socks at a
time, use 47-inch needles.

Notions: Stitch markers, tapestry
needle, scissors. **Recommended:**
Sock blockers for blocking.

Size: Small-Medium(Medium-
Large)

Variations: {*high instep; very high
instep*}

Finished Measurements: 7(8) in. [18(20 cm)] around ball of foot.

High-instep variation adds 1/2-inch to instep circumference. Very-high-instep variation adds 1 inch to instep circumference. [How to use the high-instep variations on this pattern](#)

Abbreviations/Terms

BOR – Beginning of Round
CC – Contrasting Color
CO – Cast On
Instep – The top of the foot
K – Knit
K2tog – Knit 2 Together
MC – Main Color
M1L – Make One Left
M1R – Make One Right
P – Purl

P2tog – Purl 2 Together
PM – Place Marker
PSO – Pass Stitch Over
Sl 1 – Slip 1
SM – Slip Marker
St St – Stockinette Stitch
SSK – Slip, Slip, Knit
W&T – Wrap and Turn
WS – Wrong Side

Toe

Note: To make a contrasting-color toe, CO using CC.

For all sizes, using Judy's Magic Cast-On, CO 16 sts (8 on each needle-half). Prepare to knit in the round on Magic Loop or using the method you prefer. PM into first stitch to indicate BOR.

Round 1: K.

Round 2: (K1, M1L, k6, M1R, pm, k1) twice.

Round 3: K.

Round 4: (K1, M1L, K to marker, M1R, SM, k1) twice.

Repeat rounds 3-4 until there are 28(32) sts on the needles [14(16) sts on each needle-half, if you are doing Magic Loop]. Remove markers.

Foot

Note: If you made a contrasting-color toe, switch to MC.

Work in the round in St st until sock is 4.5 inches (11.5 cm) {4.75 inches (12 cm); 5 inches (12.5 cm)} from the back of your heel. Note that for the high-instep variations, you are knitting less than the regular version.

Measuring hint: Try the sock on and pull it on as snug as you like your socks to fit. Flex your ankle. Measure from the back of your heel to the needles.

Gusset

Round 1: (K1, M1L, k12(14), M1R, k1), k to end of rnd.

Note: The stitches between the parentheses above are the heel stitches. Keep in mind that the stitches on the "heel needle" refer to these stitches. If you are using Magic Loop, they will all be on one needle-tip. If you are using DPNs, you may want to redistribute the stitches so that all the heel stitches are on one needle.

Round 2: K.

Round 3: (K1, M1L, k to 1 st before the end of heel needle, M1R, k1), k to end of rnd.

Repeat Rounds 2-3 until the heel contains 32(34) {34(36); 36(38)} sts — 18 {20; 22} sts increased.

Turn Heel

Note: To make a contrasting-color heel, switch to CC here.

Begin working back and forth across heel as follows:

Row 1: K21(22) {22(23); 23(24)}, W&T.

Row 2: P10, W&T.

Row 3: K to stitch right before wrapped stitch, W&T.

Row 4: P to stitch right before wrapped stitch, W&T.

Repeat rows 3-4 until 4 unwrapped stitches remain between the wrapped stitches.

Next row: K across row, picking up and knitting the wraps together with the wrapped stitches as you come to them. Stop when you have picked up and disguised the last wrap on the knit side. Turn.

Next row: Sl 1, p across row, picking up and purling the wraps with the wrapped stitches as you come to them. Stop when you've picked up and disguised the last wrap on the purl side

10(11) {11(12); 12(13)} sts rem on left-hand needle (WS facing). Turn. 32(34) {34(36); 36(38)} heel sts total.

Work Faux Heel Flap

You will be working back and forth across the next 17-21 rows (depending on if you are modifying for a high instep or not), creating a 12-stitch-wide “heel flap” while simultaneously decreasing the number of stitches on the heel needle.

[Click to watch a video on how to knit the faux heel flap.](#)

Option #1: Stockinette-Stitch Heel

Row 1 (RS): Sl 1, k until 1 st remains before a visible gap in the stitches. SSK. Turn. Row 2: Sl 1, p until 1 st remains before a visible gap in the stitches. P2tog. Turn.

Repeat Rows 1-2 for 17 {19; 21} rows, until 1(2) sts remain on left-hand needle after completing a RS row (all variations). 17 {19; 21} sts decreased.

Option #2: Slip-Stitch Heel

Row 1 (RS): Sl 1, (k1, sl 1) until 1 st remains before a visible gap in the stitches. SSK. Turn. Row 2: Sl 1, p until 1 st remains before a visible gap in the stitches. P2tog. Turn.

Repeat Rows 1-2 for 17 {19; 21} rows, until 1(2) sts remain on left-hand needle after completing a RS row (all variations). 17 {19; 21} sts decreased.

...15(17) sts rem on heel needle for all variations. Do not turn. K rem 1(2) sts on heel needle.

You'll close the remaining gap on the right-hand side in the next section.

If you are working two socks at a time, repeat Sections 4 and 5 on the second sock.

Finish Heel

Note: If you made a contrasting-color heel, switch back to MC.

Resume knitting in the round.

Knit across instep.

Next round: K1(2), k2tog. K to end of rnd. 14(16) heel sts remain [28(32) sts total] for all variations.

Ankle

Work in St st for 4.5 inches (11.5 cm).

Cuff

Option 1: Easy Ribbed Cuff

Work in 1x1 or 2x2 rib for 8 rounds.

BO loosely, using the Tubular Bind-Off (for 1x1 rib), the Kitchener Double-Rib Bind-Off (for 2x2 rib) or any other stretchy bind-off, like Jeny's Surprisingly Stretchy Bind-Off for 1x1 or 2x2 Rib.

Option 2: Picot Hemmed Cuff

Rounds 1-6: K.

Round 7: *YO, k2tog, rep from * to end of round. Rounds 8-13: K.

Pick up the purl bump of the stitch 21 rows below the row you are on and place it on the L needle [hereafter abbreviated as "gb" ("get bump")].

YO, k2tog, pso, *gb, YO, k2tog, pso, pso, rep from * until all sts have been bound off.

Note 1: If you are working two socks at a time, when binding off the first sock, leave the last stitch of the half-round on the right-hand needle while you bind off the second sock. Then resume binding off the rest of the first sock.

Note 2: If you want to avoid the whole "get-bump" scenario, you can also just do the hemmed edge set-up, bind off using a normal stretchy bind-off, and then sew down the bound-off edge.

Finishing

Using tapestry needle, weave in all ends securely. Block (optional) and enjoy.

[Link Your Project to This Pattern on Ravelry](#)

