

Toe-Up Socks with a Fleegle Heel in Any Weight and Size - KnitFreedom.com



A generic sock pattern for toe-up socks, one- or two-at-a-time, using Magic Loop and the Fleegle Heel.

Following Fleegle's famous sock formula, written out in my own words. Design your own toe-up socks in any size, for any weight or gauge of yarn.



Materials

Yarn: Any weight yarn. If working two socks at one time, you'll need two separate balls of yarn.

Needles: Size appropriate to weight of yarn – 40 or 47-inch (120- cm) [circular needles](#). If knitting two-at-a-time, use 47-inch.

Notions: Stitch markers, [tapestry needle](#), [scissors](#). Recommended: [Sock blockers](#).

Abbreviations/Terms

[BOR](#) – Beginning of Round

[CO](#) – Cast On

[Instep](#) – The half of the sock that goes around the front of the ankle

[K2tog](#) – Knit 2 Together

[M1L](#) – Make One Left

[M1R](#) – Make One Right

[P2tog](#) – Purl 2 Together

[PM](#) – Place Marker

[SSK](#) – Slip, Slip, Knit

Pattern Notes

Sock is worked in the round from toe to cuff.

The heel shaping is taken directly from Fleegle's blog and is famously known as [the Fleegle Heel](#).

How to Knit Toe-Up Socks on Magic Loop

If you already are familiar with Magic Loop, you can skip the instructions below.

To knit with Magic Loop, you will be dividing your stitches in half and distributing them equally over the two needle-tips of your circular needles.

Free video: [How to Knit in the Round on Magic Loop - Basic](#)

Free illustrations: [How to Knit in the Round on Magic Loop - Basic](#), [How to Knit Two-at-a-Time on Magic Loop](#)

To knit toe-up socks on Magic Loop, you'll use a toe-up cast-on as described in the **Toe** section below. After you cast on, follow the regular Magic Loop sequence of "Ready Position, pull back needle out, fly it around, knit half the round, and repeat," for each round of your socks. Complete step-by-step Magic Loop instructions can be found here (plus tips and tricks for mastering the process): [Mastering Magic Loop video class](#).

Step-by-step video instructions for knitting the toe-up socks one or two-at-a-time can be found here: [Two-at-a-Time Toe-Up Socks on Magic Loop video class](#).

To learn both Magic Loop, Toe-Up Socks, and (Bonus!) Top-Down Socks all in one, check out our [Mastering Magic Loop Socks 3-in-1 video class](#).

Note for Knitting Two-at-a-Time (TAAT):

You can knit both socks at once on Magic Loop. A longer needle (47-inch) is preferred. Cast on for the first sock with one ball of yarn, then immediately cast on for the second sock. Follow the instructions in our [Judy's Magic Cast-On for Two-at-a-Time Knitting](#) video and our [Two-at-a-Time Toe-Up Socks video class](#) to learn the sequence for knitting both socks at once.

Pattern Instructions

Toe

Using a size needle that is appropriate to your yarn weight (suggested on the yarn label), and using [Judy's Magic Cast-On](#), cast on about an inch and a quarter of stitches. PM into stitch to indicate BOR.

Round 1 (plain round): Knit

Round 2 (increase round): (K1, M1L, K to last st on needle, M1R, K1), repeat on other needle.

Repeat Rounds 1-2, stopping when the sock is as wide as your foot at the "ring" (fourth) toe. You don't want to increase until the sock is as wide as your whole foot, because then it will sag and fall off. No fun.

Count the stitches on your sock – you will use this stitch count when we get to the heel.

Foot

Knit in the round until sock reaches the front of your ankle. Hint: try the sock on and pull it as snug as you like your socks. Flex your foot. Does the knitting reach your ankle? Then stop and go to the gusset. [Video: When to Start Increasing for the Fleegle Heel.](#)

Gusset

Round 1:

Needle 1 (heel needle): K1, M1L, K to last st on needle, M1R, K1.

Needle 2 (instep needle): Knit.

Round 2: Knit.

Repeat Rounds 1-2, stopping when you have, *on the heel needle, two less than the total number of sock stitches you had for the foot.*

For example: If you had 28 sts total for the foot, increase for the gusset until you have 26 stitches on the heel needle. You will still have 14 sts on the instep needle.

Turn Heel

Begin working back and forth across heel as follows: PM at midpoint between sts.

Row 1: K to 2 sts beyond marker, SSK, k1, turn.

Row 2: Sl 1, p5 removing marker as you come to it, p2tog, p1, turn.

Row 3: Sl 1, k6, SSK, k1, turn.

Row 4: Sl 1, p7, p2tog, p1, turn.

Row 5: Sl 1, k8, SSK, k1, turn.

Continue working back-and-forth as established: working up to the “gap” and working the two sts on either side of the “gap” together, working one more, then turning.

When your K1 after your SSK is the last st on the heel needle, resume knitting in the round.

Knit across instep needle. Then...

Round 1:

Needle 1 (heel needle): K1, k2tog, k to last 3 sts, SSK, k1.

Needle 2 (instep needle): Knit.

Round 2:

Needle 1 (heel needle): K1, K2tog, K to end of needle.

Needle 2 (instep needle): Knit.

You should be back to your original number of stitches.

Ankle

Work in St st for as long as you want the ankle to be, and depending on how much yarn you have left.

If you want to make long-cuffed socks strong or knee socks, try the socks on the after you have knitted 8 inches – you may need to increase one stitch on either side of the sock. Try on again after knitting another inch or two and increase as needed.

Cuff

Work about 1 inch of 1x1 or 1x2 rib. If you are making knee socks, do at least 1.5-2 inches of ribbing, decreasing at the very top to adjust for the leg getting narrower at the top of the calf.

Finishing

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

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

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



<https://www.knitfreedom.com/free-pattern/generic-pattern-for-toe-up-socks-with-a-fleegle-heel-in-any-weight-and-size/>

Enjoying Your Free Patterns? Get Premium Access to All 430+ Knitting Videos and Step-by-Step Classes



KnitFreedom Students LOVE Premium Membership

Benefits of KnitFreedom Premium

How you can supercharge your knitting with Premium:

- ✓ Ask **knitting questions**; get help within 24 hours
- ✓ Use the **search box** in our menu to access any video
- ✓ Read our "**Tree of Techniques**" series to get inspired as to what class to take next
- ✓ **Download your knitting videos** to your computer or mobile device

Download videos to your computer, plus **get answers to your knitting questions within 24 hours.** >> <https://www.knitfreedom.com/premium>