

Beginner Toe-Up Socks with a Fleegle Heel Worsted Weight | [KnitFreedom.com](https://www.knitfreedom.com)



A free basic worsted weight sock pattern for toe-up socks, knit one- or two-at-a-time, using Magic Loop. Features the Fleegle heel. This is the pattern I use to teach sock-knitting to first-time sock-knitters, and they always get great results.

Materials

Yarn: 220 yds light worsted or worsted-weight yarn. Washable wool yarn like Cascade 220 Superwash Merino is recommended.

If working two socks at one time, you'll need two separate balls of yarn. You can wind one skein of yarn into two equal balls.

Gauge: 5 [5.5] sts/in in St st.

Needles: US size 6-7 (4 - 4.5 mm) – 40, 47, or 60-inch circular knitting needles, or size required to get gauge. If knitting two socks at a time, use 47-60–inch [circular needles](#).

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

Sizes: Small (Medium, Large)

To Fit a Foot: 7 (8, 9) inches around at ball of foot

Finished Measurements: 6 ¼ (7¼ (8 ¼) inches around at ball of foot

Length: Customizable to exact foot length

Following the pattern: This pattern is written for two gauges and three sizes as follows: 5 sts/in Small, (5 sts/in Medium, 5 sts/in Large) [5.5 sts/in Small (5.5 sts/in Medium, 5.5 sts/in Large)]. I recommend you circle the numbers that apply to your gauge and size before starting to knit.

Abbreviations/Terms:

BOR – Beginning of Round

CO – Cast On

K2TOG – Knit 2 Together

M1L – Make One Left

M1R – Make One Right

P2TOG – Purl 2 Together

PM – Place Marker

SI 1 – Slip 1 (purlwise)

SSK – Slip, Slip, Knit

Definition: “Instep:” The half of the sock that goes around the front of the ankle.

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 (47-60-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

For all sizes, using Judy's Magic Cast-On, CO 16 [20] sts, 8 [10] on each needle.
Prepare to knit in the round. 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 until there are 32 (36, 40) [36 (40, 44)] sts total, 16 (18, 20) [18 (20, 22)] on each needle.

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.

Gusset

Round 1:

Needle 1 (heel needle): K1, M1L, k to last st on needle, M1R, k1.

Needle 2 (instep needle): K.

Round 2: Knit.

Repeat Rounds 1-2 until the **heel** needle contains 30 (34, 38) [34, (38, 42)] sts.

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 in the heel, resume knitting in the round.

Knit across instep needle. Then...

Round 1:

Needle 1 (heel needle): K1, k2tog, k to end of needle. 18 (20, 22) [20 (22, 24)] sts on heel needle.

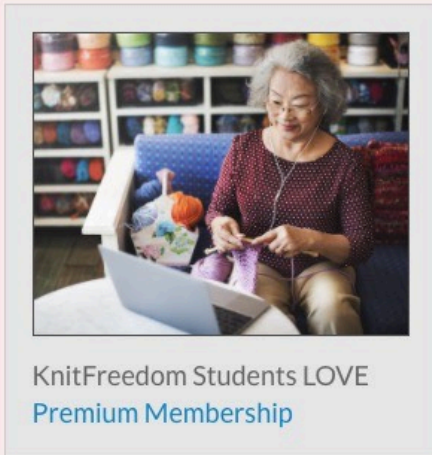
Needle 2 (instep needle): K. 16 (18, 20) [18 (20, 22)] sts on instep needle.

Round 2:

Needle 1 (heel needle): K1, SSK, k to last 3 sts on needle, k2tog, k1. 16 (18, 20) [18 (20, 22)] sts on heel needle.



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Needle 2 (instep needle): K. 16 (18, 20) [18 (20, 22)] sts on instep needle.

Ankle

Work in St st for 5.5 in.

Cuff

Round 1: *K1, P1, rep from * to end of round.

Repeat Round 1 for 1.5 in.

BO using [Jeny's Surprisingly Stretchy Bind-Off](#).

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