

Short Row Heels – Japanese Short Rows

Abbreviations: **YB** – yarn back. **YF** – yarn forward. **Stitch mount** – the way a stitch sits on the needle. Correcting the stitch mount means slipping the st off the needle with the RH needle and then twisting and slipping the st back to the RH needle.

The numbers indicate stitch counts for worsted, dk/sport or 4-ply sock heels.



Start Heel

Working with 24 (26, 32) stitches, or ½ of your sock stitches, (heels are almost always ½ of your sock stitches) you will now be working back and forth on your needles, working one sock at a time, to create the heel.

Note: Yarn backs and yarn forwards will add an extra loop on the needle.

RS – K 23 (25, 31) turn,

WS - YB (yarn back), purl to last stitch, turn,

RS - YF (yarn forward), knit to last 3 loops (sts) on needle (pair formed by last st and loop and the next last st), turn

WS – YB, purl to the last 3 loops on needle, turn

RS – YF, knit to last “pair”, turn, (5 “stitches”)

WS – YB, purl to last “pair”, turn

Continue in this manner until last RS row YF, K1, 8 (8, 12) sts remain This should give 7 (8, 9) “pairs” and 1 end stitch on each side.

Knit the second half of the heel as follows;

Knit across and knit the st of the first pair, then knit together the next YO and the next st of the next pair, turn

WS – YB, purl across and purl the 1st stitch of the 1st pair, correct st mount of the YO, then P2tog through the back of the loops the YO and the next st, turn

RS – YF, knit across until you reach 2 YO's, correct the st mount on both of these, return them to the LH needle and ktog the 2 YO's and the next stitch (K3tog), turn

WS – YB, purl until you reach 2 YO's, slip the next 3 sts knitwise, correct the st mount and then slip them back to the left needle and P3tog through the back of the loops

Repeat the last 2 rows until all stitches are worked. Remember to make a YO at each turn (YF or YB). There will be a YO remaining at each side. Knit these YOs together with the next stitches on the sock, ie, the top of the sock. There is no instep or gusset shaping with this type of heel.

This technique can also be used to make the toe box for socks. Either at the end of the sock, or as the start of a toe up sock.



