Free Pattern: Beginner Socks for Magic Loop, TOE-UP or TOP-DOWN
by Liat Gat of KNITFreedom

Materials
Yarn: 150-400 yds fingering-weight yarn (amount of yarn needed depends on length of cuff).
If working two socks at one time, separate yarn into two balls of equal yardage.

Gauge: 7 sts/in in St st.

Needles: 1 or 2 40-inch circular needle(s) OR set of DPNs, in whatever size required for YOU to obtain gauge. I used US #2. What kind of needles you require depends on how you prefer to knit in the round. I prefer magic loop, which requires one circular needle.

Notions: Stitch markers, tapestry needle, scissors.

Sizes: S, M, L

Finished Measurements:
Foot circumference: 7[8,9] inches, unstretched
Length: customizable to exact foot size

Abbreviations/Terms: (all links go to KNITFreedom videos)

CO: cast on
PM: place marker
BOR: beginning of round
M1L: make one left
M1R: make one right
K2tog: knit 2 together
P2tog: purl 2 together
SSK: slip, slip, knit
instep: the part of the sock opposite the heel (front of ankle).
Beginner Socks for Magic Loop, TOE-UP VERSION

Want to watch a complete KNITFreedom Video Course showing every step of this project, including how to knit these socks two-at-a-time? [Click Here To Learn More!]

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.

Pattern Instructions:
Toe
Using Judy's Magic Cast-On, CO 12(16,20) sts, 6(8,10) on each needle. Prepare to knit in the round. PM into stitch to indicate BOR (NB: you may want to move this stitch marker periodically as you increase). Round 1: Knit (note: you will need to knit the stitches on the second needle through the back loops). Round 2: K1, M1L, K to last st on needle, M1R, K1, repeat on other needle. Repeat Rounds 1-2 until there are 24(28,32) sts on each needle [48(56,64) sts total].

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?

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 until the heel needle contains 46(54,62) 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, K2tog, K1, turn. Row 2: Sl 1, P5, P2tog, P1, turn. Row 3: Sl 1, K6, K2tog, K1, turn. Row 4: Sl 1, P7, P2tog, P1, turn. Row 5: Sl 1, K8, K2tog, K1, turn
Continue working back-and-forth as established: working upto the “gap” and working the two sts on either side of the “gap” together, working one more, then turning.
When your K1 after your K2tog is the last st in the heel, resume knitting in the round. Knit across instep needle. Then...
Round 1: Needle 1 (heel needle): K2tog, K to end of needle.
        Needle 2 (instep needle): Knit.
Round 2: Needle 1 (heel needle): K1, SSK, K to last 3 sts on needle, K2tog, K1.
        Needle 2 (instep needle): Knit (you should have 24(28,32) sts on heel needle).

**Leg**
Knit in the round until the cuff is as long as you like (try it on again!). If making socks with a cuff longer than 7 or 8 inches, try on the sock at one-to-two-inch intervals, working the following increase row when the cuff feels snug:

Increase Round: Needle 1 (heel needle): K1, M1L, K to end of needle.
        Needle 2 (instep needle): K1, M1L, K to end of needle.

**Cuff**
Next round: *K1, P1, rep from * to end of round.

Continue working in 1 x 1 rib until ribbed section of cuff measures 1-3 in. (1 inch for crew socks, 2-3 inches for knee socks).

Bind off, using the [Invisible Ribbed Bind-Off](#) or any other stretchy bind-off.

**Support:**
If you have any questions about this pattern, I am here to help you! Please post your question in a new thread in the [KNITFreedom Forum on Ravelry](#).
I can't answer knitting questions sent to my email but I answer all questions in the forum! Thank you!

Link your project to this pattern on Ravelry!
Beginner Socks for Magic Loop,
TOP-DOWN VERSION

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Click Here To Learn More!

Pattern Notes:
Sock is worked in the round from cuff to toe.

Cuff:
Using the long-tail-cast-on, cast on 48(56,64) sts.
Make sure there are no twists in the round.
PM for BOR.
Rows 1-10: Work in k1, p1 rib.
Next: Work in St st until the sock measures 7(7,8) in. from CO edge.

Heel
Heel flap:
K 24(28,32) sts (across one half of the round).
Begin working back and forth in St st across these 24(28,32) sts, slipping the first st of each row to the right-hand needle without knitting it.
Work as established for 20(24,30) rows. You should be ready to work a K row.

Turn heel:
Row 1- sl 1, K 12(14,16) SKP, K1, turn.
Row 2- sl 1, P3, P2tog, P1, turn.
Row 3- sl 1, K4, SKP, K1, turn.
Row 4- sl 1, P5, P2tog, P1, turn.
Row 5- sl 1, K6, SKP, K1, turn.
Row 6- sl 1, P7, P2tog, P1, turn.
Row 7- sl 1, K8, SKP, K1, turn.
Row 8- sl 1, P9, P2tog, P1, turn.
Row 9- sl 1, K10, SKP, K1, turn.
Row 10- sl 1, P11, P2tog, P1, turn.
For the SM, the heel is turned; there are 14 sts on the heel needle. Go to ** below.
For larger sizes, continue below:

Row 11- sl 1, K12, SKP, K1, turn.
Row 12- sl 1, P13, P2tog, P1, turn.
For the MED size, the heel is turned, there are 16 sts on the heel needle. Go to ** below.
For the LG size, continue below:

Row 13- sl 1, K14, SKP, K1, turn.
Row 14- sl 1, P15, P2tog, P1, turn.
The heel is turned; there are 18 sts on the heel needle. Go to ** below.

**Pick up sts for heel gusset:**
Next row: K across the 14(16,18) heel sts, PM, and using the same needle, pick up and knit 12(14,16) sts along the L side of the heel.
(Optional: M1 on the instep end of the picked-up sts. This st must be knit together with the adjacent picked-up sts on the very next rnd. This will close the little hole that tends to form when heels are made.)

K across the instep sts.

Pick up and knit 12(14,16) sts along the other side of the heel.
(Optional: M1 on the instep end of the picked-up sts. This st must be knit together with the adjacent picked-up sts on the very next rnd. This will close the little hole that tends to form when heels are made.)

PM.

Using the same needle, K across all heel sts until there are 3 sts left on left-hand needle, knitting the picked-up sts through the back loop.
Next: K2tog, K1. (If you have done a M1, this would be “K2tog twice”).
You should have 37(43,49) sts on the heel needle. 24(28,32) sts still remain on instep needle. K across instep.
**Gusset:**
Round 1 (heel needle): K1, SKP, K to end, knitting all picked-up sts through the back loop.
   (instep needle): K all sts.
Round 2 (heel needle): K to last 3 sts, K2tog, K1.
   (instep needle): K all sts.
Remove stitch markers after you have knitted the picked-up sts once.
Continue to work rounds 1-2 until 24(28,32) sts remain on each needle [48(56,64) sts in all].

**Foot:**
Work in St st until foot of sock (including heel) measures 2 in less than desired length. To find the finished length your sock should be, stand barefoot on a sheet of paper. Using a pencil, make a mark in front of your big toe, and another behind your heel. Measure the length between the marks and add 1/4 inch. This is your finished length.

**Toe:**
Round 1 (decrease round): *(K1, SKP, K to last 3 sts on needle, K2tog, K1), rep from * on other needle.
Round 2: Knit.
Continue to work these 2 rounds until 16(20,24) sts remain.
Work round 1 once more.
Break yarn, leaving a 12” tail, and using a tapestry needle, graft toe using **Kitchener stitch**.

**Finishing:**
Using tapestry needle, weave in all ends securely.
Wear and be fabulous!

**Support:**
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