



Sneaker Socks

These sneaker socks are **fantastic** for summer, late spring or early fall. I love to use the pattern with a yarn that has some cotton in it to keep things light and **summery**.

The heel shape is a bit **rounder** than the usual classic heel. It may seem a bit more complicated to knit but if you run into some problems there is a video tutorial for this pattern on my **YouTube** channel (the link is at the end of this pattern).

MATERIALS

Yarn: Schoeller + Stahl Fortissima "Mexiko Cotton Stretch" in color no 48 Batik

Gauge: 30 stitches and 42 rows to 10 cm

Needles: DPNs in 2.75 mm / 15 cm

Be aware: Everyone knits differently! For me the above numbers worked great with the amount of stitches that I casted on but if you are unsure you should definitely try on your sock a few times while knitting to make sure that it still fits.

DEFINITIONS

K = Knit

P = Purl

K2Tog = Knit 2 stitches together

P2Tog = Purl 2 stitches together

SKP = Slip a stitch if to knit, knit a stitch, pass slipped stitch over the knit stitch

SP = Slip a stitch if to purl

CUFF

Cast on as many stitches as you need for your shoe size. I cast on 64 stitches for socks in the size 37 (US 6). Knit a K2P2 ribbing for as many rounds as you like, I make mine 16 rounds long.

Size	Stitches per needle
30-31	14
32-35	15
36-39	16
40-43	17
44-45	18
46-47	19

HEEL

Heel Flap

The heel is knitted over one half of the stitches (32 stitches in my case).

For the heel knit / purl back and forth instead of in rounds.

Row 1: K 16 (across first needle) *(Front row)*

Row 2: K 2, P 28, K 2 (across needles 1 & 4)

Row 3: K 32 (across needles 1 & 4)

Row 4: K 2, P 28, K 2 (across needles 1 & 4)

Repeat rows 3 & 4 until your heel flap is as many rows long as you have stitches on two needles (in my case 32 rows).

The two knit stitches at the beginning and end of the back rows will create little knots along the sides of the heel flap.

Decreases

Divide number of heel stitches by two and mark the middle with a marker. Start with a front row.

Row 1: K until you get to the middle, K 1, SKP, K 1

Row 2: SP 1, P until you get to the middle, P 1, P2Tog, P 1

Row 3: SP 1, K until you get to the last slipped stitch, SKP, K 1 *(Front row)*

Row 4: SP 1, P until you get to the last slipped stitch, P2Tog, P 1 *(Back row)*

Repeat rows 3 & 4 until in your front row you reach the end of the row, that means that the slipped stitch of your previous row is either the second or third last stitch of the row.

In my case I repeat both rows until in the front row the slipped stitch is the third last stitch.

If yours is the second last stitch, just SKP at the end of the row and skip the last knit stitch (row 3).

In the last back row, don't slip a stitch but instead P until you get to the last slipped stitch, P2Tog, and (if there is another stitch left) P 1.

Gusset

Set a marker after one half of the heel stitches to mark the beginning of the round (= 9 stitches).

Knit across the heel stitches, then pick up 16 stitches between the little knots (= amount of stitches you casted on per needle).

Pick up one extra stitch in the corner before the second needle.

Knit across needles 2 & 3.

Pick up one stitch in the corner after the third needle, then pick up another 16 stitches between the knots.

Knit the rest of the round.

Each of the needles 1 & 4 should contain your picked up stitches + one half of the heel stitches (in my case 17 + 9 = 26 stitches).

The beginning of the round is between needles 1 & 4.

Needles 2 & 3 should each still have the same amount of stitches on them as before the heel part (= 16 stitches).

Gusset Decreases

Knit one full round of knit stitches.

Then decrease like this:

Needle 1: K until last three stitches, K2Tog, K 1

Needles 2 & 3: Knit

Needle 4: K 1, SKP, K rest of the needle

Decrease like this in every other round (knit the round in between) until only the initial amount of stitches are left on needles 1 & 4 (= 16 stitches).

FOOT

Continue knitting until your foot is long enough for your shoe size.

Size	Foot length (without toes)
30/31	16 cm
32/33	17 cm
34/35	18 cm
36/37	19 cm
38/39	20 cm
40/41	21 cm
42/43	22 cm
44/45	23 cm
46/47	24 cm

TOES

Decreases

At the end of the first and third needle:

K until last 3 stitches of needle, K2Tog, K 1

At the beginning of the second and fourth needle:

K 1, SKP, K rest of the needle

First we will decrease once in every fourth round. So after the first round of decreases, knit three rounds of knit stitches.

Next we will decrease three times in every third round. So knit one round of decreases followed by two rounds of knit stitches and repeat those three rounds twice.

Then decrease 4 times in every other round and lastly (at least) 5 times in every round.

In more detail

Round 1:	Decrease
Rounds 2-4:	Knit
Round 5:	Decrease
Rounds 6-7:	Knit
Round 8:	Decrease
Rounds 9-10:	Knit
Round 11:	Decrease
Round 12-13:	Knit
Round 14:	Decrease
Round 15:	Knit
Round 16:	Decrease
Round 17:	Knit
Round 18:	Decrease
Round 19:	Knit
Round 20:	Decrease
Round 21:	Knit
Rounds 22-27:	Decrease

8 stitches in total remain.

Cut yarn and pull it through remaining stitches or use kitchener stitch to finish.

Done!

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<https://www.youtube.com/c/haalu>



[haalu the ugly bunny](#)