



Alive & Kicking
Melanie Berg

Mairlynd

get inspired. knit.

Oh
You lift me up
To the crucial top, so I can see
Oh you lead me on, till the feelings come
And the lights that shine on
But if that don't mean nothing
Like if someday it should fall through
You'll take me home where the magic's from
And I'll be with you

Simple Minds, Alive & Kicking, 1985



Yarn

ITO Kinu (100% Silk; 50 g / 465 yds [425 m]) in colorway "Charcoal"

ITO Sensai (60% Goat Mohair, 40% Silk; 20 g / 262 yds [240 m]) in colorway "Charcoal"

Notions

- 1 stitch marker
- 2 stitch holders or pieces of waste yarn

Needles

- US 3 [3.25 mm] double pointed needles
- US 3 [3.25 mm] circular needles

or size to obtain gauge

Blocked gauge

26 sts x 36 rows = 4 x 4" [10 x 10 cm] in stockinette st with both yarns held together

Notes

- Alive & Kicking is worked in the round from the top down seamlessly in one piece. After the ribbing, short rows are worked to raise the neck. Then, the yoke is shaped with increases and a lace pattern and next, the sleeves are separated. Then, the sleeves are put to rest and the body is worked first. Lastly, the sleeves are picked up and finished with a ribbing.
- You can try Alive & Kicking on any time as you go – simply put half of the stitches to a piece of waste yarn and slip on.
- Don't knit yourself a piece that won't fit – be smart and check your gauge!
- Please read through the entire pattern to familiarize yourself with its construction before starting to knit!

Please remember, these numbers are an estimate, and there is no buffer included - make sure to have a bit extra!

Yardage	1	2	3	4	5	6
grams / balls in Kinu	97 / 2	107 / 3	117 / 3	127 / 3	135 / 3	144 / 3
yds / m in Kinu	903 / 825	996 / 910	1089 / 995	1182 / 1080	1256 / 1148	1340 / 1224
grams / skeins in Sensai	64 / 4	70 / 4	77 / 4	83 / 5	89 / 5	94 / 5
yds / m in Sensai	839 / 768	917 / 840	1009 / 924	1088 / 996	1166 / 1068	1232 / 1128

Measurements given are for the finished garment. The sweater is designed to fit with 7 - 9" [18 - 23 cm] of positive ease at the bust, less for larger sizes. Photos show size 2 on a 38" / 96.5 cm bust model.

Measurements	1	2	3	4	5	6
bust circumference	43" 107.5 cm	47.5" 118.5 cm	51" 127.5 cm	54.75" 137 cm	59" 147.5 cm	62.75" 157 cm
neck circumference	20.25" 51 cm	21" 52.5 cm	21.5" 54 cm	22.25" 55.5 cm	22.75" 57 cm	22.75" 57 cm
yoke depth	7.75" 19.5 cm	7.75" 19.5 cm	8" 20.5 cm	8.25" 21 cm	8.5" 21.5 cm	8.75" 22 cm
upper arm circumference	11.75" 29 cm	13.5" 34 cm	14.75" 37 cm	16" 40 cm	17.25" 43 cm	18.5" 46 cm
underarm to front hem length	13.25" 33.5 cm					
total length	21" 53 cm	21" 53 cm	21.25" 54 cm	21.5" 54.5 cm	21.75" 55 cm	22" 55.5 cm

Abbreviations

cdd - slip 2 sts as if to k2tog, k1, pass 2 slipped sts over (2 sts dec'd)

dec / inc - decrease / increase

k / p - knit / purl

kyok - (k1, yo, k1) all into the same st (2 sts inc'd)

k2tog - k 2 sts together (1 st dec'd)

M1 - insert left needle from front to back under horizontal strand between st just worked and next st, k lifted strand through the back loop (1 st inc'd)

M1R - insert left needle from back to front under horizontal strand between st just worked and next st and k it (1 st inc'd)

rd(s) - round(s)

RS / WS - right / wrong side

ssk - slip 2 sts one at a time knitwise to right needle; return sts to left needle in turned position and k2tog them through the back loops (1 st dec'd)

st(s) - stitch(es)

yo - yarn over (1 st inc'd)

Special techniques

• **double st / german short rows (RS)** - bring working yarn to front and sl the last purled st from left to right needle. Pull working yarn over and away from you until you see 2 sts (a double stitch) on the right needle. Knit, maintaining enough tension to see the double st just created but not so much tension that the underlying sts are affected.

• **double st / german short rows (WS)** - leaving working yarn in front, sl the last knit st from left to right needle. Pull working yarn over and away from you until you see 2 sts (a double stitch) on the right needle. Bring working yarn to front around right needle and purl, maintaining enough tension to see the double st just created but not so much tension that the underlying sts are affected.

Lace pattern

Repeat instructions in brackets to end of rd

Rd 1: [p1, kyok, p1, k3]

Rds 2, 6, 10 and 14: [p1, k3]

Rd 3: [p1, k1, yo, k1, yo, k1, p1, k3]

Rd 4: [p1, k5, p1, k3]

Rd 5: [p1, ssk, k1, k2tog, p1, k3]

Rd 7: [p1, cdd, p1, M1R, k3, M1]

Rd 8: [p1, k1, p1, k5]

Rd 9: [p1, kyok, p1, ssk, k1, k2tog]

Rd 11: [p1, k1, yo, k1, yo, k1, p1, cdd]

Rd 12: [p1, k5, p1, k1]

Rd 13: [p1, ssk, k1, k2tog, p1, kyok]

Rd 15: [p1, cdd, p1, k1, yo, k1, yo, k1]

Rd 16: [p1, k1, p1, k5]

START HERE

Cast-on

With both yarns held together, cast on (132, 136, 140) (144, 148, 148) sts using the long-tail cast-on method, join for the rd and place a marker at the beginning.

Ribbing

Work 5 rds in (k2, p2) ribbing, then knit across 1 rd.

Begin yoke

Work inc rd #1

Size 1: k1, (M1, k3) 8 times, (M1, k2) 41 times, (M1, k3) 8 times, M1, k1

Size 2: k1, (M1, k3) 8 times, (M1, k2) 43 times, (M1, k3) 8 times, M1, k1

Size 3: k1, (M1, k1) 4 times, (M1, k2) 65 times, (M1, k1) 4 times, M1, k1

Size 4: k1, (M1, k1) 8 times, (M1, k2) 63 times, (M1, k1) 8 times, M1, k1

Size 5: k1, (M1, k1) 18 times, (M1, k2) 55 times, (M1, k1) 18 times, M1, k1

Size 6: k1, (M1, k1) 22 times, (M1, k2) 51 times, (M1, k1) 22 times, M1, k1

All sizes: Knit 1 rd.

Short rows to raise neck

Row 1 (RS): From marker, k (46, 48, 50) (52, 54, 56) sts, turn work and work 1 double st

Row 2: p to marker, p (46, 48, 50) (52, 54, 56) sts, turn work and work 1 double st

Row 3: k to 6 sts before last double st, turn work and work 1 double st

Row 4: p to 6 sts before last double st, turn work and work 1 double st

Work rows 3-4 (three, three, three) (four, four, four) more times, then resume knitting in the rd and k to marker.

Next rd: k to end, knitting together both legs of the double sts as you reach them. Then, knit 6 rds.

Increase rounds

Size	1	2	3	4	5	6
inc rd #1: sts inc'd / sts total	58 / 190	60 / 196	74 / 214	80 / 224	92 / 240	96 / 244
inc rd #2: sts inc'd / sts total	44 / 234	44 / 240	56 / 270	58 / 282	54 / 294	56 / 300
lace inc's: sts inc'd / sts total	78 / 312	80 / 320	90 / 360	94 / 376	98 / 392	100 / 400
inc rd #3: sts inc'd / sts total	50 / 362	62 / 382	62 / 422	74 / 450	84 / 476	98 / 498
inc rd #4: sts inc'd / sts total	38 / 400	62 / 444	62 / 484	74 / 524	84 / 560	98 / 596

Work inc rd #2

Size 1: k2, (M1, k5) 7 times, (M1, k4) 29 times, (M1, k5) 7 times, M1, k2

Size 2: k2, (M1, k5) 10 times, (M1, k4) 23 times, (M1, k5) 10 times, M1, k2

Size 3: k2, (M1, k3) 5 times, (M1, k4) 45 times, (M1, k3) 5 times, M1, k2

Size 4: k2, (M1, k3) 4 times, (M1, k4) 49 times, (M1, k3) 4 times, M1, k2

Size 5: k2, (M1, k5) 12 times, (M1, k4) 29 times, (M1, k5) 12 times, M1, k2

Size 6: k2, (M1, k5) 10 times, (M1, k4) 35 times, (M1, k5) 10 times, M1, k2

All sizes: Knit 6 rds.

Work lace pattern

Work rds 1-8 of lace pattern, then work rds 9-16 three times, and then rds 9-12 once.

Next, knit 1 rd.

Continue yoke

Work inc rd #3

Size 1: k3, (M1, k7) 6 times, (M1, k6) 37 times, (M1, k7) 6 times, M1, k3

Size 2: k3, (M1, k5) 26 times, (M1, k6) 9 times, (M1, k5) 26 times, M1, k3

Size 3: k3, (M1, k5) 6 times, (M1, k6) 49 times, (M1, k5) 6 times, M1, k3

Size 4: k3, (M1, k5) 34 times, (M1, k6) 5 times, (M1, k5) 34 times, M1, k3

Size 5: k2, (M1, k5) 28 times, (M1, k4) 27 times, (M1, k5) 28 times, M1, k2

Size 6: k2, (M1, k5) 4 times, (M1, k4) 89 times, (M1, k5) 4 times, M1, k2

All sizes: Knit 9 rds.

Work inc rd #4

Size 1: k5, (M1, k9) 9 times, (M1, k10) 19 times, (M1, k9) 9 times, M1, k5

Size 2: k3, (M1, k7) 5 times, (M1, k6) 51 times, (M1, k7) 5 times, M1, k3

Size 3: k3, (M1, k7) 25 times, (M1, k6) 11 times, (M1, k7) 25 times, M1, k3

Size 4: k3, (M1, k7) 3 times, (M1, k6) 67 times, (M1, k7) 3 times, M1, k3

Size 5: k3, (M1, k5) 14 times, (M1, k6) 55 times, (M1, k5) 14 times, M1, k3

Size 6: k3, (M1, k5) 45 times, (M1, k6) 7 times, (M1, k5) 45 times, M1, k3

Knit around until yoke measures (7.75, 7.75 8) (8.25, 8.5, 8.75)" / (19.5, 19.5, 20.5) (21, 21.5, 22) cm from the cast-on edge (front).

Note: Try sweater on now and make sure the armholes are in place. If necessary, add rnds.

Separate sleeves

Divide the sleeves as follows, using the table to insert numbers for your size.

K ___ sts for right back, put ___ sts for right sleeve on st holder, cable cast-on ___ sts for right underarm, k ___ front sts, put ___ sts for left sleeve on st holder, cable cast-on ___ sts for left underarm, k ___ sts for left back to end of rd.

Sleeve separation	1	2	3	4	5	6
right back sts	66	72	78	84	90	96
right sleeve sts	68	78	86	94	100	106
cast-on sts for right underarm	8	10	10	10	12	12
front sts	132	144	156	168	180	192
left sleeve sts	68	78	86	94	100	106
cast-on sts for left underarm	8	10	10	10	12	12
left back sts	66	72	78	84	90	96
total body sts	280	308	332	356	384	408
total sts (before separation)	400	444	484	524	560	596

Continue body

Continue even in stockinette st until body measures 12.25" / 31 cm from underarm or 1" / 2.5 cm less than desired length.

Hem

Work 10 rds in (k2, p2) ribbing.

Bind-off body

Rd 1 (RS): k1, [k1, slip 2 sts back to left needle, k2tog through the back loop] repeat to last st. Cut yarn and pull through last st.

Pick up sleeves

With both yarns held together, beginning at the center of underarm, pick up and k (4, 5, 5) (5, 6, 7) sts, move sleeve sts from holder back to needle and k them, then pick up and k (4, 5, 5) (5, 6, 7) sts. Place marker at the beginning and join to work in rd. Total (76, 88, 96) (104, 112, 120) sleeve sts on needle.

Work 2 dec rds as follows: k2tog, k to last 2 sts, ssk (4 sts dec'd: (72, 84, 92) (100, 108, 116 sts)

Sleeve ribbing

Work 5 rds in (k2, p2) ribbing, then bind off same as before.

Finishing

Cut yarn and pull through last st. Weave in and secure all ends, wash and block to final measurements.



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