



## movement tee

by LILY KATE FRANCE

The baby sister to my Movement Sweater pattern, the Movement Tee is a casual everyday piece with eyelet details and careful raglan shaping for an elevated feel.

**YARN:** DK weight yarn. Sample shown in Sandnes Garn Duo (55% merino, 45% cotton, 115m per 50g ball).

**Solid version:** approx. 485 (570; 625; 681; 768) [857; 953; 1006; 1057] metres / 530 (623; 684; 745; 840) [937; 1042; 1100; 1156] yards in total. If using sample yarn, you will need 5 (5; 6; 6; 7) [8; 9; 9; 10] balls.

**Stripe version:** for stripe sequence shown in sample, you will need approx. 340 (403; 438; 477; 538) [600; 667; 704; 740] metres / 372 (441; 479; 522; 588) [656; 729; 770; 809] yards of MC and 145 (172; 187; 204; 230) [257; 286; 302; 317] metres / 159 (188; 205; 223; 252) [281; 313; 330; 347] yards of CC.

As a rough guide, the stripe sequence shown in sample is approx. 70% main colour and 30% contrast colour.

**GAUGE:** 20 sts and 28 rows to 4 inches / 10 cm in stocking stitch *blocked*. Suggested size 3.75 mm.

### NEEDLES & NOTIONS:

3mm, 3.5mm & 3.75mm circular needles of varying lengths for working neckband, yoke & body in the round

3.75mm & 3mm needle(s) of your preferred length for working small circumferences in the round (*ie. DPNs, short circulars, magic loop*) for sleeves

Tapestry needle  
Stitch markers  
Stitch holders  
Scrap yarn

## SIZING

Sizes 1 (2; 3; 4; 5) [6; 7; 8; 9] detailed below, designed to be worn with approx 2-3" / 5-8 cm positive ease.

Sample shown is a size 2 worn on a 34" bust with approx 1.5" positive ease.

If you are between sizes, **SIZE DOWN**.

Choose a size based on your **UPPER BUST** measurement, not your full bust. This will ensure the best fit.

If you are on the petite side or have a small frame (*ie. narrow shoulders, even if you have a large chest*) I'd also recommend sizing down.

If the shoulders are too big, the whole item will look sloppy and ill-fitting. This tee was graded based on an average cross back width of 14 (14.25; 15; 15.25; 16) [16.25; 17; 17.25; 18] " / 36 (36; 38; 39; 41) [41; 43; 44; 46] cm. You may wish to factor this into your size choice.

Size	1	2	3	4	5	6	7	8	9
To fit <b>UPPER</b> bust (inches)	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
To fit <b>UPPER</b> bust (cm)	71-76	81-86	91-97	102-107	112-117	122-127	132-137	142-147	152-157
<b>A:</b> Bust	32" 81 cm	36" 91 cm	39.2" 100 cm	44" 112 cm	48" 122 cm	52" 132 cm	56" 142 cm	60" 152 cm	64" 163 cm
<b>B:</b> Total length	20" 51 cm	21" 53 cm	21" 53 cm	21.5" 54 cm	21.5" 55 cm	23" 58 cm	23.5" 60 cm	24" 61 cm	24.5" 62 cm
<b>C:</b> Yoke depth	8" 20 cm	9" 22 cm	9" 22 cm	9.5" 24 cm	9.5" 25 cm	11" 28 cm	11.5" 29 cm	12" 30 cm	12.5" 32 cm
<b>D:</b> Sleeve circ	12" 30 cm	13" 34 cm	14" 36 cm	15" 38 cm	16" 41 cm	17.5" 45 cm	19.5" 50 cm	21" 54 cm	22" 56 cm

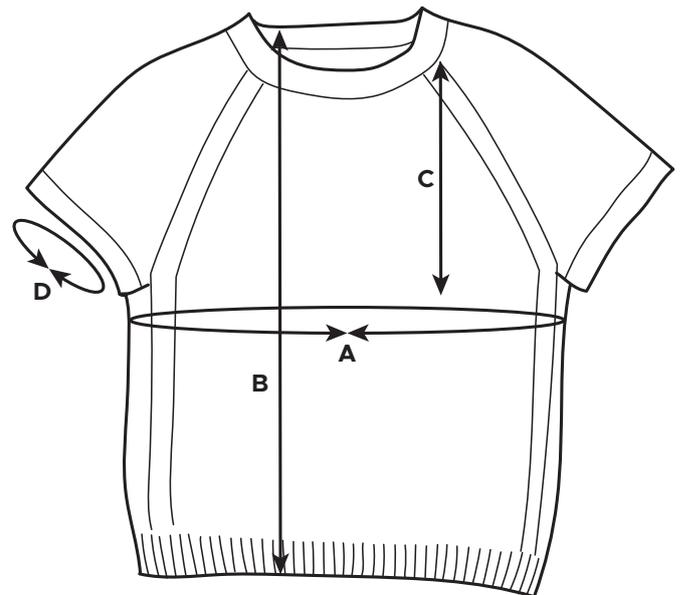
## NOTES

**Construction:** the Movement Tee is worked seamlessly from the top down using a compound raglan construction. It is designed with a small amount of ease for a comfortable but not oversized fit. The neckband and cuffs are finished with folded edges, and the hem is worked in 1x1 rib. There is lots of scope for playing around with colour and stripe combinations.

**Choosing yarn:** the sample yarn used is on the thicker side of DK, so I would recommend choosing a similarly plump yarn.

**Terminology:** left and right means as worn, not as looking at the garment.

**Pattern support:** for pattern support queries please **EMAIL [lilykate@jolihouse.com](mailto:lilykate@jolihouse.com)** rather than sending an Instagram DM.



**ABBREVIATIONS & TECHNIQUES**

**k:** knit  
**inc:** increase  
**YO:** yarn over  
**PM:** place marker  
**s:** slip 1 stitch purlwise  
**MC:** main colour  
**SR:** short row  
**k2tog:** knit 2 stitches together

**p:** purl  
**dec:** decrease  
**M:** marker  
**SM:** slip marker  
**st(s):** stitch(es)  
**CC:** contrast colour

**SSK:** slip next stitch knitwise, slip another stitch knitwise, then slip both stitches back to left needle (stitches now sit twisted). Knit these stitches together through the back loop.

**m1:** make one stitch. (Insert left needle tip under bar between needles from front to back, place bar on left needle tip, knit this stitch normally).

**m1P:** make one stitch purlwise. (Insert left needle tip under bar between needles from front to back, place bar on left needle tip, purl this stitch normally).

**GERMAN SHORT ROWS**

**1)** Work the required number of stitches, then turn work (leaving the remaining stitches on the previous round unworked).

**2)** With the yarn held in front, slip the first stitch on your left needle (the GSR stitch) purlwise.

**3)** Pull your working yarn firmly up and over the right needle. This is referred to as 'pull yarn' in the pattern.

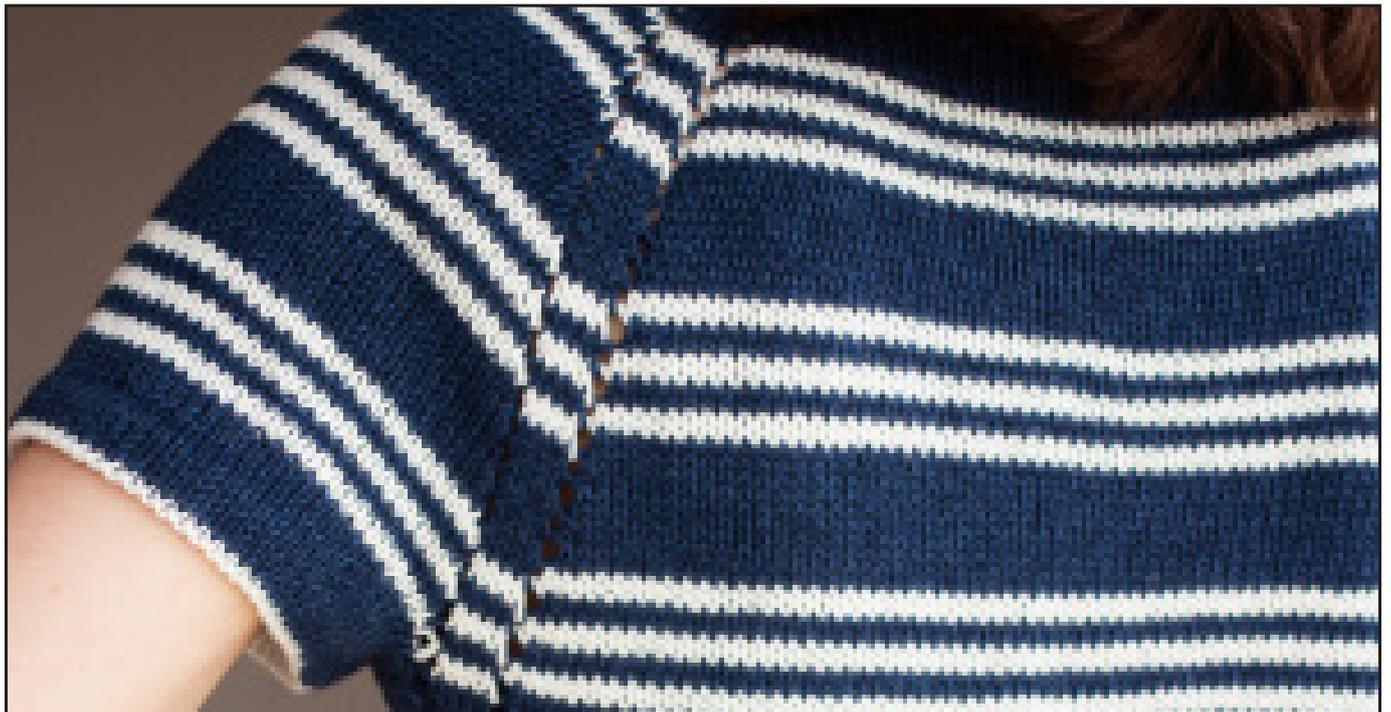
**4)** The stitch below is stretched up and over the needle and now appears as a 'double stitch'. If next working a knit stitch, the yarn is now on the correct side of the work. If next working a purl stitch, bring the yarn to the front between the needles.

**5)** Work in pattern as directed to the end of the row.

When you encounter a GSR stitch on the next row, work both legs of the 'double stitch' (**DS**) together as one stitch.

**VIDEO TUTORIALS**

[long tail cast on](#) / [backwards loop cast on](#) / [knit stitch](#) / [stocking stitch](#) / [1x1 rib](#) / [basic decreases](#) / [German short rows](#) / [tubular bind off](#) / [whipstitch hem](#)



**Note:** instructions given are for the stripe sequence shown in photos. If you are making a solid colour version, ignore all instructions to change colours.

### NECKBAND

Using 3mm / smaller needle, CC, and the long tail method, cast on 88 (88; 88; 92; 96) [96; 100; 104; 108] sts. PM and join to begin working in the round.

Knit 7 rounds, then purl 1 round. This creates the turning ridge.

Change to 3.5mm / mid-size needle and MC. Break CC.

Knit 8 rounds.

**Note:** whilst it is possible to create a folded hem by knitting together 1 stitch from the cast on edge together with 1 stitch on the needle, I find it creates a smoother finish when the hem is whipstitched into place later. This is especially true when working with high contrast colours.

Change to 3.75mm / larger needle.

#### Next round / marker placing round:

k4 (right back raglan), PM,

k 12 (10; 8; 10; 10) [10; 10; 12; 12] (right sleeve), PM,

K 4 (right front raglan), PM,

k 24 (26; 28; 28; 30) [30; 32; 32; 34] (front), PM,

K 4 (left front raglan), PM,

k 12 (10; 8; 10; 10) [10; 10; 12; 12] (left sleeve), PM,

K 4 (left back raglan), PM,

k 24 (26; 28; 28; 30) [30; 32; 32; 34] (back).

You should now have a total of 7 raglan markers plus 1 BOR marker (also acts as a raglan marker).

### NECK SHAPING

You will now use short rows to shape the shoulders. For a full explanation of German Short Rows, see *Abbreviations & Techniques*.

**Note:** the m1 increases used in this pattern are different to regular m1 increases, as they are designed to leave a deliberate hole along the raglan seams. Take care to read the abbreviations fully and do not twist the loop like you would with a regular m1 or m1P.

**SR1 (RS):** k4, SM, m1,

K to M, m1, SM, k4, SM, m1,

k 1, turn. 91 (91; 91; 95; 99) [99; 103; 107; 111] sts.

**SR 2 (WS):** S1, pull yarn, [p to M, SM] x 4 (note the 4th marker will be your BOR marker),

m1P, [p to M, m1P, SM, p4, SM, m1P] x2,

P 1, turn. 96 (96; 96; 100; 104) [104; 108; 112; 116] sts.

**SR 3:** s1, pull yarn, [k to M, SM] x 5, k4, SM, m1,

K to M, m1, SM, k4, SM, m1,

k 3, turn. 99 (99; 99; 103; 107) [107; 111; 115; 119] sts.

**SR 4:** S1, pull yarn, [p to M, SM] x 4,

m1P, [p to M, m1P, SM, p4, SM, m1P] x2,

P 3, turn. 104 (104; 104; 108; 112) [112; 116; 120; 124] sts.

**SR 5:** s1, pull yarn, [k to M, SM] x 5, k4, SM, m1,

K to M, m1, SM, k4, SM, m1,

k 6 (6; 6; 6; 6) [6; 7; 7; 7], turn. 107 (107; 107; 111; 115) [115; 119; 123; 127] sts.

**SR 6:** S1, pull yarn, [p to M, SM] x 4,

m1P, [p to M, m1P, SM, p4, SM, m1P] x2,

P 6 (6; 6; 6; 6) [6; 7; 7; 7], turn. 112 (112; 112; 116; 120) [120; 124; 128; 132] sts.

**SR 7:** s1, pull yarn, [k to M, SM] x 5, k4, SM, m1,

K to M, m1, SM, k4, SM, m1,

k 10 (10; 10; 10; 10) [10; 12; 12; 12], turn. 115 (115; 115; 119; 123) [123; 127; 131; 135] sts.

**SR 8:** S1, pull yarn, [p to M, SM] x 4,

m1P, [p to M, m1P, SM, p4, SM, m1P] x2,

P 10 (10; 10; 10; 10) [10; 12; 12; 12], turn. 120 (120; 120; 124; 128) [128; 132; 136; 140] sts.

**SR 9:** s1, pull yarn, k to end.

## STRIPES

**Stripe sequence:** if you wish to follow the stripe sequence shown in sample, change to CC for Yoke Round A2 and work sequence as follows throughout:

2 rounds CC  
 2 rounds MC  
 2 rounds CC  
 2 rounds MC  
 2 rounds CC  
 10 rounds MC

If you use a different stripe sequence, always use an even number of rounds per stripe. During Yoke Section A, the first round of a new colour should always be a plain knit round and the second round in the colour will be an increase round. This makes for neat raglan lines.

**Jogless stripes:** there is no need to do anything to conceal the jog in stripes, as this is hidden by the raglan detail.

**Carrying yarn for stripes:** MC can always be carried up the back of the work between stripes. CC can be carried up the back for the sections of 2 round stripes, but should be broken and rejoined after the 10 rounds of MC.

Most people usually cross yarns over each other anticlockwise when working stripes as this secures the strands around each other on the back. However in this case, doing so slightly interferes with the eyelet detail. Instead, cross yarns clockwise on the back of the work.

For example, if you had just finished a round using MC and had the ball of MC sitting on your right, and CC sitting on your left, pass MC under CC to switch positions and begin working with CC.

It is only necessary to cross yarns on rounds where you change colour, not every round.

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### YOKE SECTION A (all sizes)

*In this section you will work regular raglan shaping, increasing 8 sts every other row.*

**Yoke round A1:** [k4, SM, m1, k to M, m1, SM] x4. 128 (128; 128; 132; 136) [136; 140; 144; 148] sts. (8 sts increased)

**Yoke round A2:** knit.

Repeat yoke rounds A1 & A2 a further 5 (10; 14; 12; 17) [19; 23; 21; 19] times. 168 (208; 240; 228; 272) [288; 324; 312; 300] sts.

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### SECURE FOLDED NECKBAND

**Note:** securing the folded neckband is technically part of the finishing process, so you may wish to leave this until the end of the project. However I would always recommend doing so earlier, as it is helpful to check the fit of the tee sooner rather than later.

Fold the neckband at the turning ridge.

Using MC, whipstitch 1 stitch from the cast on edge together with the 7th purl bump in MC. Take care not to twist.

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### YOKE SECTION B (sizes 1, 2, 3 & 4 only)

*In this section you will work modified raglan shaping to increase only every 4th round, whilst maintaining the eyelet detail along the raglan lines. This makes for a tee that more closely follows the shape of the body than a traditional raglan. If you are working stripes, you should always change after round B1 and/or B3.*

**Note:** it may seem strange that the sequence is (*Inc round, YO round, knit round, knit round*) but this is correct and creates a continuous detail at the raglan.

**Yoke round B1:** [k4, SM, m1, k to M, m1, SM] x4. 176 (216; 248; 236; -) [-; -; -; -] sts. (8 sts increased)

**Yoke round B2:** [k4, SM, YO, k2tog, k to 2 sts before M, SSK, YO, SM] x4.

**Yoke round B3:** knit

**Yoke round B4:** knit

Repeat rounds B1-B4 a further 7 (6; 4; 1; -) [-; -; -; -] times. 232 (264; 280; 244; -) [-; -; -; -] sts.

Repeat round B1 once more. 240 (272; 288; 252; -) [-; -; -; -] sts.

**Note:** *if you are using a yarn with very little stretch (such as 100% cotton or linen) you may find that the YO holes appear larger than the m1 holes. To counter this, swap all YOs for m1s, and swap rounds B2 and B3. In most yarns, this won't be necessary.*

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### YOKE SECTION C (sizes 4, 5, 6, 7, 8 & 9 only)

*In this section you will continue to increase every 4th round on the sleeves, whilst resuming increases every 2nd round on the body.*

**Yoke round C1:** [k4, SM, m1, k to M, m1, SM] x4.  
- (-; -; 260; 280) [296; 332; 320; 308] sts. (8 sts increased)

**Yoke round C2:** \*k4, SM, YO, k2tog, k to 2 sts before M, SSK, YO, SM,

K4, SM, k to M, SM, repeat from \* once more.

**Yoke round C3:** \*[k to M, SM] x3, M1, k to m, m1, SM, repeat from \* once more. - (-; -; 264; 284) [300; 336; 324; 312] sts. (4 sts increased)

**Yoke round C4:** knit

Repeat rounds C1-C4 a further - (-; -; 3; 4) [5; 4; 6; 8] times. - (-; -; 300; 332) [360; 384; 396; 408] sts.

Repeat round C1-C3 once more. - (-; -; 312; 344) [372; 396; 408; 420] sts.

### DIVIDE YOKE (all sizes)

*You will now place the sleeve sts on hold ready to work the main body.*

**Dividing round:** \*k4, SM,

place next 50 (56; 58; 60; 66) [72; 78; 80; 80] sleeve sts on scrap yarn,

cast on 10 (10; 12; 14; 14) [16; 20; 26; 30] sts using backwards loop method,

SM, k4, SM, YO, k2tog, k to 2 sts before M, SSK, YO, SM,

repeat from \* once more. 160 (180; 196; 220; 240) [260; 280; 300; 320] sts.

### MAIN BODY

You will now work the main body in the round with no further shaping.

**Body round 1:** knit

**Body round 2:** [k4, SM, YO, k2tog, k to 2 sts before M, SSK, YO, SM] x4.

If you are not working bust darts, repeat last 2 rounds until work measures 11" / 27 cm from underarm, or 1.5" / 4 cm shorter than desired finished length, remembering to account for blocking. End with a body round 1. Sample ended after working 10 rounds in MC.

If you are working bust darts, repeat body rounds 1&2 for approx 1.5" / 4cm, ending with round 2.

### OPTIONAL BUST DARTS

*You may wish to add bust darts at this point if you have a particularly full bust. I would only recommend using the bust darts if you are above a D cup as this top is not especially tight. Using the bust darts unnecessarily will give awkward excess fabric.*

*These short row bust darts will not add any width to the top, but will add length so that a fuller bust doesn't cause the hem to ride up. Approximately 1 (1; 1; 1; 1) [1.25; 1.25; 1.25; 1.25] inches / 2.5 (2.5; 2.5; 2.5; 2.5) [3; 3; 3; 3] cm of length will be added.*

**Note: bust darts will only work with a solid tee or 10 (10; 10; 10; 10) [12; 12; 12; 12] row stripe sequence, as the front & back stripes would become out of sync otherwise.**

**SR 1 (RS):** [k to M, SM] x3, k 50 (58; 63; 71; 80) [86; 92; 96; 103], turn.

**SR 2 (WS):** s1, pull yarn, p 39 (45; 49; 55; 63) [67; 73; 77; 85], turn.

**SR 3:** s1, pull yarn, k to 3 (3; 4; 4; 4) [4; 4; 4; 4] past GSR stitch, turn.

**SR 4:** s1, pull yarn, p to 3 (3; 4; 4; 4) [4; 4; 4; 4] past GSR stitch, turn.

**SR 5:** s1, pull yarn, k to 2 (3; 3; 4; 4) [4; 4; 4; 4] past GSR stitch, turn.

**SR 6:** s1, pull yarn, p to 2 (3; 3; 4; 4) [4; 4; 4; 4] past GSR stitch, turn.

**SR 7:** s1, pull yarn, k to 2 (3; 3; 4; 4) [4; 4; 4; 3] past GSR stitch, turn.

**SR 8:** s1, pull yarn, p to k to 2 (3; 3; 4; 4) [4; 4; 4; 3] past GSR stitch, turn.

**SR 9:** s1, pull yarn, k to 3 (3; 3; 3; 4) [3; 3; 3; 3] past GSR stitch, turn.

**SR 10:** s1, pull yarn, p to 3 (3; 3; 3; 4) [3; 3; 3; 3] past GSR stitch, turn.

### Sizes 6, 7, 8 & 9 only:

**SR 11:** s1, pull yarn, k to 3 past GSR stitch, turn.

**SR 12:** s1, pull yarn, p to 3 past GSR stitch, turn.

**All sizes:** s1, pull yarn, k to end.

Continue to repeat Body rounds 1&2 until work measures 11" / 27 cm from underarm, or 1.5" / 4 cm shorter than desired finished length, remembering to account for blocking. End with a body round 1. Sample ended after working 10 rounds in MC.

## HEM

Change to 3.5mm needle.

**Next round:** [k4, remove M, k2tog, k to 2 sts before M, SSK, remove M] x4. Only BOR M remains. 152 (172; 188; 212; 232) [252; 272; 292; 312] sts.

Work 1.5" / 4cm in [k1, p1] rib.

Cast off all sts using the tubular method.

**Note:** it may seem strange that the bottom of the tee is worked in rib whilst the cuffs and neckband are folded stocking stitch. This is deliberate, as the folded fabric is too stiff around the bottom hem and makes the tee stick out in an unsightly way.

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## CUFFS (both worked the same)

Place 50 (56; 58; 60; 66) [72; 78; 80; 80] held sleeve sts on 3.75mm / larger needle and knit across,

then pick up and knit 10 (10; 12; 14; 14) [16; 20; 26; 30] sts in underarm cast on. The first and last of these sts picked up will be in YO holes. 60 (66; 70; 74; 80) [88; 98; 106; 110] sts.

Place BOR marker after 5 (5; 6; 7; 9) [10; 11; 12; 14] of these sts (ie. at the centre of the underarm).

Change to 3.5mm needle & knit 10 rounds using MC.

**Note:** if you wish to add length to the sleeves, I would recommend introducing a couple of decreases at the underarm, depending on the fit when tried on.

Change to CC and knit 1 round.

Change to 3mm needle, purl 1 round, then knit 7 rounds.

Using MC, secure folded hem by whipstitching live sts together with 7th purl bump past turning ridge on WS of fabric (this will be the 7th purl bump in MC). See [video tutorial](#). Take care to make sure you stitch the live stitch together with the stitch directly below it, otherwise the cuff will become twisted.

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## FINISHING

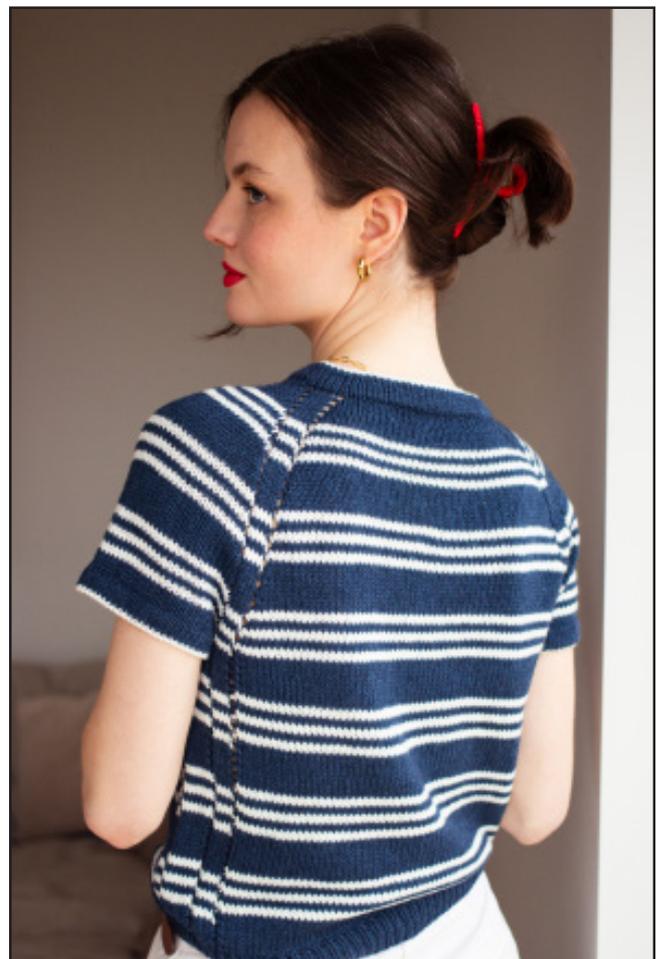
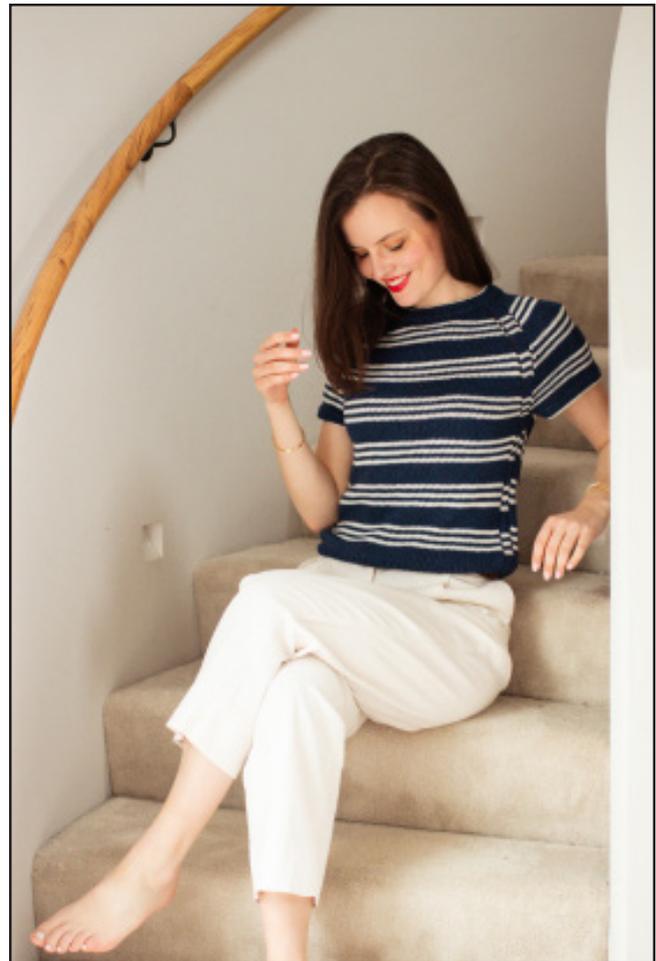
Weave in all ends and block, laying flat to dry.

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## HAPPY KNITTING!

**pattern support:** [lilykate@jolihouse.com](mailto:lilykate@jolihouse.com)

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## MOVEMENT SWEATER

The Movement style is also available in a sweater.

The sweater pattern features the same raglan eyelet detail, with a larger gauge, more relaxed fit, and long sleeves. It uses worsted / aran weight yarn and has a totally different feel depending on the colour / yarn choice!

[#MovementSweater](#)



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