

My Favourite Things

~knitwear~



NEW NORMA #NEWNORMA

ABOUT NEW NORMA

New Norma is inspired by the oversized silhouettes of contemporary fashion. It features wide ribbed edges and extra-long sleeves for the perfect boyfriend-fit. The slightly dropped shoulders ensure a comfortable and flattering fit. The sweater is worked seamlessly from the top down.

SIZES

(XS) S (M) L (XL) 2XL (3XL) 4XL (5XL)

MEASUREMENTS

Circumference: (114) 119 (125) 136 (147) 153 (159) 169 (176) cm [(45) 46.75 (49.25) 53.5 (57.75) 60.25 (62.5) 66.5 (69.25) inches]

Length (measured at the center back, below the neckline): (58) 60 (61) 63 (65) 66 (69) 70 (71) cm [(22.75) 23.5 (24) 24.75 (25.5) 26 (27.25) 27.5 (28) inches]

SUGGESTED NEEDLES

Circular needles 5.5 mm [US 9] (40 and 80 or 100 cm) [16 and 32 or 40 inches]

Circular needles 4.5 mm [US 7] (40 and 80 or 100 cm) [16 and 32 or 40 inches]

Circular needles 4 mm [US 6] (40 or 80 or 100 cm) [16 or 32 or 40 inches]

NOTE! 40 cm [16 inches] circular needles are optional if the magic loop technique is used on the neck and sleeves.

GAUGE

In stocking stitch on 5.5 mm [US 9] needles.

15 sts / 20 rows = 10 x 10 cm [4 x 4 inches].

MATERIALS

Work holding three strands of yarn together: two strands of Soft Fine and one strand of Spinni.

Colour A, Dark brown

(225) 250 (275) 275 (300) 325 (350) 350 (375) gr. Soft Fine, Isager, 25 gr. / 150 m.

Shown in col. 8S.

held together with...

(150) 150 (150) 150 (150) 200 (200) 200 (200) gr. Spinni, Isager, 50 gr. / 300 m.

Shown in col. 34.

Colour B, Light brown

(50) 50 (50) 50 (50) 50 (50) 75 (75) gr. Soft Fine, Isager, 25 gr. / 150 m.

Shown in col. 7S.

held together with...

(50) 50 (50) 50 (50) 50 (50) 50 (50) gr. Spinni, Isager, 50 gr. / 300 m.

Shown in col. 7S.

Colour C, Light grey

(50) 50 (50) 50 (50) 50 (50) 75 (75) gr. Soft Fine, Isager, 25 gr. / 150 m.

Shown in col. 2S.

held together with...

(50) 50 (50) 50 (50) 50 (50) 50 (50) gr. Spinni, Isager, 50 gr. / 300 m.

Shown in col. 2S.

TIP! If you want to work with two strands instead of three, you can replace the two strands of Soft Fine with one strand of Soft, Isager, 50 gr. / 125 m. This uses approx. (250) 300 (300) 350 (350) 400 (400) 450 (450) gr. in colour A and (50) 50 (50) 50 (50) 50 (50) 100 (100) gr. in colours B and C.

BEFORE YOU BEGIN

Make a gauge swatch to ensure your needle size gives you the correct gauge. If your gauge is off, it will affect the proportions of your sweater.

Size guide

New Norma has an oversized fit. Calculate a positive ease of approx. 30-35 cm [11.75-13.75 inches].

Sizes (XS) S (M) L (XL) 2XL (3XL) 4XL (5XL) correspond to European standard sizes and fit a chest measurement of approximately (80-85) 85-90 (90-95) 95-100 (100-110) 110-120 (120-130) 130-140 (140-150) cm [(31.5-33.5) 33.5-35.5 (35.5-37.5) 37.5-39.25 (39.25-43.25) 43.25-47.25 (47.25-51.25) 51.25-55 (55-59) inches].

Example: Your bust measurement is 88 cm [34.75 inches] + 30-35 cm [11.75-13.75 inches] = 118-123 cm [46.5-48.5 inches]. Therefore, you should knit size S with a bust circumference of 119 cm [46.75 inches].

The model is wearing size S.

Introduction to the workflow

First, the upper back is worked. Short rows are used to shape the back, creating slanted shoulders and giving the sweater its form. Once the back is completed, stitches are picked up along the shoulder edges. The upper fronts are worked separately.

Next, the two fronts are joined by casting on stitches at the center front, and the rest of the yoke is completed. The front and back are then joined, and the body is worked in the round on circular needles, finishing with a ribbed edge.

The neck is worked by picking up stitches along the neckline. Finally, stitches are picked up along the armholes, and the sleeves are worked, finishing with ribbed cuffs.

Increases

The increases (inc) are worked so that they slant towards either the right (M1R) or left (M1L).

To remember, always work M1L at the beginning of the row and M1R at the end of the row.

M1R: With your left needle, pick up the bar (between the sts on the right and left needles) from back to front and knit.

M1L: With your left needle, pick up the bar from front to back and knit it through the back loop.

Ribbing

All ribbed edges are worked in 3x1 rib *k3, p1*.

Decreases

The decreases (dec) are worked as either k2tog or k2tog tbl.

k2tog: Knit 2 sts together.

k2tog tbl: Use the SSK method = slip, slip, knit

Slip 2 sts knitwise, *one at a time*, and knit those two sts together through the back loop.

SHORT ROWS

To shape the back, you will be working short rows. You can use your preferred method, but the *German short rows* give a beautiful and almost invisible result.

When the pattern says "turn", turn after the last stitch worked. The turn is not counted in the numbers given.

TIP! Not familiar with the method? See here how to do it

<https://www.youtube.com/watch?v=z-E3YSHPOYS&t=4s>

PATTERN REPEAT

The pattern repeat extends over 28 rows and consists of 9 rows in colour work and 19 rows in single colour.

Pattern worked back and forth on circular needles.

- 1st row (worked with colours A and B):** K1-a, *k1-b, k1-a* repeat from * to * to the end of row.
- 2nd row (worked with colours A and B):** P1-a, *p1-b, p1-a* repeat from * to * to the end of row.
- 3rd row (worked with colour C):** K-c all sts.
- 4th row (worked with colour C):** P-c all sts.
- 5th row (worked with colour B):** K-b all sts.
- 6th row (worked with colour C):** P-c all sts.
- 7th row (worked with colour C):** K-c all sts.
- 8th row (worked with colours A and B):** P1-a, *p1-b, p1-a* repeat from * to * to the end of row.
- 9th row (worked with colour A and B):** K1-a, *k1-b, k1-a* repeat from * to * to the end of row.
- 10th row (worked with colour A):** P-a all sts.
- 11th row (worked with colour A):** K-a all sts.
- 12th row (worked with colour A):** P-a all sts.
- 13th - 28th rows (worked with colour A):** Work as rows 11th - 12th.

Pattern worked in the round on circular needles.

- 1st - 2nd rnd (worked with colours A and B):** *K1-a, k1-b* repeat from * to * to the end of rnd.
- 3rd - 4th rnd (worked with colour C):** K-c all sts.
- 5th rnd (worked with colour B):** K-b all sts.
- 6th - 7th rnd (worked with colour C):** K-c all sts.
- 8th - 9th rnd (worked with colours A and B):** *K1-a, k1-b* repeat from * to * to the end of rnd.

NOTE! Make sure to measure your gauge on the part of your swatch that includes both the colourwork and the single colour sections.

BEGIN YOUR WORK HERE

BACK

Cast on (85) 89 (93) 101 (109) 113 (119) 127 (131) sts using colour A with 5.5 mm [US 9] circular needles. Continue with colour A until specified otherwise.

TIP! The cast-on edge forms the neckline and shoulders of the sweater, so be careful not to cast on too tightly, as this will cause the shoulder seam to pull.

Break the yarn, turn the work so the WS is facing you, then slip the first (29) 31 (33) 37 (41) 43 (45) 49 (51) sts (=left shoulder sts) to the right needle. Place a marker, M1.

Now, the back is shaped, and the shoulders are formed using short rows. Each row increases the stitch count by 4 sts.

1st step (WS): Join new yarn, and p the next (27) 27 (27) 27 (27) 27 (29) 29 (29) sts (=neck sts). Place a marker, M2. Turn after the last st worked. You are now on the RS.

2nd step (RS): K to 4 sts after M1. Turn after the last worked st. You are now on the WS.

3rd step (WS): P to 4 sts after M2. Turn after the last worked st. You are now on the RS.

Now, continue working short rows, turning 4 sts *after* the last double st (turn) on each row. That is: work to your last double st, k/p this st, work another 4 sts k/p, turn after the last sts worked.

1st row (RS): K to 4 sts after your last turn. Turn.

2nd row (WS): P to 4 sts after your last turn. Turn.

Work **rows 1st and 2nd** alternately for a total of (6) 6 (7) 8 (9) 9 (10) 11 (11) times. This means there are a total of (7) 7 (8) 9 (10) 10 (11) 12 (12) turns on each side.

The final turn is worked (1) 3 (1) 1 (1) 3 (1) 1 (3) st(s) before the end of row on the WS.

You are now on the RS.

The short rows are finished, and you can remove M1 and M2.

Your work measures approx. (7) 7 (8) 9 (10) 10 (11) 12 (12) cm [(2.75) 2.75 (3.25) 3.5 (4) 4 (4.25) 4.75 (4.75) inches] measured from the cast-on edge center back.

Place a marker *on the edge st* at each side of the work before you continue. The marker indicates where to pick up sts when working the fronts.

From here, work back and forth in stocking stitch over the next (38) 38 (38) 40 (40) 40 (40) 40 (40) rows (k on the RS and p on the WS). Along the way, start the colour pattern. See info about the first colour change below.

NOTE! Make sure that the sts that are not yet included in the short rows are worked on the first RS and WS rows.

Work (12) 12 (12) 14 (14) 14 (14) 14 (14) rows with colour A.

Now, work the pattern repeat.

Work as follows:

1st row (worked with colours A and B): K1-a, *k1-b, k1-a* repeat from * to * to the end of row.

2nd row (worked with colours A and B): P1-a, *p1-b, p1-a* repeat from * to * to the end of row.

3rd row (worked with colour C): K-c all sts.

4th row (worked with colour C): P-c all sts.

5th row (worked with colour B): K-b all sts.

6th row (worked with colour C): P-c all sts.

7th row (worked with colour C): K-c all sts.

8th row (worked with colours A and B): P1-a, *p1-b, p1-a* repeat from * to * to the end of row.

9th row (worked with colours A and B): K1-a, *k1-b, k1-a* repeat from * to * to the end of row.

Then, work (17) 17 (17) 17 (17) 17 (17) 17 (17) rows in colour A.

Break the yarn, and put the back sts on hold on an extra needle or a piece of leftover yarn while working the shoulders and the upper part of the front.

LEFT FRONT

Pick up and knit (29) 31 (33) 37 (41) 43 (45) 49 (51) sts along the left shoulder (to the left when wearing the sweater) with 5.5 mm [US 9] circular needles with colour A.

Make sure to pick up the sts *between the sts*. This gives the neatest shoulder seam.

TIP! See how to pick up between the sts here: <https://www.youtube.com/watch?v=ltM0GQrAcGI>

P 1 row.

Then, work (10) 10 (12) 16 (18) 18 (18) 18 (18) rows in stocking stitch (k on the RS and p on the WS).

Now, shape the neckline with increases.

Work as follows:

1st row (RS): K4, **M1L**, k to the end of row.

2nd row (WS): P all sts.

Work **rows 1st – 2nd** a total of (5) 5 (5) 5 (5) 5 (6) 6 (6) times.

You are now on the RS.

You have now (34) 36 (38) 42 (46) 48 (51) 55 (57) sts on your needles.

Break the yarn, and put the left front sts on hold on an extra needle or a piece of leftover yarn while the right front is worked.

RIGHT FRONT

Pick up and knit (29) .31 (33) 37 (41) 43 (45) 49 (51) sts along the right shoulder (to the right when wearing the sweater) with 5.5 mm [US 9] circular needles with colour A.

Make sure to pick up the sts *between the sts*. This gives the neatest shoulder seam.

P 1 row.

Then, work (10) 10 (12) 16 (18) 18 (18) 18 (18) rows in stocking stitch (k on the RS and p on the WS).

You are now on the RS.

Now, shape the neckline with increases.

Work as follows:

1st row (RS): K until 4 sts remain, **M1R**, k to the end of row.

2nd row (WS): P all sts.

Work **rows 1st – 2nd** a total of (5) 5 (5) 5 (5) 5 (6) 6 (6) times.

You have now (34) 36 (38) 42 (46) 48 (51) 55 (57) sts on your needles.

Now, join the two fronts into one and finish the last part of the yoke.

FRONT

Continue with colour A and k across the (34) 36 (38) 42 (46) 48 (51) 55 (57) right front sts, cast on (17) 17 (17) 17 (17) 17 (17) 17 (17) sts in extension using the backwards loop method, then k across the (34) 36 (38) 42 (46) 48 (51) 55 (57) left front sts.

You have now (85) 89 (93) 101 (109) 113 (119) 127 (131) sts on your needles. You are now on the WS.

Work (5) 5 (5) 5 (5) 5 (5) 7 (7) rows in stocking stitch (k on the RS and p on the WS). Now, work the pattern repeat.

Work as follows:

1st row (worked with colours A and B): K1-a, *k1-b, k1-a* repeat from * to * to the end of row.

2nd row (worked with colours A and B): P1-a, *p1-b, p1-a* repeat from * to * to the end of row.

3rd row (worked with colour C): K-c all sts.

4th row (worked with colour C): P-c all sts.

5th row (worked with colour B): K-b all sts.

6th row (worked with colour C): P-c all sts.

7th row (worked with colour C): K-c all sts.

8th row (worked with colours A and B): P1-a, *p1-b, p1-a* repeat from * to * to the end of row.

9th row (worked with colours A and B): K1-a, *k1-b, k1-a* repeat from * to * to the end of row.

Continue in stocking stitch for another 17 rows with colour A.

You are now on the RS.

NOTE! Please note that your outer edge (which will form the armhole) will be a bit longer on the front than on the back. This is intentional, as the shoulder seam is set back.

On the next row, join the front and back together. From here, work in the round on circular needles.

BODY

Continue with colour A. K across the front sts, cast on 1 new st in extension of the front using the backwards loop method. Then, k across the back sts, cast on 1 new st in extension of the back, place a stitch marker = the beginning of your rnd.

You have now joined the work and there are (172) 180 (188) 204 (220) 228 (240) 256 (264) sts on the same needles.

Work in the round in stocking stitch. Work 1 more rnd with colour A and then work the next pattern repeat.

Pattern repeat:

1st - 2nd rnds (worked with colours A and B): *K1-b, k1-a* repeat from * to * to the end of rnd.

3rd - 4th rnds (worked with colour C): K-c all sts.

5th rnd (worked with colour B): K-b all sts.

6th - 7th rnds (worked with colour C): K-c all sts.

8th - 9th rnds (worked with colours A and B): *K1-b, k1-a* repeat from * to * to the end of rnd.

Colour A:

10th - 28th rnds: K-a all sts.

Continue in the round in stocking stitch until the work measures (47) 49 (50) 52 (54) 55 (58) 59 (60) cm [(18.5) 19.25 (19.75) 20.5 (21.25) 21.75 (22.75) 23.5 (23.5) inches] measured from the cast-on edge centre back. Maintain the colour pattern sequence throughout the length of the body. That is, 19 rounds with colour A followed by 9 rounds with pattern repeat.

The indicated lengths correspond to working (3) 3 (3) 3 (3) 3 (4) 4 (4) pattern repeats.

TIP! It's a good idea to try on your sweater to make sure the length suits you before you start working the ribbing. If you have a long torso, you can add a few extra cm [inches] before starting the ribbing.

It is recommended to start the ribbing after somewhere between rounds 13th and 28th. Avoid finishing the sweater in the middle of a pattern repeat - between rounds 1st and 9th.

Change to 4.5 mm [US 7] circular needles and work in the round in ribbing *k3, p1* until the rib edge measures 11 cm [4.25 inches].

Bind off with k over k and p over p.

NECK

The neck edge is worked in the round on 4 mm [US 6] circular needles in ribbing *k3, p1*.

You can either use 40 cm circular needles or 80 cm circular needles and work with the magic loop technique.

Pick up and knit (72) 72 (76) 80 (84) 84 (84) 88 (88) sts along the neckline with 4 mm [US 6] circular needles.

The number of sts corresponds to picking up 1 st for each of the (27) 27 (27) 27 (27) 27 (29) 29 (29) sts from the cast-on edge/neck, in approx. 3 out of 4 sts along the neck edge sides, which corresponds to (14) 14 (16) 18 (20) 20 (19) 21 (21) sts, and in (17) 17 (17) 17 (17) 17 (17) 17 (17) sts centre front.

TIP! Make sure to pick up your sts in the space right after your edge st. This gives the neatest result.

Now, work in the round in ribbing *k3, p1* until the neck edge measured from the pick up rnd measures 8 cm [3.25 inches].

Now, it's time to attach your neck edge.

Fold the ribbed edge down and attach it directly to the inside of the neck edge by working 1 st from the needle together with 1 st from the pick-up edge.

Remember to bind off loosely so you can get your head through the neck opening.

See how to do it here: <https://www.youtube.com/watch?v=Tq2m05gYVHs&t=3s>

TIP! Make sure you attach the neck edge perfectly straight so that the rows are not skewed/twisted. You may want to insert a few pins to make sure the work doesn't slip while you're doing it.

It's a good idea to put an elastic thread in the neck edge. That way it will keep its shape better when in use.

SLEEVES

Now, it's time to work the sleeves. Pick up the sleeve sts along the armholes with 5.5 mm [US 9] circular needles. You can either use 40 cm circular needles or 80 cm circular needles and work with the magic loop technique.

Begin picking up sts in the centre st under the armhole. Pick up and knit (64) 64 (66) 70 (70) 72 (74) 74 (76) sts along the armhole with colour A. The pick-up frequency corresponds to approx. 2 out of every 3 sts (i.e. pick up 3 sts, skip 1 st and so on).

Join the work so that it is worked in the round. Place a marker in the centre of the armhole to mark the beginning of rnd.

K 1 rnd with colour A.

Now, work the pattern repeat. At the same time, work decreases on **rnds 16th** and **23rd**.

Pattern repeat:

1st - 2nd rnds (worked with colour A and B): Work *k1-a, k1-b* repeat from * to * to the end of rnd.

3rd - 4th rnds (worked with colour C): K-c all sts.

5th rnd (worked with colour B): K-b all sts.

6th - 7th rnds (worked with colour C): K-c all sts.

8th - 9th rnds (worked with colour A and B): Work *k1-a, k1-b* repeat from * to * to the end of rnd.

Colour A:

10th - 15th rnds: K-a all sts.

16th rnd: K3, **k2tog**, k until 4 sts remain, **k2tog tbl**, k2.

17th - 22nd rnds: K-a all sts.

23rd rnd: K3, **k2tog**, k until 4 sts remain, **k2tog tbl**, k2.

24th - 28th rnd: K-a all sts.

Continue as described above until the sleeve measures approx. (37) 37 (35) 35 (37) 37 (35) 35 (35) cm [(14.5) 14.5 (13.75) 13.75 (14.5) 14.5 (13.75) 13.75 (13.75) inches] when measured on the inside. The length is equivalent to working 3 pattern repeats and (4) 4 (5) 5 (5) 4 (5) 5 (5) decreases.

You have now (56) 56 (56) 60 (60) 64 (64) 64 (68) sts on your needles.

Change to 4.5 mm [US 7] circular needles and work in the round in ribbing *k3, p1* until the rib edge measures (11) 11 (11) 11 (9) 9 (11) 11 (11) cm [(4.25) 4.25 (4.25) 4.25 (3.5) 3.5 (4.25) 4.25 (4.25) inches].

Bind off with k over k and p over p.

FINISHING

Now weave in all loose ends. Wash and block the sweater before use for an even more beautiful result.

My Favourite Things Knitwear ©COPYRIGHT 2025.

This pattern is for private use only.

The pattern may not be copied, redistributed or sold on.

Sale of garments made from this pattern is prohibited.

www.myfavouritethings-knitwear.com // Instagram @myfavouritethings.knitwear.