

stripes with a twist

XL-XXL-XXXL



Stripes with a twist is a pullover that features a buttoned turtleneck, stripes, extra long sleeves with thumbholes and a playful (easy) stitch pattern that makes the stripes go dancing.

It is worked top-down, seamlessly in the round with a contiguous sleeve inset developed by Susie Myers.

Anne, al-fa on Ravelry
www.alfaknits.wordpress.com

my designs are at :
www.ravelry.com/designers/atelier-alfa



stripes with a twist

XL-XXL-XXXL

WHAT YOU'LL NEED

MC (main color): ± 600, 700, 800, 900
1000, 1100, 1200m (660, 770, 880, 990,
1100, 1200, 1300 yards) of DK / 8 ply

CC (contrasting color): ± 340, 400, 450,
500, 550, 600, 650m (380, 440, 500, 550,
600, 660, 710 yards) of DK / 8 ply

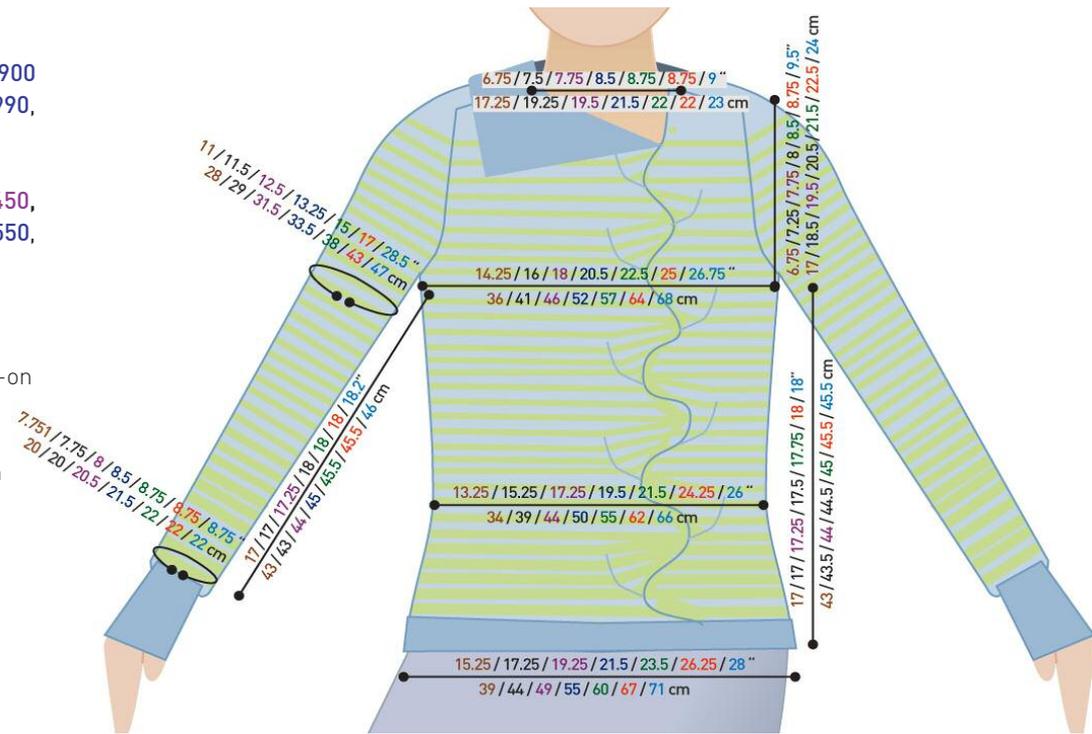
4 mm (US 6) circular needle
3.5 mm (US 4) circular needle
crochet hook for the provisional cast-on

2 different kinds of markers
- 2 or 3 markers to mark the stitch
patterns (written in pink: **m**)
- 4 markers to mark the sleeve cap

5 buttons (diameter: 1.5 to 2 cm
(0.5 to 0.75"))

GAUGE

20 sts and 30 rows stockinette stitch with
the larger needle = 10 x 10 cm (4"x4")



Available for size	XS	S	M	L	XL	XXL	XXXL
finished	28.5	32	36	41	45	50	53.5"
measurements (chest)	72	82	92	104	114	128	136 cm

Notes for XL are in green, XXL in red and XXXL in cyan

STITCHES

stockinette (in the round): knit

stockinette (worked flat): row 1 and all odd numbered rows: knit
row 2 and even numbered rows: purl

ribbing 1/1 (in the round): (k1, p1) across

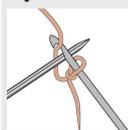
MARKERS

It is best to use 2 different kind of markers:

- to mark the edges of the stitch pattern (stripes with a twist) (**m** : written in pink)
- to mark the sleeve cap shaping (M written in black)

TIP: PROVISIONAL CAST ON

tip: crochet provisional cast-on



With some waste yarn make a slip-knot loop on the crochet hook. Hold the knitting needle in your left hand, and the crochet hook in your right hand, bring the yarn under and behind the needle. Bring the crochet hook in front of the needle and pick up the yarn.



Bring the yarn back under and behind the needle and repeat this process until you have the desired number of stitches cast on.

Don't break the yarn yet. Make a few more stitches (chain) with the crochet hook (off the knitting needle), break the yarn and tie off. (It's on this side you start unraveling the provisional cast-on)



Pull a loop through the loop on the crochet hook. (= 1stitch on your needle)

To recapture the live stitches at the cast-on edge, gently pull out the chain and place each stitch on a needle.

Abbreviations

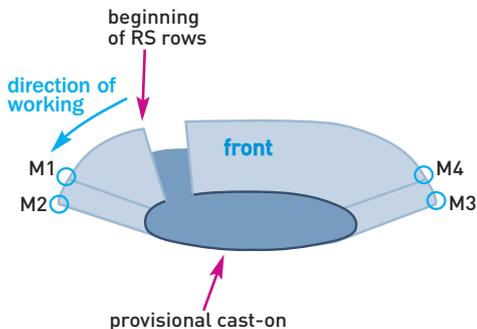
sts	stitches
ndl	needle
M	marker
m	stitch pattern marker
MC	main color
CC	contrasting color
RS	right side
WS	wrong side
LHndl	left hand needle
RHndl	right hand needle
k	knit
p	purl

increases (see page 3)

m1L	make 1st left increase
m1R	make 1st right increase
m1pR	make 1 purl stitch right increase
m1pL	make 1 purl stitch left increase

decreases

k2tog	knit 2sts together
	1st decreased (to the right)
ssk	slip slip knit
	1st decreased (to the left)



PATTERN

With some waste yarn and 4mm needle (US 6) make a provisional cast-on (see tip at the bottom of page 2) of **89/89/93** sts.

row 1 (RS): with MC k to end.

row 2 (WS): purl **33/32/33**, place marker 4 (M4), p**7/9/9**, place M3, p**34/32/34**, place M2, p**7/9/9**, place M1, p to end (=p**8/7/8**)

[89sts:8+7+34+7+33] [89sts:7+9+32+9+32] [93sts:8+9+34+9+33]

SHORT ROWS TO SHAPE THE NECKLINE AT THE BACK

short rows: wrap & turn (twinned stitch)

w&t at the knitside (RS)

k to turning point, pick the stitch under the next stitch on the left needle with the right needle, place it on the LHndl and knit it, slip the foll st to the RHndl (both these sts have the same origin-stitch [= 'twinned stitch', they will be treated as 1 st]), turn. Slip 'twinned stitch' to RHndl.

w&t at the purlside (WS)

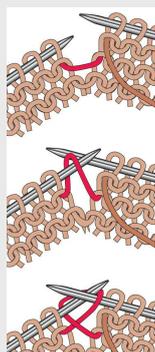
p to turning point, slip next stitch to RHndl, with the LHndl pick the bump of the purlstitch below and purl this st, turn. Slip the 'twinned stitch' (will be treated as 1st.) to the RHndl, and start the row.

info and pictures on this site:

<http://www.socktopus.co.uk/2011/02/short-rows-shadow-wraps/>

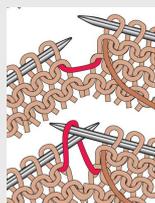
HOW TO INCREASE ON THE WRONG SIDE (PURL SIDE)

m1pR : make 1 purl stitch (right slanted)



With the left needle pick the strand between 2 stitches, from front to back and purl through the back loop

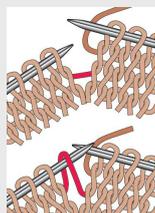
m1pL : make 1 purl stitch (left slanted)



With the left needle pick the strand between 2 stitches, from back to front and purl through the front loop

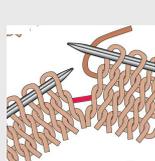
HOW TO INCREASE ON THE RIGHT SIDE (KNIT SIDE)

m1L : make 1 stitch (left slanted)



With the left needle pick the strand between 2 stitches, from front to back and knit through the backloop.

m1R : make 1 stitch (right slanted)



With the left needle pick the strand between 2 stitches, from back to front and knit through the front loop.

row 3 (RS): knit to M1, slip M1, k**7/9/9**, slip M2, k**21/20/21**, w&t.

row 4 (WS): purl 8, w&t.

row 5 (RS): knit 12, w&t.

!! Take care to knit or purl the twinned stitch as 1 stitch !!

row 6 (WS): purl 16, w&t.

row 7 (RS): knit to M3, slip M3, k2, w&t.

SHORT ROWS + SHOULDER SHAPING:

increases near the markers in every row

row 8 (WS): p to M3, slip M3, **m1pL**, p to M2, **m1pR**, slip M2, p2, w&t.

[91sts:8+7+36+7+33] [91sts:7+9+34+9+32] [95sts:8+9+36+9+33]

row 9 (RS): k to M2, slip M2, **m1L**, k to M3, **m1R**, slip M3, k6, w&t.

[93sts:8+7+38+7+33] [93sts:7+9+36+9+32] [97sts:8+9+38+9+33]

row 10 (WS): p to M3, slip M3, **m1pL**, p to M2, **m1pR**, slip M2, p6, w&t.

[95sts:8+7+40+7+33] [95sts:7+9+38+9+32] [99sts:8+9+40+9+33]

row 11 (RS): k to M2, slip M2, **m1L**, k to M3, **m1R**, slip M3, k to M4, slip M4, **m1L**, k1, w&t.

[98sts:8+7+42+7+34] [98sts:7+9+40+9+33] [102sts:8+9+42+9+34]

row 12 (WS): p to M4, **m1pR**, slip M4, p to M3, slip M3, **m1pL**, p to M2, **m1pR**, slip M2, p to M1, slip M1, **m1pL**, p1, w&t.

[102sts:9+7+44+7+35] [102sts:8+9+42+9+34] [106sts:9+9+44+9+35]

CONTINUE SHOULDER SHAPING

row 13 (RS): k to M1, **m1R**, slip M1, k to M2, slip M2, **m1L**, k to M3, **m1R**, slip M3, k to M4, slip M4, **m1L**, k to end.

[106sts:10+7+46+7+36]

[106sts:9+9+44+9+35] [110sts:10+9+46+9+36]

row 14 (WS): p to M4, **m1pR**, slip M4, p to M3, slip M3, **m1pL**, p to M2, **m1pR**, slip M2, p to M1, slip M1, **m1pL**, p to end.

[110sts:11+7+48+7+37]

[110sts:10+9+46+9+36] [114sts:11+9+48+9+37]

row 15-28/30/30: repeat rows 13 to 14 **7/8/8** times

[166sts:25+7+76+7+51] [174sts:26+9+78+9+52] [178sts:27+9+80+9+55]

SLEEVE CAP SHAPING

increases between sleeve markers in every row

In the next row the markers will be moved 2 sts away. You will have 11/13/13 sts + 2 stitches increased in row 1 (= 13/15/15 sts between the sleeve markers).

row 1 (RS): k to 2sts before M1, place new M1, **m1L**, k2, remove marker M1, k to M2, remove M2, k2, **m1R**, place new M2, k to 2sts before M3, place new M3, **m1L**, k2, remove marker M3, k to M4, remove M4, k2, **m1R**, place new M4, k to end.

(170sts:23+13+72+13+49) (178sts:24+15+74+15+50) (182sts:25+15+76+15+51)

row 2 (WS): p to M4, slip M4, **m1pL**, p to M3, **m1pR**, slip M3, p to M2, slip M2, **m1pL**, p to M1, **m1pR**, slip M1, p to end.

(174sts:23+15+72+15+49)

(182sts:24+17+74+17+50) (186sts:25+17+76+17+51)

row 3 (RS): k to M1, slip M1, **m1L**, k to M2, **m1R**, slip M2, k to M3, slip M3, **m1L**, k to M4, **m1R**, slip M4, k to end.

(178sts:23+17+72+17+49)

(186sts:24+19+74+19+50) (190sts:25+19+76+19+51)

row 4 (WS): work 1 row as row 2

(182sts:23+19+72+19+49)

(190sts:24+21+74+21+50) (194sts:25+21+76+21+51)

row 5-10: repeat rows 3 to 4 3 times

(206sts:23+31+72+31+49)

(214sts:24+33+74+33+50) (218sts:25+33+76+33+51)

IN THE ROUND, STRIPES AND TWISTS

increases between sleeve markers in every other row + start of the stripes with a twist

In the next rounds the striping starts and markers will be placed to mark beginning and end of the 'stripes with a twist' stitch pattern. The markers and in- and decreases of the stitch pattern are written in pink to make a difference with the sleeve markers.

But first a few tips on jogless and holeless stripes

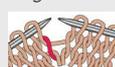
TIP: JOGLESS AND HOLELESS STRIPES

stripes without holes when changing colors

Twist the old and the new color once before starting the new color. When you reach the next color change you can adjust the size of the last stitch of the previous old color by pulling the yarn gently and thus tightening the stitch until the desired stitch size...

(nearly) jogless stripes (2 methods)

1. Change to the new color and work a round to end, slip marker. Before knitting the first stitch on the next round,



pick the stitch from previous round below that stitch (see pic). With the right needle tip pick the leg of that stitch from back to front (as if to purl) and place it onto the left hand needle. Knit the picked stitch together with the 1st stitch of the round and continue knitting the round to end.

more info and a video here:

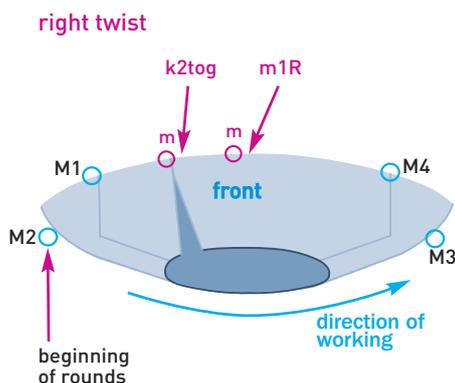
www.garnstudio.com/lang/en/video.php?id=231

2. Change to the new color and work a round to end. In the next round slip the 1st stitch purlwise without knitting it.

Here's how:

techknitting.blogspot.com/2007/01/jogless-stripes.html

I prefer to use the 2nd method if the stripes are large (minimum 4 rounds) and the first method for narrow stripes (2 to 4 rounds)



Knit to M1, slip M1, k to M2 (= new beginning and end of rounds)

round 11 (RS): knit to M3, slip M3, k to M4, slip M4, k to end of row, join in the round, place marker (m) at the join and knit the sts of left front to M1, slip M1, k to endmarker M2. (206sts:72+31+72+31) (214sts:74+33+74+33) (218sts:76+33+76+33)

round 12: k to M3, slip M3, **m1L**, k to M4, **m1R**, slip M4, k to M1 slipping m when you reach it, slip M1, **m1L**, k to M2, **m1R**, slip M2.

(210sts:72+33+72+33) (218sts:74+35+74+35) (222sts:76+35+76+35)

right twist

round 13: k to end (= M2) slipping markers when you reach them.

round 14: k to M3, slip M3, **m1L**, k to M4, **m1R**, slip M4, k to 13sts before m, **m1R**, place m, k to 2sts before the m at the join, **k2tog**, slip m, k to M1, slip M1, **m1L**, k to M2, **m1R**, slip M2. (214sts:72+35+72+35) (222sts:74+37+74+37) (226sts:76+37+76+37)

round 15: k to m slipping the other markers when you reach them, **m1R**, slip m, k to 2sts before next m, **k2tog**, slip m, k to M2, slip M2.

start of the striping sequence: 2 rounds of CC + 4 rounds of MC

round 16: with CC k to M3, slip M3, m1L, k to M4, m1R, slip M4, k to m, m1R, slip m, k to 2sts before the m at the join, k2tog, slip m, k to M1, slip M1, m1L, k to M2, m1R, slip M2. [218sts:72+37+72+37] [226sts:74+39+74+39] [230sts:76+39+76+39]

round 17: repeat round 15

round 18-19: with MC repeat rounds 16 to 17

[222sts:72+39+72+39] [230sts:74+41+74+41] [234sts:76+41+76+41]

XL-SIZE ONLY

increases body side

round 20: with MC k1, m1L, k to 1st before M3, m1R, k1, slip M3, k to M4, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before the next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, k to M2, slip M2. [226sts:74+39+74+39]

increases body and sleeve sides

round 21: k to m, m1R, slip m, k2tog, slip m, k to M2, slip M2.

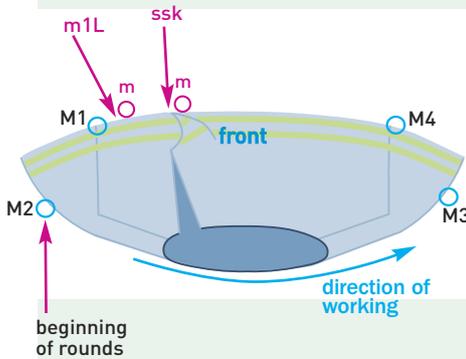
round 22: with CC k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before the next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [234sts:76+41+76+41]

round 23: repeat round 21

increases between sleeve markers and at the body side every 4 rounds

round 24-25: with MC repeat round 21 twice

left twist



increases body and sleeve sides

left twist

round 26: k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk removing m, k12, place m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [242sts:78+43+78+43]

round 27: k to m, slip m, ssk, k to next m, slip m, m1L, k to M2, slip M2.

Continue in established striping: 2 rounds of CC and 4 rounds of MC

round 28-29: repeat round 27 twice

round 30: k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [250sts:80+45+80+45]

round 31-33: repeat round 27 3 times

round 34-37: repeat rounds 30 to 33

[258sts:82+47+82+47]

round 38: k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [266sts:84+49+84+49]

new right twist

round 39: k to 14 sts before m, m1R, place m, k to 1st before next m, k2tog removing m, slip next m, k to M2, slip M2.

round 40: k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to M2, slip M2.

round 41: repeat round 40

increases body and sleeve side

round 42: k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [274sts:86+51+86+51]

round 43-45: repeat round 40 3 times

increases body and sleeve side

round 46: k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [282sts:88+53+88+53]

round 47: k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to M2, slip M2.

increases between sleeve markers and at the body side every other round

increases body and sleeve side

round 48-51: repeat round 46 to 47 twice [298sts:92+57+92+57]

increases body and sleeve side

round 52: repeat round 46 once more [314sts:96+61+96+61]

new left twist

increases body and sleeve side

round 53: k to m, slip m, ssk removing m, k14, place m, m1L, k to M2, slip M2.

round 54: k1, m1L, k to 1st before M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2 [314sts:96+61+96+61]

round 55: k to m, slip m, ssk, k to next m, slip m, m1L, k to M2, slip M2.

increases body side

round 56: k1, m1L, k to 1st before M3, m1R, k1, slip M3, k to M4, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, k to M2, slip M2. [318sts:98+61+98+61]

increases body and sleeve side every row (4x)

increases between sleeve markers and at the body side every round

round 57: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2. (326sts:100+63+100+63)

round 58-60: repeat round 57 3 times (354sts:106+69+106+69)

pattern continues page 8

increases body and sleeve sides every other round (4x)

XXL-SIZE ONLY

round 20: with **MC** k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, **m1R**, slip **m**, k to 2sts before the next **m**, **k2tog**, slip **m**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2. (238sts:76+43+76+43)

round 21: k to **m**, **m1R**, slip **m**, **k2tog**, slip **m**, k to M2, slip M2.

round 22-23: with **CC** repeat rounds 20 to 21

round 24-25: with **MC** repeat rounds 20 to 21 once more (254sts:80+47+80+47)

new left twist [see diagram on top of this page]

round 26: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, slip **m**, **ssk** removing **m**, k12, place **m**, **m1L**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2 (262sts:82+49+82+49)

round 27: k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to M2, slip M2.

Continue in established striping: 2 rounds of CC and 4 rounds of MC

round 28: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, k to M4, slip M4, k1, **m1L**, k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to 1st before M1, **m1R**, k1, slip M1, k to M2, slip M2. (266sts:84+49+84+49)

round 29: repeat round 27

increases between sleeve markers and at the body side every 4 rounds

round 30: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2. (274sts:86+51+86+51)

round 31-33: repeat round 27 3 times

round 34-37: repeat rounds 30 to 33 (282sts:88+53+88+53)

round 38: repeat round 30 once more (290sts:90+55+90+55)

new right twist

round 39: k to 15 sts before **m**, **m1R**, place **m**, k to 1st before next **m**, **k2tog** removing **m**, slip next **m**, k to M2, slip M2.

round 40: k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to M2, slip M2.

round 41: repeat round 40.

increases body and sleeve side

round 42: **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2. (298sts:92+57+92+57)

round 43-45: repeat round 40 3 times

*increases body and sleeve side
increases body side*

round 46-47: repeat round 42 once and round 40 once (306sts:94+59+94+59)

round 48: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, k to M4, slip M4, k1, **m1L**, k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to 1st before M1, **m1R**, k1, slip M1, k to M2, slip M2. (310sts:96+59+96+59)

round 49: k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to M2, slip M2.

increases between sleeve markers and at the body side every other round

increases body and sleeve side

round 50: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2. (318sts:98+61+98+61)

round 51: repeat round 49

increases body and sleeve side

round 52: repeat round 50 to 51 once (326sts:100+63+100+63)

new left twist

increases body and sleeve side

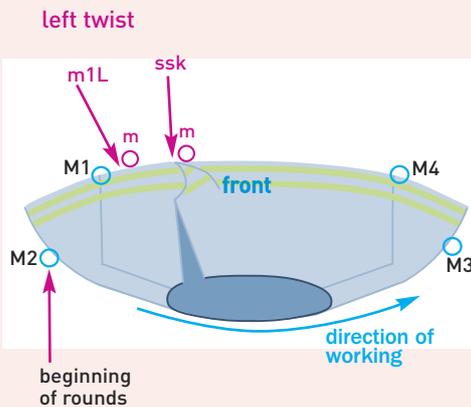
round 54: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, slip **m**, **ssk** removing **m**, k15, place **m**, **m1L**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2 (334sts:102+65+102+65)

round 55: k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to M2, slip M2.

increases body and sleeve side

round 56: k1, **m1L**, k to 1st before M3, **m1R**, k1, slip M3, **m1L**, k to M4, **m1R**, slip M4, k1, **m1L**, k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to 1st before M1, **m1R**, k1, slip M1, **m1L**, k to M2, **m1R**, slip M2 (342sts:104+67+104+67)

round 57: k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to M2, slip M2.



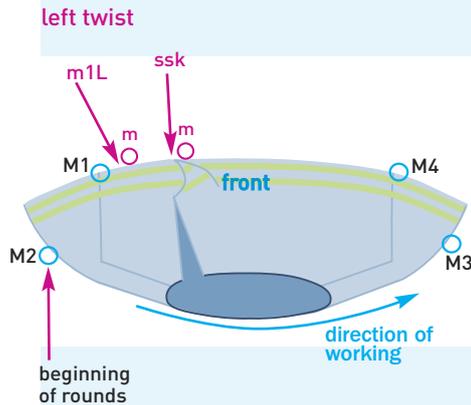
increases body and sleeve side
increases body side

round 58-59: repeat rounds 56 to 57 once [350sts:106+69+106+69]
round 60: k1, m1L, k to 1st before M3, m1R, k1, slip M3, k to M4, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, k to M2, slip M2 [354sts:108+69+108+69]

increases body and sleeve side
every round (4x)

increases between sleeve markers and at the body side every round
round 61: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [362sts:110+71+110+71]
round 62-64: repeat round 61 3 times [386sts:116+77+116+77]
pattern continues page 8

increases body and sleeve side
every other round (6x)



increases body side

increases body and sleeve side

increases body side

increases body and sleeve side

increases body and sleeve side

XXXL-SIZE ONLY

round 20: with MC k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before the next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [242sts:78+43+78+43]

round 21: k to m, m1R, slip m, k2tog, slip m, k to M2, slip M2.

round 22-23: with CC repeat rounds 20 to 21 once

round 24-25: with MC repeat rounds 20 to 21 once more [258sts:82+47+82+47]

left twist

round 26: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk removing m, k13, place m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2 [266sts:84+49+84+49]

round 27: k to m, slip m, ssk, k to next m, slip m, m1L, k to M2, slip M2.

Continue in established striping: 2 rounds of CC and 4 rounds of MC

round 28: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [274sts:86+51+86+51]

round 29: repeat round 27

round 30-31: repeat rounds 28 to 29 once [282sts:88+53+88+53]

round 32: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, k to M4, slip M4, k1, m1L, k to m, slip m, ssk, k to next m, slip m, m1L, k to 1st before M1, m1R, k1, slip M1, k to M2, slip M2. [286sts:90+53+90+53]

round 33: repeat round 27

round 34: repeat round 28 once [294sts:92+55+92+55]

increases between sleeve markers and at the body side every 4 rounds

round 35-38: repeat round 27 3 times

round 38-39: repeat round 28 once and round 27 once more [302sts:94+57+94+57]

new right twist

round 40: k to 16 sts before m, m1R, place m, k to 1st before next m, k2tog removing m, slip next m, k to M2, slip M2.

round 41: k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to M2, slip M2.

round 42: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2 [310sts:96+59+96+59]

round 43-45: repeat round 41 3 times

round 46: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2 [318sts:98+61+98+61]

round 47: k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to M2, slip M2.

round 48: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, k to M4, slip M4, k1, m1L, k to m, m1R, slip m, k to 2sts before next m, k2tog, slip m, k to 1st before M1, m1R, k1, slip M1, k to M2, slip M2 [322sts:100+61+100+61]

round 49: repeat round 47

round 50-55: repeat rounds 46 to 49 once and rounds 46 to 47 once more [342sts:106+65+106+65]

increases between sleeve markers and at the body side every other round

new left twist

round 56: k1, m1L, k to 1st before to M3, m1R, k1, slip M3, m1L, k to M4, m1R, slip M4, k1, m1L, k to m, slip m, ssk removing m, k16, place m, m1L, k to 1st before M1, m1R, k1, slip M1, m1L, k to M2, m1R, slip M2. [350sts:108+67+108+67]

<i>increases body and sleeve side</i>	round 57: k to m , slip m , ssk , k to next m , slip m , m1L , k to M2, slip M2.
<i>increases body and sleeve side</i>	round 58: k1, m1L , k to 1st before to M3, m1R , k1, slip M3, m1L , k to M4, m1R , slip M4, k1, m1L , k to 1st before m , place m , ssk removing m , k15, place m , m1L , k to 1st before M1, m1R , k1, slip M1, m1L , k to M2, m1R , slip M2. [358sts:110+69+110+69]
<i>increases body and sleeve side</i>	round 59-61: repeat round 57 to 58 once and round 57 once more [366sts:112+71+112+71]
<i>increases body and sleeve sides every other round (7x)</i>	increases between sleeve markers and at the body side every round round 62: k1, m1L , k to 1st before to M3, m1R , k1, slip M3, m1L , k to M4, m1R , slip M4, k1, m1L , k to m , slip m , ssk , k to next m , slip m , m1L , k to 1st before M1, m1R , k1, slip M1, m1L , k to M2, m1R , slip M2. [374sts:114+73+114+73]
	round 63-68: repeat round 62 6 times [422sts:126+85+126+85]

SEPARATE BODY AND SLEEVES

round 1: k to M3, slip the **69/77/85**sts between M3 and M4 to scrap yarn or a stitch holder, removing Markers, cast on **8/10/10**sts, place new marker (M) in the middle, k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to M1, slip the **69/77/85**sts between M1 and M2 to scrap yarn, cast on **8/10/10**sts, place new marker (M0) in the middle (= new beginning and end of rounds [228sts:114+114] [252sts:126+126] [272sts:136+136])

round 2: k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to end.

round 3 and following: repeat round 2 till there are no more stitches between the **ssk** and the **m1L**. (= round **8/6/5**)

new right twist

next round (= round **9/7/6**): k to **16/17/18**sts before **m**, **m1R**, place **m**, k to 1st before next **m**, **k2tog** removing **m**, slip next **m**, k to end.

next round (= round **10/8/7**): k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to end.

following rounds: repeat the previous round between pink markers there is one stitch left between the **m1R** and the **k2tog**. (= to round **24/23/23**)

new left twist

next round (= round **25/24/24**): k to **m**, slip **m**, **ssk** removing **m**, **k16/17/18**, place **m**, **m1L**, k to end.

next round (= round **26/25/25**): k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to end.

following rounds: repeat the previous round **3/4/4** more times

decrease round 1 **round 30:** k1, **ssk**, k to 3 sts bef M1, **k2tog**, k1, slip M1, k1, **ssk**, k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to 3sts before end, **k2tog**, k1. [224sts:112+112] [248sts:124+124] [268sts:134+134]

round 31 and following: continue repeating the stitch pattern of the left twist between pink markers there is one stitch left between the **ssk** and the **m1L**. (= to round **41/41/42**)

new right twist

next round (= round **42/42/43**): k to **18/19/20**sts before **m**, **m1R**, place **m**, k to 1st before next **m**, **k2tog** removing **m**, slip next **m**, k to end.

next round (= round **43/43/44**): k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to end.

following rounds: repeat the previous round **5/5/3** more times

decrease round 2 **round 49:** k1, **ssk**, k to 3 sts bef M1, **k2tog**, k1, slip M1, k1, **ssk**, k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to 3sts before end, **k2tog**, k1. [220sts:110+110] [244sts:122+122] [264sts:132+132]

following rounds: continue repeating the stitch pattern between pink markers till there is one stitch left between the **m1R** and the **k2tog**. (= to round **59/60/62**)

new left twist

next round (= round **60/61/63**): k to **m**, slip **m**, **ssk** removing **m**, **k18/19/20**, place **m**, **m1L**, k to end.

next round: k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to end.

following rounds: continue repeating the stitch pattern between pink markers till there is one stitch left between the **ssk** and the **m1L**. (= round **78/80/83**)

Continue working the stitch pattern and the striping till body from armhole measures ± 27 cm/10.75"

Each new right twist has 2 stitches more than the previous right twist:
 the previous right twist had: k to 18/19/20sts before **m**, **m1R**, pl...
 the new right twist will be + 2 sts: k to 20/21/22sts before **m**, **m1R**, pl...
The same applies for the left twist: each new left twist has 2 stitches more than the previous left twist
 the previous left twist had: ...**ssk** removing **m**, k18/19/20, pla...
 the new left twist will be + 2 sts: ..**ssk** removing **m**, k20/21/22, pla...

WAIST SHAPING INCREASE ROUNDS AND CHANGE STRIPING:

After finishing 2 rounds of CC change the striping sequence to 3 rounds of MC and 3 rounds of CC, repeat these 6 rounds 3 times.

Then change to 2 rounds of MC and 4 rounds of CC and repeat this sequence to end.

increase round every 8 rounds

increase round 1

round 1: k1, **m1L**, k to 1 st bef M1, **m1R**, k1, slip M1, k1, **m1L**, k to **m**, work in pattern between **m**, k to 1st before end, **m1R**, k1. (224sts:112+112)

(248sts:124+124) (268sts:134+134)

round 2: k to M1, slip M1, k to **m**, work in pattern between **m**, k to end

round 3-8: work 6 more rounds as round 2

increase rounds 2, 3, 4 & 5

round 9-40: repeat rounds 1 to 8 4 more times and add more rounds till body from arm-hole measures 40/40.5/40.5 cm (15.75/16/16 ") or till desired length minus the hem (5 cm/ 2") (240sts:120+120) (264sts:132+132) (284sts:142+142)

HEM

ribbing 1/1

Before starting the 1/1 ribbing knit 2 rounds in the color you will use for the ribbing

round 1-2: knit 2 rounds to end

1/1 ribbing

round 3: with the smaller needle (3,5 mm / US 4) (k1, p1) across to end

round 4-20: work 17 rounds in established ribbing

Bind off loosely

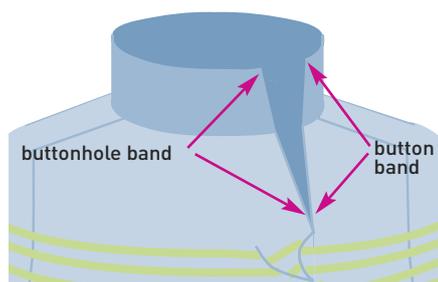
COLLAR (garter stitch)

Carefully unravel the provisional cast on at the top and place the stitches on a 4mm needle (US 6)

row 1: knit to 1 st before end, with yarn in front slip the last stitch

row 2-40: work 39 more rows as row 1

Bind off loosely



button band

With the right side facing you pick & knit stitches along the left side of the collar (2sts per 3 rows along the stockinette stitch and 1 stitch per garter ridge)

row 1-6: with 4 mm needle (US 6) knit 6 rows (= garter stitch) and bind off loosely.

buttonhole band

With the right side facing you pick & knit stitches along the right side of the collar (1 stitch per garter ridge and 2 sts per 3 rows along the stockinette stitch)

row 1-3: knit 3 rows (garter stitch).

row 4 (RS): (buttonhole row): Divide the number of stitches by 5 and place markers after the number of stitches obtained. With 4 mm needle (US 6) (knit to 3sts before marker, yo, k2tog, k1 removing marker) x 4, knit to 3sts before end, yo, k2tog, k1

row 5-6: knit 2 rows.

Bind off loosely

LEFT SLEEVE

Slip the 69/77/85sts on scrap yarn to a circular needle, with MC or CC (depending on the striping) pick & knit 8/10/10 more stitches at the body placing a marker in the middle
77/87/95sts

Continue in established striping: 2 rounds of CC and 4 rounds of MC

round 1-7/5/5: knit 7/5/5 rounds to end, slip marker

decrease rounds every 8/6/5 rounds

decrease round: k1, **ssk**, k to 3sts before marker, **k2tog**, k1, slip marker. 75/85/93sts

following rounds: repeat previous 8/6/5 rounds till sleeve from armhole measures ± 20 cm (8") = about 60 rounds
61/65/73sts

Continue to work decrease rounds at the given intervals

right twist

next round: k21/22/25, **m1R**, place **m**, k9/10/11, **k2tog**, place **m**, k to end. (should be k29/31/35,

next round: k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to end.

following rounds: continue repeating the stitch pattern between pink markers till there is 1 stitch left between the **m1R** and the **k2tog**

new left twist

next round: k to **m**, slip **m**, **ssk** removing **m**, k9/10/11, place **m**, **m1L**, k to end.

next round: k to **m**, slip **m**, **ssk**, k to next **m**, slip **m**, **m1L**, k to end.

following rounds: continue repeating the stitch pattern between pink markers till there is 1 stitch left between the **ssk** and the **m1L**.

change striping:

Continue working the stitch pattern and the striping till sleeve from armhole measures ± 27 cm/10.75". After finishing 2 rounds of CC change the striping sequence to 3 rounds of MC and 3 rounds of CC, repeat these 6 rounds 3 times.

Then change to 2 rounds of MC and 4 rounds of CC and repeat this sequence to end.

new right twist

next round: k to k10/11/12sts before **m**, **m1R**, place **m**, k to 1st before next **m**, **k2tog** removing **m**, slip next **m**, k to end.

next round: k to **m**, **m1R**, slip **m**, k to 2sts before next **m**, **k2tog**, slip **m**, k to end.

following rounds: continue repeating the stitch pattern between pink markers there is 1 stitch left between the **m1R** and the **k2tog**

Repeat the left twist and the right twist (continuing to work the decrease rounds) till sleeve from armhole measures 45.5/45.5/46 cm (18/18/18.25 ") or till desired sleeve length minus the cuff with the thumbholes (± 13-14 cm / 5-5.5")
45/45/45sts

CUFF

The cuff with the thumbholes has a total length of ± 13-14 cm / 5-5.5" and the thumbhole starts approximately in the middle (6,5-7 cm / 2.5-2.75")

Before starting the 1/1 ribbing knit 2 rounds in the color you will use for the ribbing

round 1-2: knit 2 rounds to end

ribbing 1/1

In the next round the 1/1 ribbing starts: you might have to decrease or increase 1 stitch to obtain an even number of stitches

round 3: with the smaller needle (3,5 mm / US 4) [k1, p1] across to end

round 4-24: work 21 rounds in established ribbing

left thumbhole (working back and forth)

Remove marker, (k1, p1) x 5, place marker.

row 1: work in established ribbing to marker, turn

row 2 (WS): work in established ribbing to marker, turn

row 3-10: work 8 rows in established ribbing to marker.

rest of the cuff (in the round again)

round 1: work in established ribbing to marker, slip marker join to work in the round

round 2-12: work 11 more rounds in established ribbing

Bind off loosely

RIGHT SLEEVE

Work the right sleeve in the same way as the left sleeve till you arrive at the thumbhole

right thumbhole (working back and forth)

row 1: work in established ribbing to 10sts before marker, place new marker, turn

row 2 (WS): work in established ribbing to new marker removing the previous marker, turn

row 3-10: work 8 rows in established ribbing to marker.

rest of the cuff (in the round again)

round 1: work in established ribbing to marker, slip marker, join to work in the round

round 2-12: work 11 more rounds in established ribbing

Bind off loosely

FINISHING

Sew the bottom edge of the button band to the body. Do the same for the bottom edge of the buttonhole band.

Sew 5 buttons on the buttonband

Weave in ends. Block to measurements and enjoy.

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