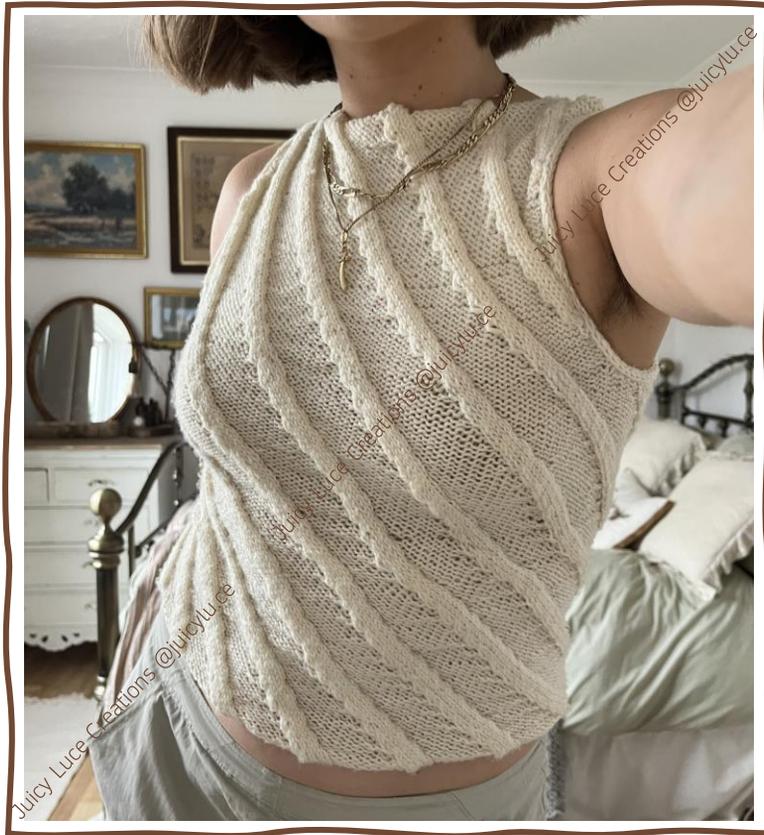


The Twister Tank Knitting Pattern



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INTRODUCTION :

The Twister Tank is a high-neck, sleeveless top with 3D cable knit columns that spiral around the body. The pattern includes two length variations; a cropped version and a full-length version.

I tend to opt for a little bit more detail in my patterns – I hope that for those of you who are still relatively new to knitting, this makes it clearer, and for those of you who are already knitting wizzes, I hope you won't mind the extra detail included!

If you are stuck at all, please do message me on Etsy!

THE SKILL-LEVEL :

Intermediate. The techniques include stretchy cast on, cable chart reading, cable knitting, stretchy bind off and i-cord edging.

ABBREVIATIONS USED :

- K – knit
- P – purl
- **Sts** - stitches
- **M1L** - make 1 stitch left
- **WS** – wrong-side
- **RS** – right-side
- **SM** – stitch marker
- ★ - ★ - repeat this section

VIDEO TUTORIALS :

- [Stretchy Cast On](#)
- [M1L](#)
- [Stretchy Bind Off](#)
 - (following the purl / knit stitches of the cabling)
- [I-Cord Bind-Off](#) (in the round)
- [Horizontal Mattress Stitch Seaming](#)
- 2/4LPC Cable Knit
 - Available to download in the Etsy 'My Purchases' section
- Cabling Flat
 - Available to download in the Etsy 'My Purchases' section

Due to Etsy's file size restrictions, these two video tutorials may be slightly lower in picture quality. If you'd like the high-quality versions, please reach out and I can email them to you!

NEEDLE REQUIREMENTS :

- 4mm circular needles (60cm)
- Cable needle (to hold stitches)
- Tapestry needle

YARN REQUIREMENTS :

For sizes XS (S) M (L) XL (2X) 3X:

- Cropped version:
 - 3 (4) 4 (5) 6 (6) 7 balls of Kingcole Luxury Merino DK, 50g/140m/153yds.
- Full-length version:
 - 4 (5) 5 (6) 7 (7) 7 balls of Kingcole Luxury Merino DK, 50g/140m/153yds.

YARN ALTERNATIVES :

[See yarn substitution options.](#)

You will need to calculate the meterage/yardage required for your chosen, alternative yarn.

Important yarn qualities for this tank:

- Has a natural stretch
- Soft and comfortable against the skin
- Breathable

SIZING :

SIZE		Bust	Waist
XS	CM	71–76	58.5–61
	In	28–30	23–24
S	CM	81–86	63.5–67.5
	In	32–34	25–26.5
M	CM	91.5–96.5	71–76
	In	36–38	28–30
L	CM	101.5–106.5	81.5–86.5
	In	40–42	32–34
XL	CM	111.5–117	91.5–96.5
	In	44–46	36–38
2X	CM	122–127	101.5–106.5
	In	48–50	40–42
3X	CM	132–137	111.5–114
	In	52–54	44–45

If your bust and waist measurements correspond to different sizes, I recommend selecting the size that aligns most closely with your bust measurement.

THE CABLE CHARTS:

This tank features a simple cable stitch that repeats every **fourth row**.

There are two cable charts included, which are followed slightly differently depending on if we are knitting in the round or knitting flat (i or ii).

The pattern involves switching between knitting in the round and knitting flat, which will determine whether you knit or purl certain stitches on odd/even rows – just like how stockinette stitch is worked differently in the round compared to flat knitting.

(i) = chart knitted in the round

(ii) = chart knitted flat

- The gauge:
 - Knitted flat, alternating between the right-side (RS) and wrong-side (WS).
 - Following **Chart A(ii)** (including **orange shaded section**).
- Starting at the base of the tank:
 - Knitted in the round, working the WS.
 - Following **Chart A(i)** first and then **Chart B(i)** after the bust increases.
- Working the front and back sections:
 - Once separated, the front and back are worked individually.
 - Knitted flat, alternating between the RS and WS.
 - Cable rows are still worked on the WS (as long as your row count is correct)
 - Following **Chart B(ii)**

2 / 4 L P C STEPS:

2/4 Left Purl Cross = "Slip 2 sts to cable needle and hold in front, P4, K2 from cable needle."

1. Slip the next 2 knit stitches from your left needle (just before the 4 purl stitches) onto a cable needle.
2. Hold this cable needle in front.
3. Purl the next 4 stitches on your left needle.
4. Then, knit the 2 stitches from the cable needle.

Repeat these steps for each section of purl stitches across the row.

See [video tutorial 'The 2/4 Left Purl Cross'](#) for a visual explanation.

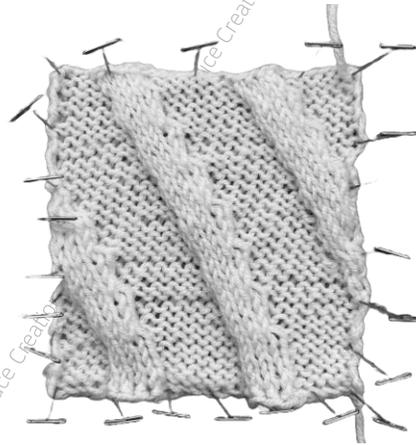
THE GAUGE:

The swatch is knit flat, with 4mm needles. Follow **Chart A(ii)** (including the **orange shaded section**).

28 stitches x 32 rows is approx. 10cm x 10cm

See [Page 4's tip](#) on how to knit the cables flat.

As the piece curls at the edges, you may need to pin down the edges to measure it accurately (as shown in the photo below).



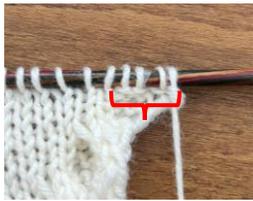
TIPS & TRICKS:

KNITTING CABLES FLAT:

When knitting flat (in our gauge and at the top of the tank), rather than spiralling continuously around the body, the cables will now start and end at the sides of the piece.

Therefore, whilst knitting flat you may need to bring a cable to an end or create a new cable on each 'cable row'.

In these cases, for each 'cable row', I recommend crossing over the purl stitches at the start/end of each row to create a gradual beginning/end of each cable.



For example, on this 'cable row' I have 4 purl sts at the beginning that need to gradually end as the cable column fades into the side.



I would put the first 2 sts on a cable needle in front, purl the next 2 sts, and then knit the 2 sts on this cable needle.

It will look like this on the RS.

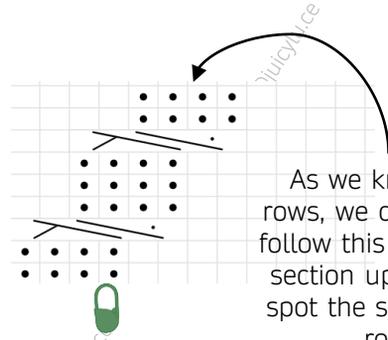
I recommend watching the video 'Knitting Cables Flat' for a further visual explanation of this. You may need to watch it a few times to get the hang of the technique.

Don't worry if your edges are a little messy – these will be concealed by the i-cord edging!

KNITTING IN THE ROUND:

Due to our cabling, we will be crossing over stitches. This means there isn't always an obvious single stitch to track the start of each row (to indicate when to begin the 'cable row').

Instead, we will place a SM on our first purl section of the row and use this to indicate when to begin a 'cable row'.



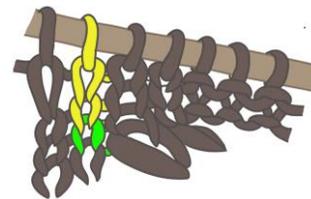
As we knit more rows, we continue to follow this same purl section upwards, to spot the start of the row.

We place a SM by the first purl section of the row.

The first 2/4LPC of each 'cable row' will be around this purl section.

COUNTING ROWS:

As we do a 'cable row' every fourth row, it is important to keep track of rows. In the diagram below:



1. The green stitch shows the previous 'cable row' (where the 2 stitches on the right were pulled round).
2. Counting up, there are three stitches above (yellow), representing the three following 'plain rows'
3. Therefore, I know that the next row should be a 'cable row'

As a 'cable row' is worked after three 'plain rows'.

You may find it helpful to keep track of your row count using extra SMs, e.g. a SM around every 5th or 10th row, to help you count quickly.

CHART A(i) and A(ii):

Both Chart A(i) and Chart A(ii) look the same, the key difference is how they are interpreted (see their keys below).

Chart A(i) Key:

Knitting in the round (working only the WS).

◊ = cast-on row

↘ = 2/4LPC

□ = knit sts

● = purl sts

Chart A(ii) Key:

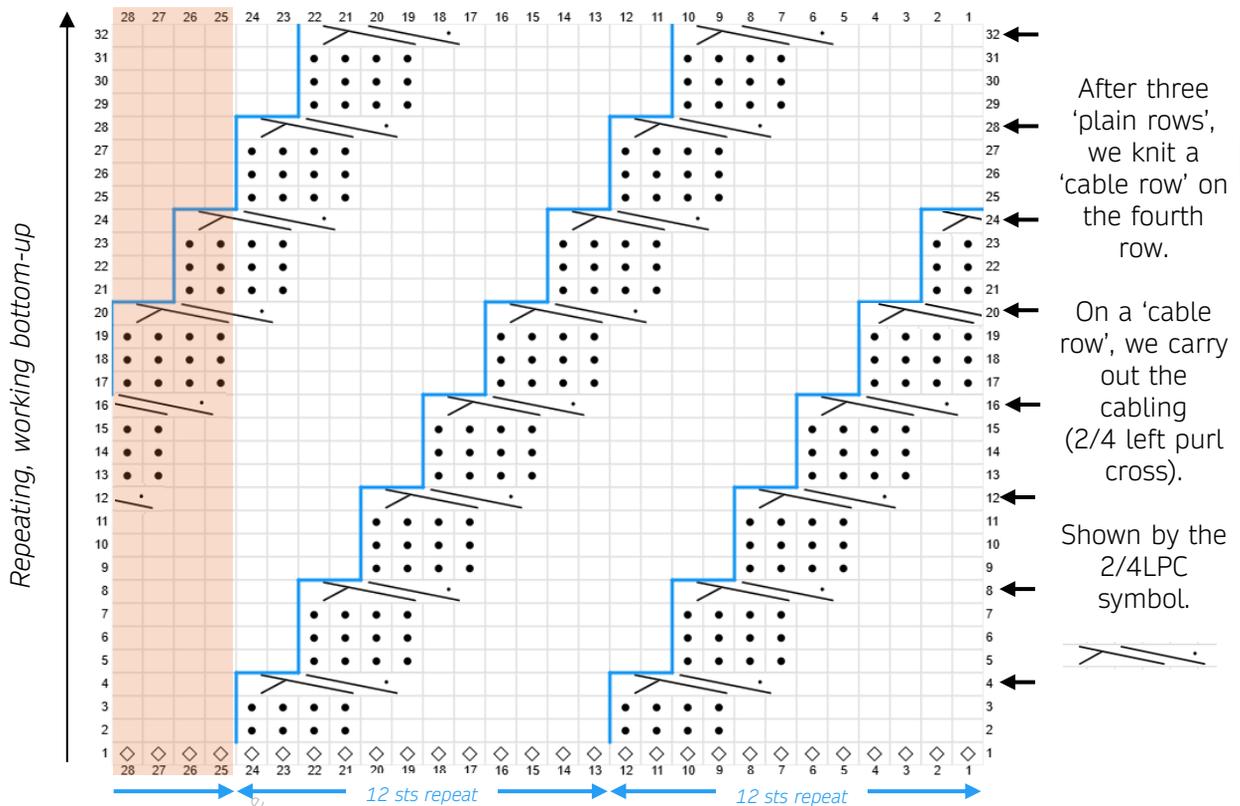
Knitting flat (alternating between working the RS and WS).

◊ = cast-on row

↘ = 2/4LPC

□ = knit sts on even rows, purl sts on odd rows

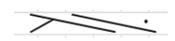
● = purl sts on even rows, knit sts on odd rows



After three 'plain rows', we knit a 'cable row' on the fourth row.

On a 'cable row', we carry out the cabling (2/4 left purl cross).

Shown by the 2/4LPC symbol.



This orange shaded section applies only to the gauge swatch – Chart A(ii).

Ignore these stitches when following the repeating Chart A(i) in the round.

Each repeat section (between the blue lines) consists of 12 sts (8 knit sts and 4 purl sts). You will do multiple of these repeats across the whole row.

'plain row' = we follow the knit and purl stitches, without cabling.

'cable row' = we cable over the purl sections, across the row.

Once you're familiar with the steps, you may not need to reference the chart.

CHART B(i) and B(ii):

Both Chart B(i) and Chart B(ii) look the same, the key difference is how they are interpreted (see their keys below).

Chart B(i) Key:

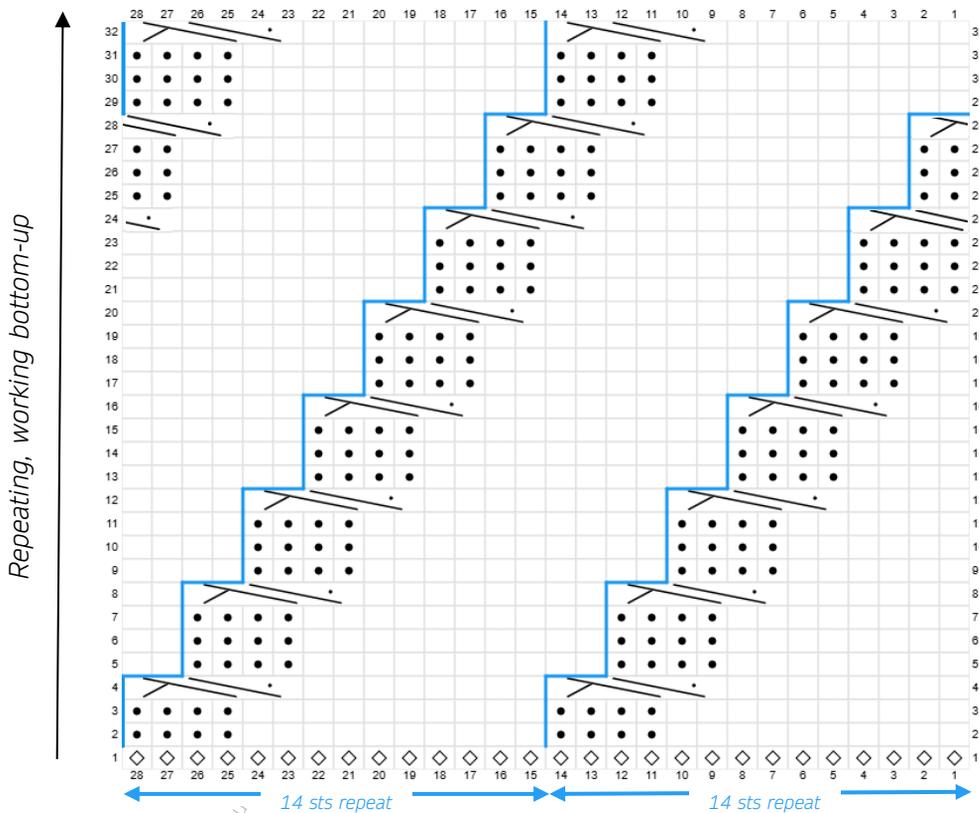
Knitting in the round (working only the WS).

-  = cast-on row
-  = 2/4LPC
-  = knit sts
-  = purl sts

Chart B(ii) Key:

Knitting flat (alternating between working the RS and WS).

-  = cast-on row
-  = 2/4LPC
-  = knit sts on even rows, purl sts on odd rows
-  = purl sts on even rows, knit sts on odd rows



We continue knitting three 'plain rows', followed by a 'cable row' on the fourth row.

Each repeat section (between the blue lines) consists of 14 sts (10 knit sts and 4 purl sts), as we have added an extra 2 sts to each repeat section during our bust increases.

Once you're familiar with the steps, you may not need to reference the chart.

STEP BREAKDOWN:

We knit bottom-up, in the round, working the **wrong-side (WS)**. As we progress, we increase our stitches, to accommodate the bust area.

At a certain length, the stitches are cast off at the armholes, and the front and back are then knitted separately (flat).

We then turn the tank so the RS faces out and we join the front and back together at the shoulders. Finally, stitches are picked up around the armholes and an i-cord edge is knitted.

THE BOTTOM OF THE TANK:

This follows XS (S) M (L) XL (2X) 3X notation:

We will be following **Chart A(i)**, working the WS.

1. Row 1: using a [stretchy cast on method](#), cast on 132 (144) 168 (192) 216 (228) 252 stitches.
2. Join in the round.
3. Row 2: (plain row)
 - a) ★ knit 8 sts, purl 4 sts ★
Place a SM on the 1st purl stitch.
 - b) Repeat (★ - ★) another 10 (11) 13 (15) 17 (18) 20 times down the row.
4. Row 3: (plain row) Follow sts from the row below.
5. Row 4: (cable row) Carry out the 2/4LPC cable on each purl section [11 (12) 14 (16) 18 (19) 21 times], as shown in Chart A(i).

Continue following Chart A(i), knitting 3 'plain rows' followed by 1 'cable row' until you've done:

FULL-LENGTH: 84 (84) 84 (84) 88 (88) 92 rows in total (*including rows 1-5 above*).

CROPPED: 44 (44) 48 (48) 56 (56) 60 rows in total (*including the 1-5 above*).

At this point may want to transfer your sts to scrap yarn, allowing you to try it on.

THE BUST INCREASES:

We will now increase our stitches, widening the tank at the bust.

From here we will **restart the row numbering**, so that both the cropped and full-length versions can follow the same instructions.

1. Row 1: (plain row) (increase row)
 - a) Place a **new SM** to keep track of this new Row 1.
 - b) For every repeating section, [M1L](#) between the 7th and 8th knit stitch (*the chosen M1 technique is not important, as this stitch will be concealed in the next cable*).
 - a) Across the row, this adds an extra 11 (12) 14 (16) 18 (19) 21 sts.
 - b) [143 (156) 182 (208) 234 (247) 273 total sts].
1. Row 2 - 3: (plain rows), following the new ★ K9, P4 ★ stitch pattern.
2. Row 4: (cable row) following the same 2/4LPC as before.
3. Row 5: (plain row) (increase row)
 - a) For every repeating section, M1 between the 8th and 9th knit stitch.
 - b) This should add an extra 11 (12) 14 (16) 18 (19) 21 sts in total.
 - c) [154 (168) 196 (224) 252 (266) 294 total sts].

*From here, we follow **Chart B(i)** (where the repeat is now ★ K10, P4 ★), continuing to work the WS.*

4. Row 6-7: (plain rows), following the new ★ K10, P4 ★ stitch pattern.
5. Row 8: (cable row) carrying out the same 2/4PLC as before.
6. Continue following Chart B(i), knitting 3 'plain rows' followed by 1 'cable row' until you've worked 19 (23) 23 (27) 27 (31) 31 rows (counting from the new SM).

THE ARMHOLES :

We now cast-off stitches for our armholes, then work the front and back pieces separately.

1. Row 20 (24) 24 (28) 28 (32) 32: (cable row)
 - a) Cast off 10 (11) 11 (11) 12 (13) 14 sts using a [stretchy bind-off](#).
(you do not need to cable these stitches being cast off)
 - a) Work 62 (68) 80 (93) 103 (110) 120 sts (continuing to cable the 2/4LPC as before).
 - b) Cast off 10 (11) 11 (11) 12 (13) 14 sts using a [stretchy bind-off](#).
(you do not need to cable these stitches being cast off)
 - c) Work 72 (78) 94 (109) 125 (130) 146 sts (continuing to cable the 2/4LPC as before).
2. We now have separated the front and the back pieces.
3. We will first work the side we have just finished on (the Front piece).
 - a) Transfer the Back sts onto scrap yarn to keep them out of the way.
 - b) The front piece should have 72 (78) 94 (109) 125 (130) 146 sts.
 - c) The back piece should have 62 (68) 80 (93) 103 (110) 120 sts.

The front piece is wider than the back piece to create room for the neck.

We now knit the front and back pieces flat, alternating between the RS and WS. The stitch pattern now follows **Chart B(ii)**, with 'cable rows' still occurring on the WS.

See the video tutorial 'Knitting Cables Flat' for further advice on knitting the cabling flat (specifically, on how to gradually begin / end a cable at the sides).

THE FRONT PIECE :

Some sizes have further shaping to narrow the piece (1 or 2 stitches cast off at the start of each row for several rows).

Sizes XS and S have no further shaping, skip to Step 6.

Don't worry if your edges are a little uneven – these will be concealed by the i-cord edging!

1. Row _ () 25 (29) 29 (33) 33 : (plain row) (RS)
 - a) ★ Cast off 2 sts at the start of the row. Work the remaining sts. ★
[() 92 (107) 123 (128) 144 sts remaining].
2. Repeat above ★_★, for another _ () 3 (3) 5 (5) 5 rows (casting off 2 sts at the start of each row).
 - a) *Continue following Chart B(ii)'s repeats.*
[() 86 (101) 113 (118) 134 sts remaining after these rows].
3. Row _ () 29 (33) 35 (39) 39: (plain row) (RS)
 - a) ★ Cast off 1 st at the start of the row. Work the remaining sts. ★
4. Repeat above ★_★, for another _ () 5 (15) 23 (29) 41 rows (casting off 1 st at the start of each row).
 - a) *Continue following Chart B(ii).*
[() 80 (85) 89 (88) 92 sts remaining after these rows].
5. Work an additional 61 (65) 57 (49) 43 (41) 33 rows (continue following Chart B(ii) with no shaping).
6. Row 82 (90) 92 (98) 102 (110) 114 : cast off all sts using a [stretchy bind-off method](#).

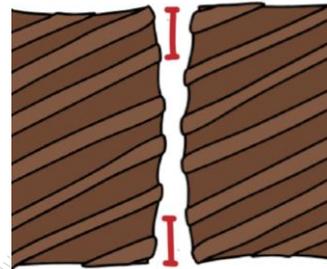
THE BACK PIECE :

Sizes XS and S have no further shaping, skip to Step 6.

1. Reattach yarn to the back piece (join at the right-edge of RS).
2. Row _ () 25 (29) 29 (33) 33 : (plain row) (RS)
 - a) ★ Cast off 2 sts at the start of the row. Work the remaining sts. ★
[_ () 78 (91) 101 (108) 118 sts remaining].
3. Repeat above ★_★, for another _ () 3 (3) 5 (5) 5 rows (casting off 2 sts at the start of each row).
 - a) *Continue following Chart B(ii).*
[_ () 72 (85) 91 (98) 108 sts remaining after these rows].
4. Row _ () 29 (33) 35 (39) 39: (plain row) (RS)
 - a) ★ Cast off 1 st at the start of the row. Work the remaining sts. ★
5. Repeat above ★_★, for another _ () 1 (9) 11 (19) 25 rows (casting off 1 st at the start of each row).
 - a) *Continue following Chart B(ii).*
[_ () 70 (75) 79 (78) 82 sts remaining after these rows].
6. Work an additional 61 (65) 61 (55) 55 (51) 49 rows (continue following Chart B(ii) with no shaping).
7. Row 82 (90) 92 (98) 102 (110) 114 : cast off all sts using a stretchy bind-off method.

JOINING THE FRONT AND BACK :

1. Using a tapestry needle, sew up the front and back shoulders 5 (5) 5 (5.5) 5.5 (6) 6 cm in from each end.
 - a) Seam with RS facing up, using [horizontal mattress stitch seaming](#).



(the front piece is wider than the back, to allow space for the neck).

THE I-CORD EDGE :

1. With the RS facing, pick up 87 (93) 95 (98) 104 (110) 116 stitches around the armhole (beginning at the bottom of the armhole).
I recommend picking up approximately two stitches for every three horizontal stitches and three vertical rows.
2. Knit a 4-stitch i-cord edge in the round.
[This tutorial](#) explains the i-cord bind off technique.

Repeat the above steps for the other armhole.

I really hope you enjoyed creating your tank! I'd absolutely love to see your final pieces, please do tag me on both TikTok and Instagram (@juicylu.ce), and use #TheTwisterTank !!

Thank you for all your support!

Lots of love,
Luce xx