



Lift Me Up Socks

The *Lift Me Up Socks* are toe-up socks – meaning they are worked from the tip of the toe up to the cuff. A beautiful variation of the Luftikus socks' slip stitch pattern adorns the instep of these cute socks. The purled heel gusset is embedded in stockinette stitch, ensuring a good fit of the socks.

Sizes

4 widths, 60 sts / **64 sts** / 68 sts / [72 sts](#). For foot length specifications, please see size table on p. 4.

Suggested yarn

All sock knitting yarns with a yardage of 360 - 425 m/100 g (393 – 465 yds) will work fine.

For width 60 sts, shoe size 38/39, quarter length leg, and using 2.5 mm (US 1) needles, I used approx. 60 grams of yarn.

For width 64 sts, shoe size 38/39, crew length leg, using 2.5 mm (US 1) needles, I needed approx. 70 grams of yarn.

The toe-up construction makes it easy to adapt the length of the leg. Mind your remaining yarn for the second sock!

Notions

Circular knitting needle in sizes 2.25 – 2.5 mm (US 1 – 1.5), cable 80 – 100 cm (32 – 40") long, or other needles for knitting in the round. The needle sizes are suggestions only and should be adapted to your yarn and knitting tension. I recommend using the so-called Lace tip needles.

My patterns are explained for using the Magic Loop technique: [Video Magic Loop](#)

If you prefer to work with DPNs, just distribute the stitches evenly over 4 needles instead of 2.

2 stitch markers, tapestry needle, row counter (optional).

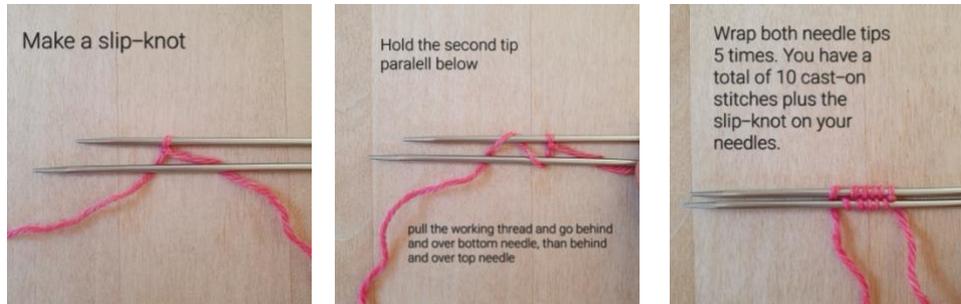
Gauge

31 sts / 48 rnds 10 cm (4") square, knitted in stockinette stitch in the round, after washing and blocking, measured on a sock blocking board.

For abbreviations and explanations, please see page 6.

Cast-on and toe

Make a slip-knot on one of the needle tips and pull tight, leaving a tail of approx. 20 cm (8"). Hold the other tip parallel below. Pull the working thread and go behind and over bottom needle, then behind and over the top needle. Continue wrapping the yarn over one needle and under the second, switching direction when you pass the yarn between the needles. It is like drawing a figure "8" around the needle tips! Repeat the wrapping 4 times. You have 5 sts plus slip knot on the top needle and 5 sts on the bottom needle. Pull the top needle through, to start knitting the stitches on the bottom needle.



Rnd1 Ndl 2: k5 – you have reached the beginning of round.

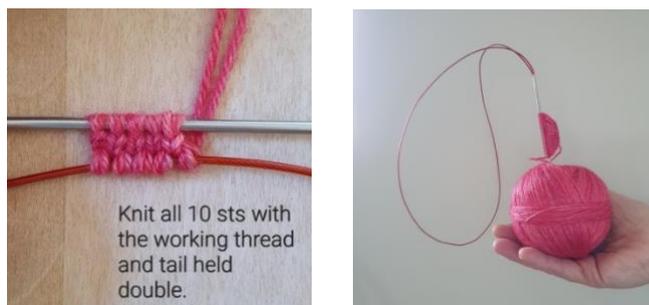
On ndl 1 you work the back half of the sock (sole and heel)

On ndl 2 you work the front half of the sock (instep/slip stitch pattern).

Rnd2 Ndl 1: Release the slip knot and, holding working yarn and tail together, k5 tbl.

Ndl 2: Holding working yarn and tail together, k5.

Leave the tail on the outside of your knitting, it marks the beginning of round.



The stitches that have been worked with the yarn held double are now worked as single stitches:

Rnd3 Ndl 1: k10

Ndl 2: k10 = 20 sts

The stitch count will remain the same on both needle tips until the toe is done.

Work increases as follows – the stitch count goes up by 2 sts per ndl/4 sts in total with every inc round:

Ndl 1: k2, M1L, knit to 2 sts before end, M1R, k2

Ndl 2: rpt ndl 1

Work the inc 3 / **3** / **4** / **4** times every rnd = 32 / **32** / **36** / **36** sts

Work the inc 3 / **4** / **4** / **5** times every 2nd rnd = 44 / **48** / **52** / **56** sts

Work the inc 4 times every 3 rnds = 60 / **64** / **68** / **72** sts

Following the increases, knit all stitches for 3 / **2** / **1** / **0** rnds.

I If you want your toe to be in a contrasting colour, switch to your main colour at this point.

Knit all sts in the following rnd, slipping the last stitch of ndl 1 to ndl 2:

60 sts: 29 sts sole, 31 sts instep

64 sts: 31 sts sole, 33 sts instep

68 sts: 33 sts sole, 35 sts instep

72 sts: 35 sts sole, 37 sts instep



For widths 60 / **64** sts please follow chart I, page 7, for widths **68** / 72 sts please follow chart II, page 8, and work the first round as follows:

Setting up the pattern for the instep:

Ndl 1 sole, knit all sts

Ndl 2 instep, width 60 sts: k3, pm, work 25 sts following chart I, pm, k3
width **64 sts**: k4, pm, work 25 sts following chart I, pm, k4
width **68** sts: k3, pm, work 29 sts following chart II, pm, k3
width 72 sts: k4, pm, work 29 sts following chart II, pm, k4

Until you reach the heel (for foot length specifications, please see size table on p. 4), knit all sts for the sole and follow the pattern repeat (rnds 1 – 24) for the instep. When you reach it, mark the beginning of the heel using a removeable marker at your first sock/make a note in the chart to work your second sock alike. You can start the heel in any of the respective rnds of the slip stitch pattern.

Gusset and heel increases

Rnd 1 Ndl 1 M1Rp, k28 / **30** / **32** / 34, kfb

Ndl 2 work in established pattern

Rnd 2 Ndl 1 p1, k29 / **31** / **33** / 35, p1

Ndl 2 work in established pattern

Rnd 3 Ndl 1 p1, M1Rp, k28 / **30** / **32** / 34, kfb, p1

Ndl 2 work in established pattern

Rnd 4 Ndl 1 p2, k29 / **31** / **33** / 35, p2

Ndl 2 work in established pattern

Rnd 5 – 12 Work one increase each as described above, both directly before and after the knit stitches in each first of two rounds. Purl the increased stitches in the following rounds. Rnd 12 is worked without increases. You have 6 purl sts on each side of the sole.

Short row shaping for the heel

You work in **RS** and **WS** rows only, with the knit sts of the sole on **ndl 1**.

Please note: All **DS** are worked as single stitches in the following row.

RS 1 p6, k21 / **22** / **23** / 24, turn

WS 2 DS, p12 / **12** / **12** / 12, turn

RS 3 DS, k13 / **13** / **13** / 13, turn

(work DS as a single stitch)

WS 4 DS, p14 / **14** / **14** / 14, turn

(“)

RS 5 DS, k15 / **15** / **15** / 15, turn

(“)

WS 6 DS, p16 / **16** / **16** / 16, turn

(“)

RS 7 DS, k17 / **17** / **17** / 17, turn

(“)

WS 8 DS, p18 / **18** / **18** / 18, turn

(“)

RS 9 DS, k19 / **19** / **19** / 19, turn

(“)

WS 10 DS, p20 / **20** / **20** / 20, turn

(“)

RS 11 DS, k21 / **21** / **21** / 21, turn

(“)

WS 12 DS, p22 / **22** / **22** / 22, turn

(“)

RS 13 DS, k23 / **23** / **23** / 23, turn

(“)

WS 14 DS, p24 / **24** / **24** / 24, turn

(“)

RS 15 DS, k25 / **25** / **25** / 25, turn

(“)

WS 16 DS, p26 / **26** / **26** / 26, turn

(“)

RS 17 DS, k27 / **27** / **27** / 27, turn

(“)

WS 18 DS, p28 / **28** / **28** / 28, turn

(“)... width 60 sts continue to **All widths**

RS 19 DS, k-- / **29** / **29** / 29, turn

(“)

WS 20 DS, p-- / **30** / **30** / 30, turn

(“)... width **64** sts continue to **All widths**

RS 21 DS, k-- / -- / **31** / 31, turn

(“)

WS 22 DS, p-- / -- / **32** / 32, turn

(“)... width **68** sts continue to **All widths**

RS 23 DS, k-- / -- / -- / **33**, turn

(“)

WS 24 DS, p-- / -- / -- / 34, turn

(“)... width 72 sts continue to **All widths**

All widths:

- Rnd 13 (finish) Ndl 1: DS, knit all sts as they appear (work DS as a single stitch)
Ndl 2: work in established pattern
- Rnd 14 Ndl 1: work all sts as they appear (work DS as a single stitch)
Ndl 2: work in established pattern

Work the Short row shaping for the heel as described for the respective size (see page 3) one more time, then

- Rnd 15 (finish): Ndl 1: DS, knit all sts as they appear (work DS as a single stitch)
Ndl 2: work in established pattern
- Rnd 16 Ndl 1: work all sts as they appear (work DS as a single stitch)
Ndl 2 work in established pattern

Decreasing the heel gusset

At the beginning of ndl 1, k2tog the last purl stitch with the first knit stitch.

At the end of ndl 1, ssk the last knit stitch and the following purl stitch.

For a neat stitch definition you can knit the sts that lie above the ssk decreases through the back loop.

Work the decreases as described above a total of 6 times in every first of two rnds until you have reached the initial stitch count for the sole: You have 29 / **31** / **33** / **35** knit sts on ndl 1.

Work the leg in established pattern following the chart for ndl 2 until you have reached the desired length, ending with a rnd 4 or 16 of the pattern repeat. Please note that you will work 4 more rounds to finish the slip stitch pattern plus the rounds for the ribbed cuff.

Change to the upper/right part of your chart and go to ending with Rnd 4 or ending with rnd 16. Work the final four rows as indicated.

Cuff

If you want to work the ribbed cuff in a contrasting colour, change to new colour, knit all stitches to first m, remove m, k1 tbl, knit to 1 stitch before 2nd m, k1 tbl, remove m, knit to end of round.

Width 60 / **68** sts: Rnd1 - 12 (or desired length): *k1 tbl, p1* to end of rnd (removing markers)

Width **64** / **72** sts: Rnd1 - 12 or desired length): *p1, k1 tbl* to end of rnd (removing markers)

Bind off all stitches elastically.

I used [Jeny's Surprisingly Stretchy Bind Off](#).

Work the second sock alike. Weave in all ends and wet block the socks lying flat or on a sock blocker.

Size table

The pattern instructions include 4 different widths: 60 / **64** / **68** / **72** sts.

Please keep in mind the used yarn weight, your own preferences and your knitting tension when choosing the width.

Measure the length from the tip of the toe to the beginning of the gusset, stretched on a sock blocker.

| Length in cm/inch | Size 36/37 | Size 38/39 | Size 40/41 | Size 42/43 |
|---------------------------|---------------------|---------------------|--------------------|-------------------------|
| Length from toe to gusset | 15.5-16/ 6.1-6.3 | 17-17.5 /6.7-6.9 | 18-19/ 7.1-7.5 | 20-21/ 7.9-8.3 |
| Total length of foot | 22,5-23/ 8.7-9.1 | 24-24,5 /9.4-9.6 | 25-25,5 /9.8-10 | 26,5-27,5/ 10.4-10.8 |



A big thank you to all my test knitters! You can find them on Instagram under the following accounts:

| | |
|-------------------|-------------------|
| Manuela Neumann | @mk.neumann14 |
| Heike Raichle | @d_mutsch_strickt |
| Judith Becker | @jurobe |
| Khaldia Bettache | @violine_sewing |
| Kerstin Brinkmann | @muddis.gedoens |
| Marlies Gall | @margikoenig |
| Daniela Linde | @hackeundnadel |
| Dora Seiderer | @dora_se 10 |
| Birgit Vöhringer | @diewollkatze |
| Katja Schober | @headlampknitter |
| Juliane Weber | @enailuj1907 |
| Susanne Fiedler | @frieda.fie |
| Susanna Bisculm | @chanastrada |

Many thanks to purchasing this pattern, I hope you enjoy it!
I look forward to seeing your #LiftMeUpSocks on Instagram, Facebook, Pinterest and Ravelry.



Abbreviations and explanations

| | |
|--|--|
|  elongated purl stitch | elongated purl stitch: Make a yarnover in addition to the purl stitch, s. photos on page 8. In the following rnd, the elongated purl stitch is resolved by slipping it purlwise. |
|  k tbl | knit the stitch through the back loop |
| DS – German short rows | Work the given number of stitches, turn work. Slip the first stitch purlwise to your right needle with yarn in front, bring the yarn over your slipped stitch to the back and pull tightly, this creates the double stitch (DS). To resolve a DS later, knit/purl both legs of the stitch like a single stitch. Link German Short Rows |
| inc | increase |
| k | knit |
| kfb | knit into the front loop, then into the back loop of a stitch (increase) |
| k2tog | knit 2 stitches together (decrease) |
| m | stitch marker |
| M1L | left leaning increase: lift loop between stitches from front, knit into backloop |
| M1R / M1Rp | right leaning increase: lift loop between stitches from back, knit into front loop / purl into the backloop |
| ndl | needle |
| p | purl |
| pm | place stitch marker |
| rnd(s) | round(s) |
| rpt | repeat |
| RS | right side (row) |
| S | Slip stitch The stitch is slipped purlwise with the yarn in back. In the first round after creating the elongated stitch, slipping it results in an extra long stitch that is slipped also in the following 2 rnds. |
| sl | slip |
| ssk | slip 2 stitches, one at a time, knitwise to the RH needle; return stitches to the LH needle in turned position and knit them together through the back loops (left leaning decrease) |
| sts | stitches |
| WS | wrong side (row) |

This pattern is an original design by me. It is intended for personal use only. Commercial use is only permitted upon request. It is not allowed to sell, copy or redistribute this pattern or parts of it without my permission.

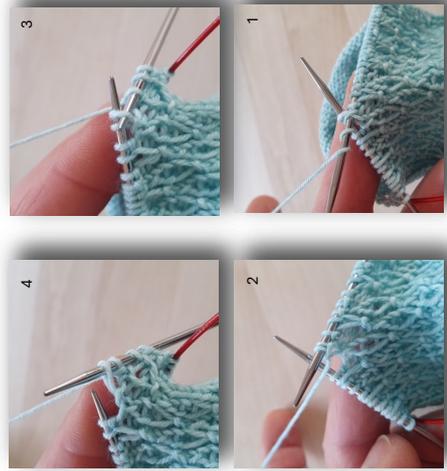
The charts and instructions, or any parts of them, must not be shown in any photographs, except from the cover sheet. Reproduction, translation or sale of the pattern instructions is prohibited without prior agreement with me.

Please be fair and respect my work.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|-----|----|
| 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | sts | |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 1 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 2 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 3 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 4 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 5 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 6 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 7 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 8 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 9 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 10 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 11 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 12 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 13 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 14 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 15 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 16 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 17 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 18 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 19 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 20 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 21 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 22 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 23 |
| ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | 24 |

Ending with round 16 of the pattern

Ending with round 4 of the pattern



S In the following 2 rounds, the stitch is lifted purlwise with the yarn in back.

S Resolving the elongated purl stitch: slip purlwise with yarn in back.

□ How to create the elongated purl stitch: Make a yarn over in addition of this purl stitch.

Key

- k tbl
- knit
- slip purlwise
- slip purlwise
- slip elongated stitch purlwise
- elongated purl stitch
- purl

width **68** + **72** sts, Chart II

29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 sts