



# HEARTBEAT

EXPRESSION FIBER ARTS

# -Heartbeat-

Heartbeat is a hat and shawl set named after the design of the pattern, which resembles a beating heart. Although we may have days where we want to just lay in bed and cuddle up in our blankets or heavy sweaters, our hearts are always still beating to remind us of the good things happening in our lives – one of these things being life itself. The Heartbeat hat and shawl are designed to be oversized to allow for maximum comfort, while also giving a visual representation of our constantly beating hearts.

The shawl has one size option, but the length is easily adjustable. The hat has three size options with three brim options: unfolded, folded, and double folded. The shawl is knitted flat from one end to the other with fringe added on the ends, and the hat is knitted from the bottom up in the round. The hat is designed to be knitted using circular needles with a small cable and DPNs for the crown.



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CHANDI AGEE

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We appreciate you downloading our pattern! We pour tons of time and love into each one and hope you enjoy it. Should you have any questions, please contact [info@expressionfiberarts.com](mailto:info@expressionfiberarts.com) for assistance.

# -DETAILS-

**HAT SIZES:** S (M, L) for head circumferences of 13-17 (18-22, 23-25)" / 33-43 (46-56, 58.5-63.5) cm, blocked

**SHAWL SIZE:** 90" x 16" (229 cm x 41 cm), blocked



DIMENSIONS

## Expression Fiber Arts Pearlescent Worsted

Shawl and hat both shown in color: Idyllic

*1 skein needed for hat; 4 skeins needed for shawl*

*See Notes on page 5 for additional construction options and yardages.*

If that color isn't available, any from [this category](#) will work.



MATERIALS

US size 8 (5.00 mm) or size needed to obtain gauge, plus circular needles with 12-16" (30-40 cm) cable for hat

US size 6 (4.00 mm) for hat brim only

US size 8 (5.00 mm) DPNs, or size needed to obtain gauge



NEEDLE

Scissors, tapestry needle for weaving in ends, stitch markers (at least 1), cable needle if desired, crochet hook to add fringe to shawl



TOOLS

16 sts and 30 rows = 4" (10 cm) in Hat Pattern *using larger needles*, blocked

14 sts and 22 rows = 4" (10 cm) in Shawl Pattern *using larger needles*, blocked



GAUGE

**Intermediate** - This pattern is for those who feel comfortable with knitting and have made a few projects, using various skills and techniques. Skills/concepts include: k2tog, simple cables or twisted stitches (1/1 LT and 1/1 RT), Long-Tail cast on, knitted bind off, and adding fringe with a crochet hook.



SKILL LEVEL

# -ABBREVIATIONS-

<b>BO</b>	bind off	<b>PM</b>	place marker
<b>CO</b>	cast on	<b>Rep</b>	repeat
<b>DPNs</b>	double pointed needles	<b>Rnd(s)</b>	round(s)
<b>K</b>	knit	<b>St(s)</b>	stitch(es)
<b>K1tbl</b>	k 1 stitch through the back loop	<b>( )</b>	repeat what is inside parentheses
<b>K2tog</b>	knit two stitches together	<b>* ( )</b>	repeat what is inside parentheses until the end of the round
<b>P</b>	purl		
<b>P1tbl</b>	p 1 stitch through the back loop		

## SPECIAL STITCHES

**1x1 Twisted Rib:** (k1tbl, p1tbl).

**1/1 LT - Left Twist (LT):** Taking the right needle behind the left needle, skip the first stitch, and knit into the second stitch through the back loop. Do not drop any stitches off the left needle yet. Slip the first stitch knitwise. Slip it back onto your left needle. Knit both of these stitches together through the back loops. Drop both stitches off the left needle.

**1/1 RT - Right Twist (RT):** Knit 2 stitches together as usual, but do not drop the stitches off the left needle yet. Knit the first stitch again through the front loop. Now, drop both stitches off the left needle.

**C2F - Cable 2 Front:** Taking the right needle behind the left needle, skip the first stitch, and slide the right needle into the back loop of the second stitch. Do not knit this stitch yet. Carefully slip the first stitch off the left needle, holding it against the front of the right needle with your right thumb. Slip the first stitch on the left needle to the right needle. Using the left needle, pick up the stitch held by your thumb. Slip the stitch from the right needle back onto the left needle. Knit these two stitches through the front loops.

**C2B - Cable 2 Back:** Taking the right needle in front of the left needle, skip the first stitch, and slide the right needle purlwise into the front loop of the second stitch. Do not knit this stitch yet. Carefully slip the first stitch off the left needle, holding it against the back of the right needle with your index finger. Slip the first stitch on the left needle to the right needle. Using the left needle, pick up the stitch held by your finger. Slip the stitch from the right needle back onto the left needle. Knit these two stitches through the front loops.

# -PATTERN-

## NOTES

- Approximate hat yardage: 70 (100, 120) yds / 64 (91.5, 110) m for an unfolded brim; 100 (130, 160) yds / 91.5 (119, 146) m for a 1x folded brim; and 120 (160, 200) yds / 110 (146, 183) m for a 2x folded brim.
- The hat is shown in size M, modeled on a 22" (56 cm) head. It used 150 yds (137 m).
- The shawl shown here used 846 yds (774 m).
- When working the crown of the hat, switch to DPNs when necessary.
- Throughout the pattern, you can choose to work twisted stitches or cables instead.
- The shawl is knit flat, but I recommend using circular needles to help with the weight of the shawl.
- Click [here](#) to watch a tutorial on how to work cable stitches without a cable needle.
- Click [here](#) to watch a video on how to add fringe and work the 1x1 Twisted Rib, RT/LT, C2F, and C2B stitches featured in this pattern.

## PATTERN

### **Hat:**

CO 60 (80, 100) sts using Long-Tail CO and smaller needles. Join in the round, being careful not to twist the sts. PM.

**For a double folded brim:** Work 45 rnds in 1x1 Twisted Rib.

**For a single folded brim:** Work 30 rnds in 1x1 Twisted Rib.

**For an unfolded/flat brim:** Work 15 rnds in 1x1 Twisted Rib.

*Feel free to work more or less rnds if you want the brim of the hat to be longer or shorter.*

Switch to larger needles. Work Hat Chart one time in length, repeating the Hat Chart around the entire circumference of the hat [3 (4, 5) times].

### **Crown Decreases:**

#### **Size L ONLY:**

**Rnd 1:** \*(K8, k2tog) around. [90 sts]

**Rnds 2 and 4:** K all sts.

**Rnd 3:** \*(K7, k2tog) around. [80 sts]

Continue in the following section for M and L.

#### **Sizes M and L ONLY:**

**Rnd 1:** \*(K6, k2tog) around. [70 sts]

**Rnds 2 and 4:** K all sts.

**Rnd 3:** \*(K5, k2tog) around. [60 sts]

Continue in the following section for all sizes.

#### **All Sizes:**

**Rnd 1:** \*(K4, k2tog) around. [50 sts]

**Rnds 2, 4, 6, 8:** K all sts.

**Rnd 3:** \*(K3, k2tog) around. [40 sts]

**Rnd 5:** \*(K2, k2tog) around. [30 sts]

**Rnd 7:** \*(K1, k2tog) around. [20 sts]

**Rnd 9:** \*(K2tog) around. [10 sts]

Cut a long tail, and thread onto a tapestry needle. Weave tapestry needle through the remaining stitches twice, and break yarn.

### **Shawl:**

CO 66 sts using Long-Tail CO.

**Row 1:** K across.

**Row 2:** K4, p until 4 sts remain, k4.

Work the Shawl Chart 10 times. Alter the number of reps if you want the shawl to be longer or shorter.

Knit across 1 row.

BO using the BO method of your choice. The sample shown used a basic knitted BO. The shawl edge should have a little bit of stretch.

**Adding the Fringe:**

Cut 132 lengths of yarn that are 9" (23 cm) long. They will be folded in half to make the fringe and will measure 4" (10 cm) long from the edge of the shawl (1" / 2.5 cm will be used by the knot). You can change the length if you desire. 66 will be applied to each side.

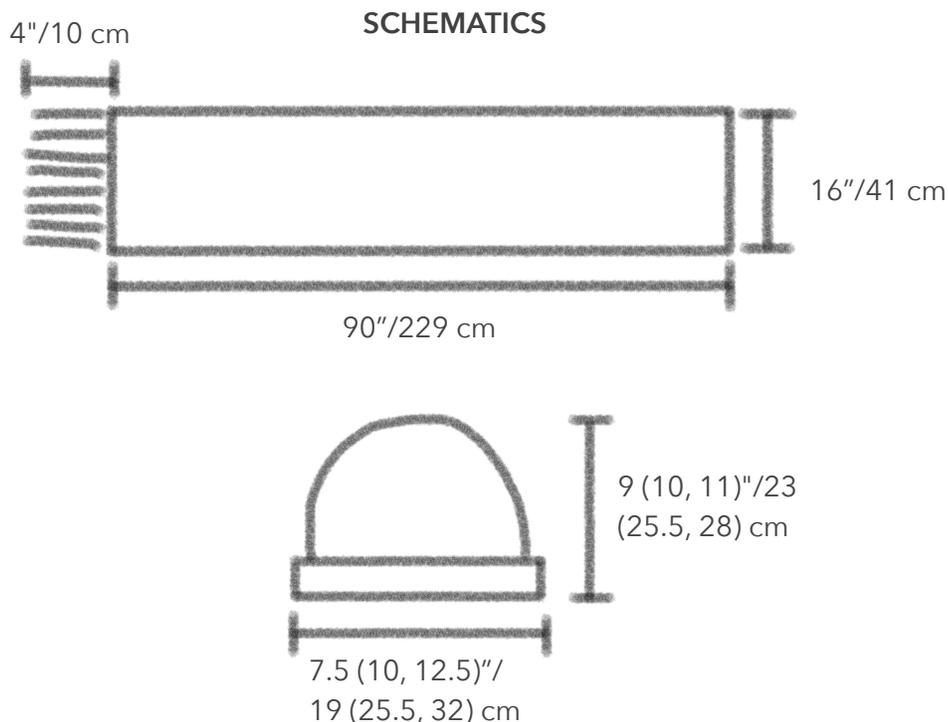
The fringe strands will be attached to every other stitch on the CO and BO edges of the shawl. Two lengths of yarn will be used together per one "piece" of fringe. If you want the fringe to be thicker, use three lengths of yarn. If you want the fringe to be thinner, use one length of yarn.

Watch the video that's linked in the Notes Section to learn how to attach your fringe.

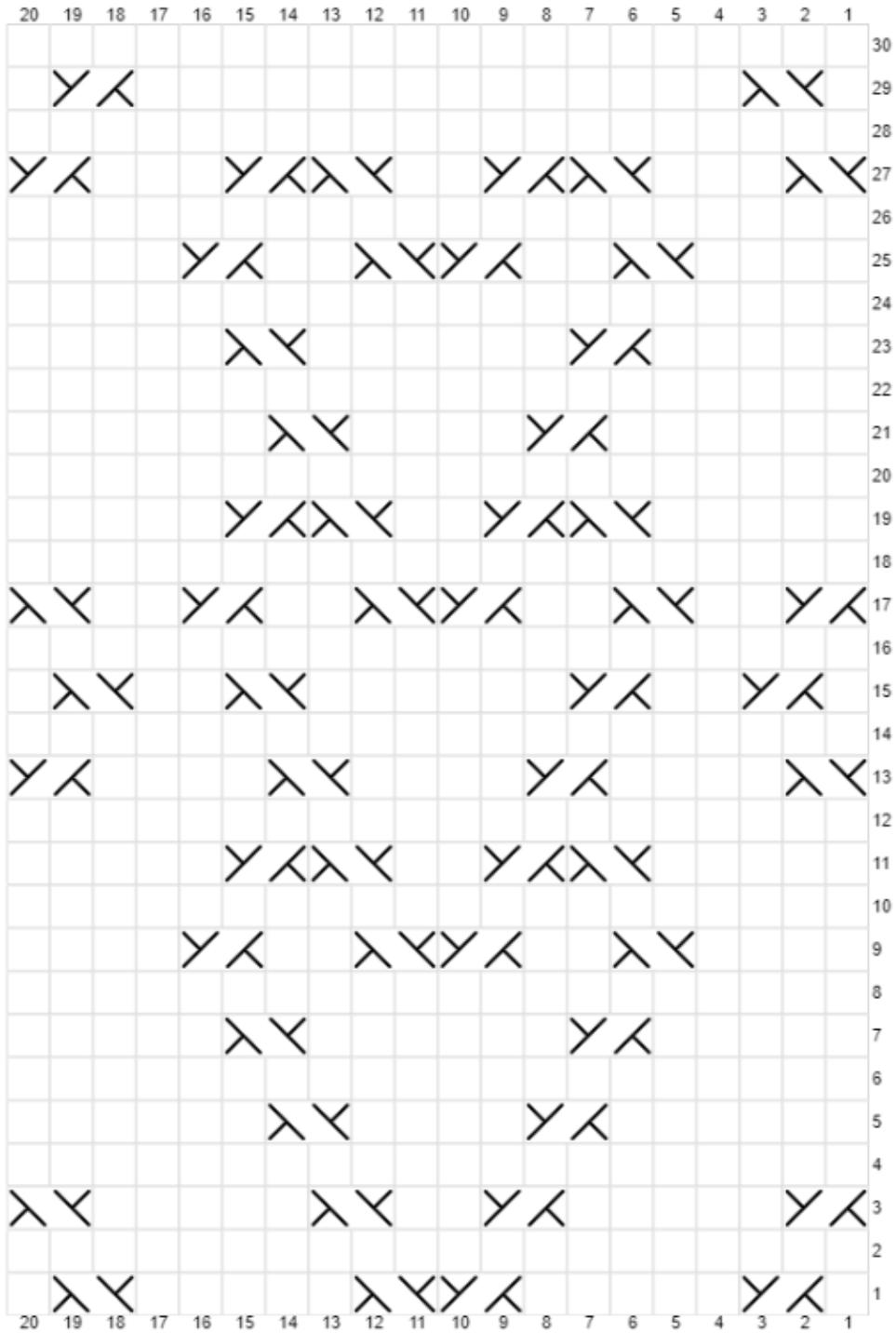
If you are using a multi-ply yarn, you can use your tapestry needle to separate the plies to make the fringe appear thicker.

**FINISHING**

Weave in all ends. Wet block according to yarn specifications or by soaking your project(s) in tepid water for 15 minutes. Lay flat to dry. Stretch to schematic measurements, and pin if necessary. For the hat, if you knitted it with one of the folded brims, block the hat with the brim folded.



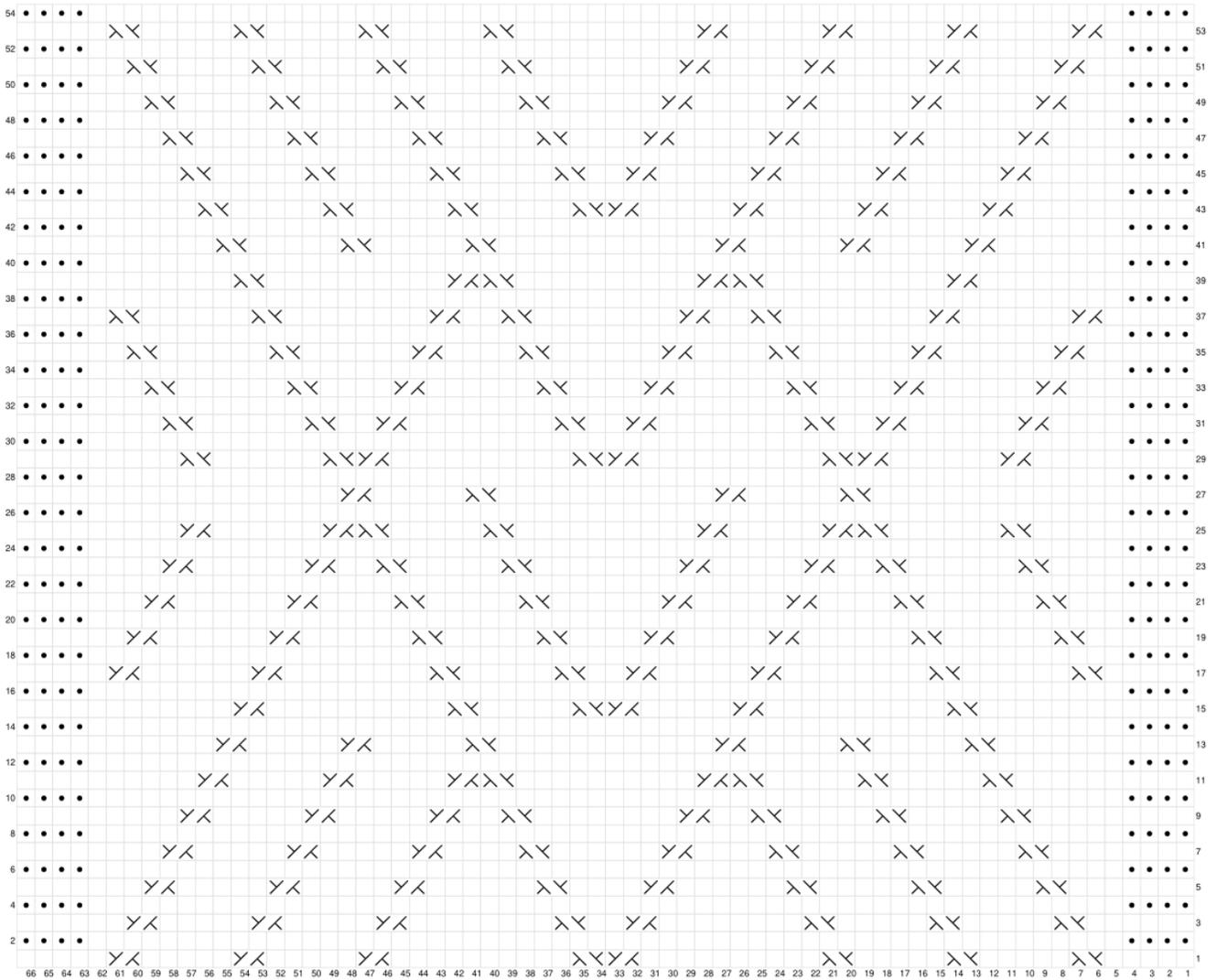
# HAT CHART



## Key

- knit
- Purl
- 1/1 LT OR C2F
- 1/1 RT OR C2B

# SHAWL CHART



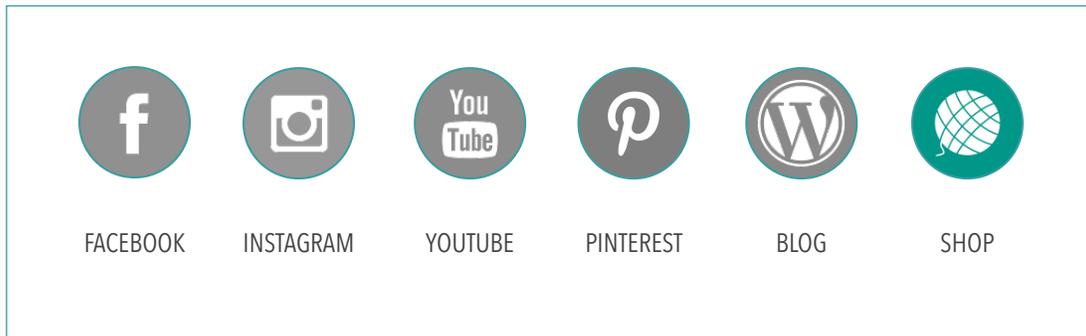
## Key

- RS: knit  
WS: purl
- RS: Purl  
WS: Knit
- 1/1 LT OR C2F
- 1/1 RT OR C2B



# -CONNECT-

"I believe every human has a finite number of heartbeats. I don't intend to waste any of mine." - Neil Armstrong



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