

# POLINA PULLOVER

BY [TETI LUTSAK](#)



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Polina pullover is inspired by the naive art of Ukrainian self-taught painter, Polina Raiko. [Everything in her house](#) – walls, ceilings, doors, and fence – Polina covered in enamel-painted drawings of fantastic birds and flowers, Christian iconography, and the artist's own interpretations of her dreams and life events.

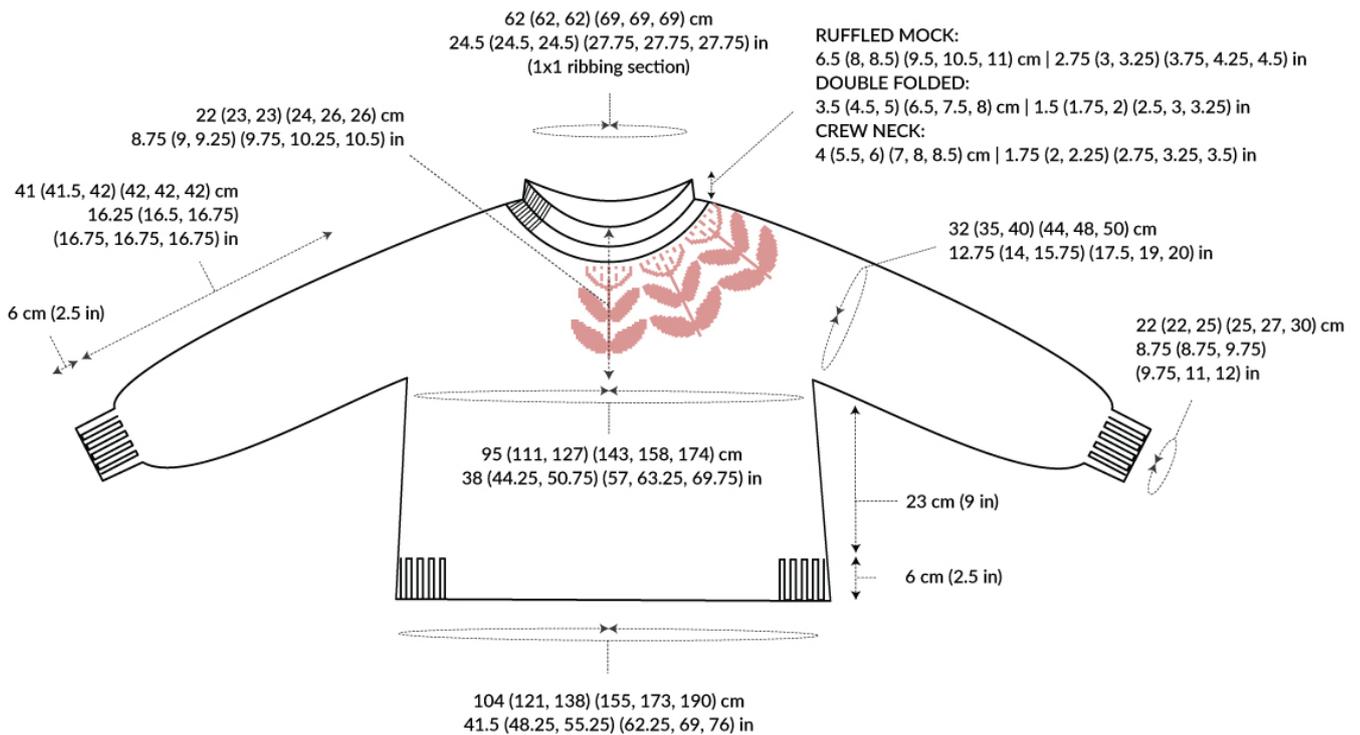
Unfortunately most of her work is lost due to the flooding of the house after the destruction of Kakhovka dam in June 2023. Sadly, the war keeps destroying the cultural heritage of my homeland.

So this is my humble love letter to her.

The pullover is knit top-down in the round with a large botanical colourwork pattern on the yoke and a smaller one on the body and sleeves. The pattern also comes with three neck options: ruffled mock (as shown in my sample), double folded (photo on the right) and a regular crew neck.

You can take a closer look at my sample and learn more about the source of inspiration and design process in [this podcast episode](#).

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**Middle of the front length neck to bottom of the hem**

51 (52, 52) (53, 54, 55) cm  
20.25 (20.75, 20.75) (21.25, 21.75, 22) in

**Middle of the back length neck to bottom of the hem**

59 (60, 60) (62, 63, 64) cm  
23.5 (24, 24.25) (25, 25.5, 25.5) in

**SIZES**

The pattern is written for six sizes 1 (2, 3) (4, 5, 6) with a finished bust circumference of ca. 95 (111, 127) (143, 158, 174) cm // 38 (44.25, 50.75) (57, 63.25, 69.75) in incl. at least 10-15 cm (4-6 in) of the recommended positive ease.

The sample is shown in size 1 on a 160 cm (5.3 ft) tall model with 84 cm (33 in) bust circumference. For more of the finished garment measurements, please refer to the schematic.

**The estimated yardage for MC includes 10% extra.**

**CC:** ca. 55 (65, 70) (75, 85, 90) g or less than one 100 g skein of No.3 from G-Uld, 100% New Zealand lambswool, with 450 m (492 yds) in 100 g, shown in colourway Heather;

or ca. 248 (293, 315) (338, 383, 405) m // 271 (320, 345) (369, 418, 443) yds of any other fingering/sport weight yarn with a matching gauge.

**YARN**

**MC:** ca. 225 (255, 290) (325, 360, 390) g or 3 (3, 3) (4, 4, 4) skeins of Darnie from Studio Donegal, 100% merino wool with 410 m (448 yds) in 100 g, shown in colourway 8812 Oatmeal;

or ca. 923 (1046, 1189) (1333, 1476, 1599) m // 1009 (1144, 1301) (1458, 1615, 1749) yds of any other sport weight yarn with a matching gauge.

**NEEDLES AND NOTIONS**

- 3.0 mm (US 2.5) and 3.5 mm (US 4) circular needles;
- spare cables, spare circular needles or scrap yarn to keep sts on hold;
- a few stitch markers, one of which is removable;
- a tapestry needle or a crochet hook to weave in the ends.

## GAUGE

- 24 sts & 26 rnds in 10 cm (4 in) on 3.5 mm (US 4) needles measured over stockinette st and colourwork worked in the round after blocking;
- 26 sts & 36 rnds in 10 cm (4 in) on 3.0 mm (US 2.5) needles measured over 1x1 ribbing worked in the round after blocking (stretched);
- 22 sts & 26 rnds in 10 cm (4 in) on 3.5 mm (US 4) needles measured over 2x1 ribbing of the hem and cuffs worked in the round after blocking (stretched).

Adjust the needle sizes

if necessary to obtain the correct gauge.

## ABBREVIATIONS AND TECHNIQUES

**BOR/EOR** – beginning/end of the round;

**ca.** – circa – approximately;

**colourwork** –

- always keep MC on top of CC on the WS;
- catch the floats on the WS every 3-4 sts or use a [ladder back jacquard technique](#) wherever there are long floats (I prefer to catch floats);

**kXmc** – knit X sts with MC;

**kXcc** – knit X sts with CC;

**kall/kallmc** – knit all to EOR with MC;

**k2tog** – knit 2 sts together as if they were one;

**LH/RH** – left/right hand (needle);

**LLI** – [left lifted increase](#) – lift the left leg of the stitch 2 rows below the stitch on RH needle onto LH needle and knit it through the back loop (left leaning 1 st increase);

**MC/CC** – main/contrasting colour (mc/cc);

**MOF** – middle of the front (marker);

**p2tog** – purl 2 sts together as if they were one;

**R/Rnd/SR** – row/round/short row;

**rep** – repeat;

**RLI** – [right lifted increase](#) – lift the right leg of the st below the next st on the LH needle onto the LH needle and knit it;

**RS/WS** – right/wrong side of the work;

**SM** – slip marker;

**st(s)** – stitch(es);

**ssk** – slip the next 2 sts, one by one, knitwise, insert the tip of the LH needle, from left to right, into the fronts of those 2 sts and knit them together;

**st st** – stockinette stitch;

**w&t** – [wrap and turn](#) –

- at the end of the short row before a knit st (RS), with the yarn at the back, slip next st purlwise to the RH needle, bring the yarn to the front, return the last st off the RH needle to the LH needle and turn your work, bring the yarn in front and start working the following row according to the previously established pattern;
- at the end of the short row before a purl st (WS), keep the yarn in the front, slip the next st purlwise to the RH needle, turn your work, bring the yarn to the front, move the first st to the RH needle, bring the yarn to the back and start working the following row according to the previously established pattern;
- resolve wraps in the next full rnd(s) [as shown](#);
- the short rows could also be worked as [German short rows](#) or [Japanese short rows](#);

**yo** – yarn over.

## CONSTRUCTION AND NOTES

The pullover is knit top-down in the round.

You start from the neck, where you can choose between ruffled mock, double folded or regular crew neck, and move further down to the colourwork of the yoke.

The colourwork on the yoke consists of large pattern repeats, which involve long floats. Catch them every 3-4 sts with your preferred method or use a [ladder back jacquard technique](#). The colourwork on the body and sleeves has shorter floats and can be worked as a regular stranded colourwork.

If at any point you feel like you have enough colourwork, feel free to skip body and/or sleeve colourwork sections. Polina was never a minimalist, but you might as well be ;-)

On the other hand you might want to extend the colourwork on the body all the way down to your waist or even hem. You can do so by extending the flower parts or by adding a mirrored (upside down) pattern of the body along the hem.

The bust has proportionally more ease than the sleeves. But if you require more room for the upper arms, add a few more sts between the colourwork pattern repeats. Otherwise, the pattern accommodates the standard size measurements.

## **NECK**

### **OPTIONS 1 AND 2 |**

#### **RUFFLED MOCK AND DOUBLE FOLDED NECK**

Using a long-tail cast-on  
(or any other cast-on method) with 3.0 mm  
(US 2.5) needles and MC cast on a total of  
160 (153, 170) (154, 168, 182) sts.  
Join to work in the round and place the BOR marker.

**Rnd 1:** kll.

**Rnd 2:** \*p2, (k2, p1) 6 (5, 5) (4, 4, 4) times;  
rep from \* to EOR.

**Rnd 3:** \*k1, p1, (k2, p1) 6 (5, 5) (4, 4, 4) times;  
rep from \* to EOR.

**Rnds 4, 6, 8:** rep like in Rnd 2.

**Rnds 5 and 7:** rep like in Rnd 3.

**Rnd 9: decreasing sts for 1x1 ribbing –**  
\*k1, p1, (k2tog, p1) 6 (5, 5) (4, 4, 4) times;  
rep from \* to EOR.  
112 (108, 120) (110, 120, 130) sts.

**Rnds 10-12** (3 rnds): \*k1, p1; rep from \* to EOR.  
Add more rnds if necessary to adjust the length  
of this section.

### **OPTION 3 | CREW NECK**

Using a long-tail cast-on  
(or any other cast-on method) with 3.0 mm (US 2.5)  
needles and MC cast on a total of  
112 (108, 120) (110, 120, 130) sts.  
Join to work in the round and place the BOR marker.

**Rnds 1-3** (3 rnds):  
\*k1, p1; rep from \* to EOR.

Add more rnds if necessary to adjust the length  
of this section.

## **SHAPING THE NECK WITH SHORT ROWS**

### **ALL NECK OPTIONS**

Work this section in 1x1 ribbing.

**SR1 (RS):** from the BOR in the middle of the back,  
work the next 27 (27, 27) (31, 31, 31) sts, w&t.

**SR2 (WS):** work all sts to BOR, SM,  
work 27 (27, 27) (31, 31, 31) sts more, w&t.

**SR3 (RS):** work till 4 sts to previous wrap, w&t.

**SR4 (WS):** work till 4 sts to previous wrap, w&t.

**Your short rows will become shorter and shorter.**

**SR5, SR7 (RS):** rep like in SR3.

**SR6, SR8 (WS):** rep like in SR4.

**SR9 (RS):** work to BOR.

## **NECK (CONTINUED)**

### **ALL NECK OPTIONS**

**Rnd1:** \*k1, p1; rep from \* to EOR and  
**at the same time** pick up short row wraps and work  
them together with their corresponding sts.

**Rnds 2-3** (2 rnds): \*k1, p1; rep from \* to EOR.

**Rnd 4:** \*k1, p1, (k1, LLI, p1) 6 (5, 5) (4, 4, 4) times;  
rep from \* to EOR.  
160 (153, 170) (154, 168, 182) sts.

**Rnd 5:** \*p2, (k2, p1) 6 (5, 5) (4, 4, 4) times;  
rep from \* to EOR.

**Rnd 6:** \*k1, p1, (k2, p1) 6 (5, 5) (4, 4, 4) times;  
rep from \* to EOR.

**Rnds 7, 9, 11 and 13:** rep like in Rnd 5.

**Rnds 8, 10 and 12:** rep like in Rnd 6.

### **OPTION 2 | DOUBLE FOLDED NECK**

**In the next round:** fold the neck double  
(with the cast-on edge inwards, WS to WS).  
Keeping the open sts on top, join the  
corresponding sts of the two edges by working  
one st from the needles together with the one st  
picked up from the cast-on edge as they appear  
and according to the previously established  
pattern (k2tog or p2tog). Finish at the EOR and  
continue with the neck instructions.

## **NECK (CONTINUED)**

**SIZE 1** move to the next section.

### **SIZES 2 AND 3**

**Rnd 1:** \*k1, p1, k2, (p1, k1, LLI, k1) 3 times, p1, k2, p1;  
rep from \* to EOR. (+27 (30) sts, **180 (200) sts**)

**Rnd 2:** \*p2, k2, (p1, k1) 7 times, k1, p1;  
rep from \* to EOR.

**Rnd 3:** \*k1, p1, k2, (p1, k3) 3 times, p1, k2, p1;  
rep from \* to EOR.

**SIZE 2 Rnd 4:** rep like in Rnd 2 and  
move to the next section.

**SIZE 3 Rnds 4-5** (2 rnds) rep like in Rnds 2-3 and  
move to the next section.

## NECK (CONTINUED)

### SIZES 4, 5 AND 6

**Note:** you will notice that the neck is deeper in these sizes. If you would like to start the yoke earlier and instead add extra rnds at the bottom of the yoke, please follow these instructions until Rnd 8 and then continue to the Yoke section.

**Rnd 1:** \*k1, p1, LLI, (k1, LLI, k1, p1) 3 times, k1, LLI, k1, LLI, p1; rep from \* to EOR.  
(+66 (72, 78) sts, **220 (240, 260) sts**)

**Rnd 2:** \*p2, k2, (p1, k1) 7 times, k1, p1; rep from \* to EOR.

**Rnd 3:** \*k1, p1, k4, (p1, k3) 3 times, k1, p1; rep from \* to EOR.

**SIZE 4 Rnds 4-10** (7 rnds) rep like in Rnds 2-3 and move to the next section.

**SIZE 5 Rnds 4-14** (11 rnds) rep like in Rnds 2-3 and move to the next section.

**SIZE 6 Rnds 4-16** (13 rnds) rep like in Rnds 2-3 and move to the next section.

## YOKE

**Rnd 1:** switch to 3.5 mm (US 4) needles and k1, **move BOR 1 st to the left to this position**, k to EOR. Then, pick up CC and follow the yoke pattern chart on page 8. You will have a total of 8 (9, 10) (11, 12, 13) of 20-sts yoke pattern repeats.

Return to the written instructions after **Rnd 39** with a total of 304 (342, 380) (418, 456, 494) sts. Break CC yarn and move to the short row shaping of the yoke.

## SHAPING OF THE YOKE WITH SHORT ROWS

From the BOR in the middle of the back, count a total of 152 (171, 190) (209, 228, 247) sts and place a removable MOF marker on the middle st. Depending on the size, there will be a total of 15 (15, 15) (17, 17, 17) short rows. Feel free to adjust this number if necessary.

**SR1 (RS):** with MC from the BOR in the middle of the back, k till 10 sts to (before) MOF, w&t.

**SR2 (WS):** p to BOR, SM,  
p till 10 sts to (before) MOF, w&t. **Remove MOF.**

**SR3 (RS):** k till 10 sts to previous wrap, w&t.

**SR4 (WS):** p till 10 sts to previous wrap, w&t.

**SR5, SR7, SR9, SR11, SR13 (RS):** rep like in SR3.

**SR6, SR8, SR10, SR12, SR14 (WS):** rep like in SR4.

- **Sizes 1, 2, 3:** move to SR15 (RS);
- **Sizes 4, 5, 6:** rep SR3-4 one (1) more time.

**SR15 (15, 15) (17, 17, 17) (RS):**

k to BOR and move to the next section.

## BOTTOM OF THE YOKE

**Rnd 1:** k all and **at the same time** pick up short row wraps and knit them together with their corresponding sts.

Add more rnds if necessary to adjust the depth of the yoke. Remember how many rnds you added to later add as many on the body and sleeves before starting the colourwork for a more balanced look.

## SEPARATING BODY AND SLEEVES

**Next rnd:**

**starting from BOR in the middle of the back, pick up CC yarn and work as follows –**

- work in (k1cc, k2mc) pattern the first 48 (56, 63) (71, 78, 86) sts of the back,
- temporarily bind off or place on hold the next 56 (60, 64) (68, 72, 76) sts for the right sleeve,
- cast on extra 18 (22, 26) (30, 34, 38) sts for the underarm using a long-tail cast-on with both MC and CC (cast on sts with MC only) [as shown in the video](#);
- work in (k1cc, k2mc) pattern the next 96 (111, 126) (141, 156, 171) sts of the front,
- temporarily bind off or place on hold the next 56 (60, 64) (68, 72, 76) sts for the left sleeve,
- cast on extra 18 (22, 26) (30, 34, 38) sts for the underarm just like you did before,
- work in (k1cc, k2mc) pattern the remaining 48 (55, 63) (70, 78, 85) sts of the back to EOR.

**Note:** the (k1cc, k2mc) is not supposed to align with the previous colourwork repeats or the underarms. What will align though are the central sts of the back and front.

If you don't like that uneven look, work this rnd in \*k1cc, k1mc\* pattern instead.

You will have a total of 228 (266, 304) (342, 380, 418) sts for the body.

## **BODY | COLOURWORK**

**Rnd 1:** kllmc till 8 sts to EOR.  
Move the BOR marker 8 sts to the right to this position.

Add more plain rnds if necessary to balance the extra rnds on the bottom of the yoke.

**From Rnd 2 till Rnd 28** follow the body pattern chart on page 8.  
You will have a total of 12 (14, 16) (18, 20, 22) of 19-sts body pattern repeats.

After **Rnd 28**, break CC yarn and move to the next section.

## **BODY | PLAIN**

**Rnd 1:** with MC k8, move the BOR marker back to its original position, k to EOR.

Work in stockinette for at least 30 rnds until the body measures approx. 23 cm (9 in) for a slightly cropped version (as shown).  
Or add as many additional rnds as necessary, given that the hem will add another 6 cm (2.5 in).

## **HEM**

Continue with 3.5 mm (US 4) or switch to 3.0 mm (US 2.5) needles.

### **SIZES 1 AND 4**

**Rnds 1 – 15** (15 rnds): k1, p1,  
\*k2, p1; rep from \* till 1 st to EOR, k1.

### **SIZES 2 AND 5**

**Rnd 1:** LLI, p1, \*k2, p1;  
rep from \* till 1 st to EOR, k1. (267, 381 sts)

**Rnds 2 – 15** (14 rnds): k1, p1,  
\*k2, p1; rep from \* till 1 st to EOR, k1.

### **SIZES 3 AND 6**

**Rnd 1:** k2tog, p1, \*k2, p1;  
rep from \* till 1 st to EOR, k1. (303, 417 sts)

**Rnds 2 – 15** (14 rnds): k1, p1,  
\*k2, p1; rep from \* till 1 st to EOR, k1.

### **ALL SIZES**

Add more rnds if necessary to adjust the length.

**Next rnd:** kall.

**Next rnd:** purl bind off all sts.

Break MC yarn and weave in the end.

## **SLEEVES**

Return to the sts left on hold for the sleeves and follow these instructions twice to make two identical sleeves.

**Rnd 1:**  
**starting in the middle of the underarm, with 3.5 mm (US 4) needles and both MC and CC yarn work in (k1cc, k2mc) pattern as follows –**

- pick up and work 9 (11, 13) (15, 17, 19) sts of the underarm,
- pick up 1 extra st to avoid a hole between sts of the underarm and sleeve,
- work 56 (60, 64) (68, 72, 76) sts of the sleeve;
- pick up 1 extra st;
- pick up and work 9 (11, 13) (15, 17, 19) remaining sts of the underarm.

You will have a total of 76 (84, 92) (100, 108, 116) sts.

- **IN SIZES 1 AND 4** finish with (k1cc);
- **IN SIZES 2 AND 5** finish with full repeat;
- **IN SIZES 3 AND 6** finish with (k1cc, k1mc).

Join to work in the round and place a BOR marker.

### **Rnd 2:**

- **SIZE 1:** kallmc;
- **SIZE 2:** kallmc;
- **SIZE 3:** kallmc and increase a total of **3 sts (95)**;
- **SIZE 4:** kallmc and increase a total of **5 sts (105)**;
- **SIZE 5:** kallmc and increase a total of **6 sts (114)**;
- **SIZE 6:** kallmc and increase a total of **4 sts (120)**.

Add more plain rnds if necessary to balance the extra rnds on the bottom of the yoke.

## **SLEEVES | COLOURWORK**

**At the beginning of Rnd 3**, unravel the last 9 (10, 9) (10, 9, 9) sts off your RH needle, returning them to LH needle, and move the BOR marker to this position, 9 (10, 9) (10, 9, 9) sts to the right.

**From Rnd 3 until Rnd 21** follow the sleeve pattern chart on page 9.  
You will have a total of 4 (4, 5) (5, 6, 6) of 19 (21, 19) (21, 19, 20)-sts sleeve pattern repeats.

**In Rnd 19** decrease as shown on the chart.

You will have a total of 68 (76, 85) (95, 102, 108) sts left.

After **Rnd 21**, break CC yarn and move to the next section.

## **SLEEVES | PLAIN**

Work in stockinette st a total of 7 (5, 4) (3, 3, 3) rnds, in the first rnd moving the BOR marker 8 (9, 8) (9, 8, 8) sts to the left to its original position in the middle of the underarm.

**In the next rnd decrease 2 sts as follows:**

– k1, **ssk**, k till 2 sts to EOR, **k2tog**.

Continue decreasing on the inner side of the sleeve **in every 8th (6th, 6th) (4th, 4th, 4th) rnd as described above 9 (13, 14) (19, 20, 20) more times** finishing in

**Rnd 101 (105, 110) (101, 105, 105)** with 48 (48, 55) (55, 60, 66) sts.

Work in st st another 7 (5, 1) (10, 6, 6) rnds.

### **SIZES 3 AND 4**

In the last rnd **decrease 1 st** to have 54 sts for the cuffs.

Add more rnds if necessary to adjust the length of the sleeve, given that the cuff will add another 6 cm (2.5 in).

## **CUFFS**

Continue with 3.5 mm (US 4) or switch to 3.0 mm (US 2.5) needles.

**Rnds 1 – 15** (15 rnds): k1, p1, \*k2, p1; rep from \* till 1 st to EOR, k1.

Add more rnds if necessary to adjust the length.

**Next rnd:** k all.

**Next rnd:** purl bind off all sts.

Break MC yarn and weave in the end.

## **BLOCKING**

Weave in the remaining ends. Soak the garment in lukewarm water. Gently squeeze to remove most of the water and then roll in a towel to dry. Pin out to measurements or desired size/shape and leave flat to dry.

## **SHARING AND FEEDBACK**

If you feel like sharing pictures or your thoughts about the design, please do so in your projects on [Ravelry](#) and/or under [#polinapullover](#) hashtag on [Instagram](#)/[Facebook](#).

***I am always thrilled to see your projects!***

If you wish to stay in touch and see what I'm up to, follow me on [Instagram](#) or support my work via [Patreon](#) to get an early access to test knit calls, exclusive discounts and videos.

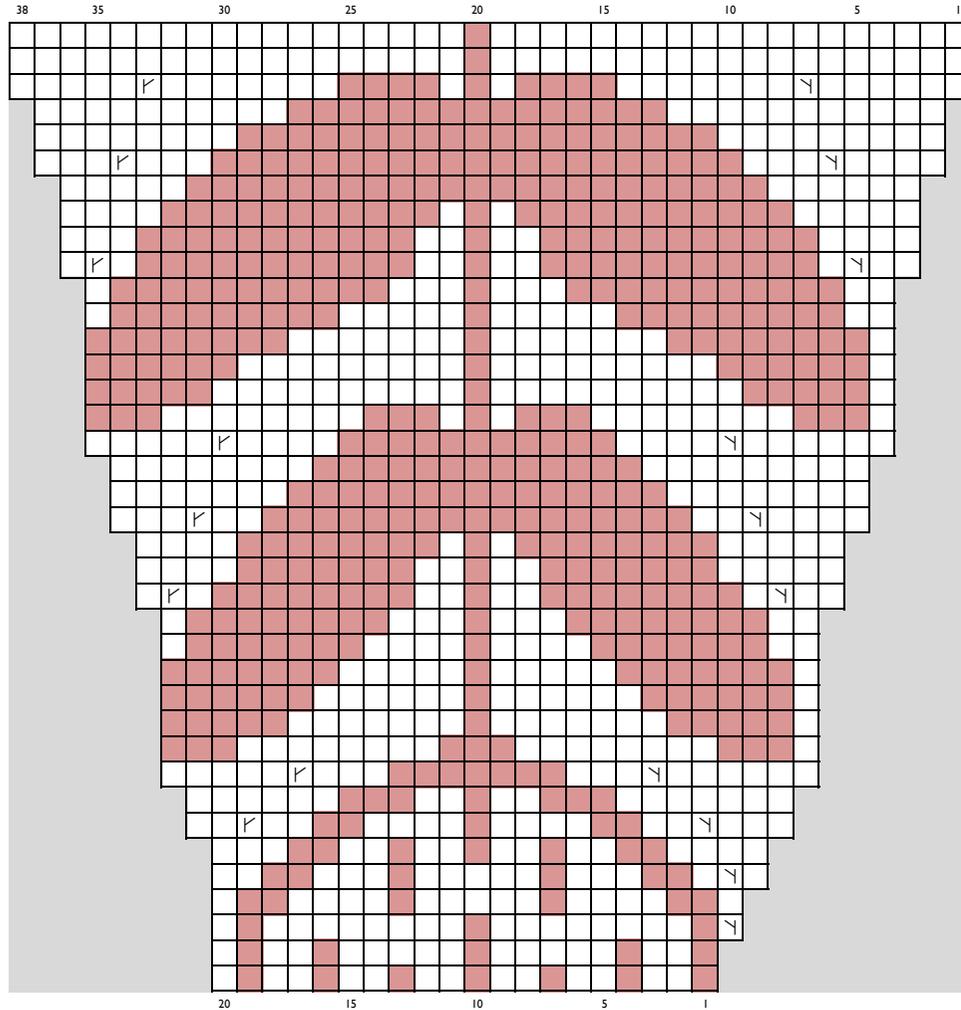
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If you have questions or found a mistake, please contact me via email at [support@tetilutsak.com](mailto:support@tetilutsak.com) and I will do my best to help you.

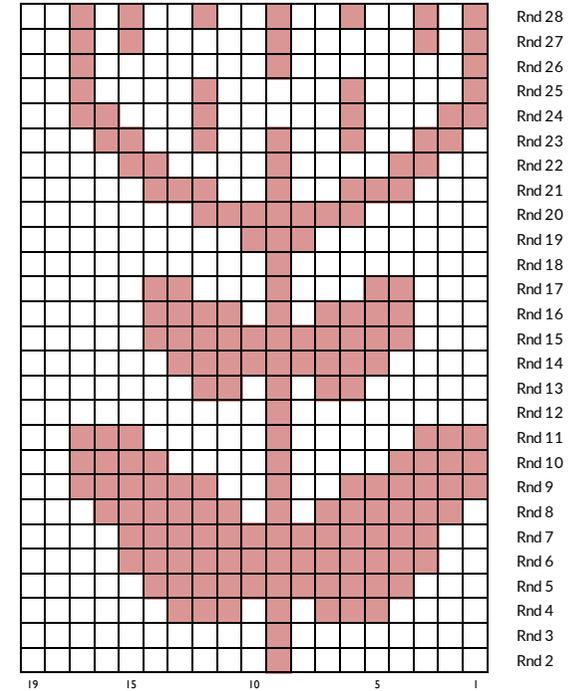
Happy knitting and thank you for supporting my work,  
Teti

## YOKE PATTERN CHART | ALL SIZES



- Rnd 39
- Rnd 38
- Rnd 37 304 (342, 380) (418, 456, 494)
- Rnd 36
- Rnd 35
- Rnd 34 288 (324, 360) (396, 432, 468)
- Rnd 33
- Rnd 32
- Rnd 31
- Rnd 30 272 (306, 340) (374, 408, 442)
- Rnd 29
- Rnd 28
- Rnd 27
- Rnd 26
- Rnd 25
- Rnd 24
- Rnd 23 256 (288, 320) (352, 384, 416)
- Rnd 22
- Rnd 21
- Rnd 20 240 (270, 300) (330, 360, 390)
- Rnd 19
- Rnd 18
- Rnd 17 224 (252, 280) (308, 336, 364)
- Rnd 16
- Rnd 15
- Rnd 14
- Rnd 13
- Rnd 12
- Rnd 11
- Rnd 10 208 (234, 260) (286, 312, 338)
- Rnd 9
- Rnd 8 192 (216, 240) (264, 288, 312)
- Rnd 7
- Rnd 6 176 (198, 220) (242, 264, 286)
- Rnd 5
- Rnd 4 168 (189, 210) (231, 252, 273)
- Rnd 3
- Rnd 2

## BODY PATTERN CHART | ALL SIZES

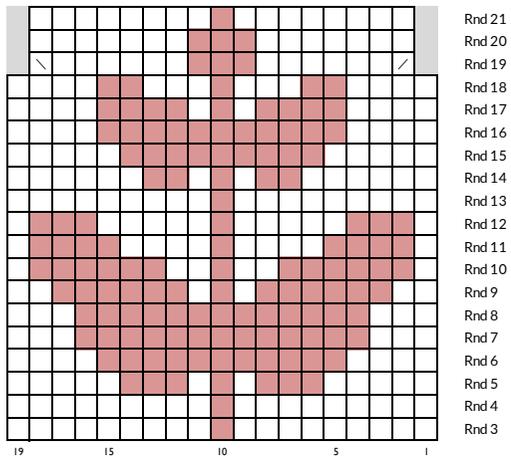


- Rnd 28
- Rnd 27
- Rnd 26
- Rnd 25
- Rnd 24
- Rnd 23
- Rnd 22
- Rnd 21
- Rnd 20
- Rnd 19
- Rnd 18
- Rnd 17
- Rnd 16
- Rnd 15
- Rnd 14
- Rnd 13
- Rnd 12
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- Rnd 5
- Rnd 4
- Rnd 3
- Rnd 2

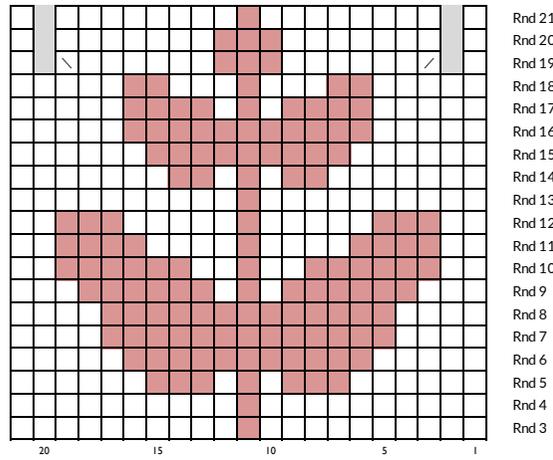


## SLEEVE PATTERN CHARTS

### SIZES 1, 3 AND 5



### SIZES 2 AND 4



### SIZE 6

