



# PAINTING TRIANGLES SOCKS

BY STEPHEN WEST

These socks are knit top-down in the rnd with fingering weight sock yarn. The color pop accents are ideal for using leftover colors from your sock and shawl projects. Begin with 2x2 ribbing and continue striping your colors together with slipped stitches as you work with one color at a time. This project is a beginner-friendly colorwork pattern that you can easily customize by knitting more triangles for a longer leg and foot or knit fewer triangles for a shorter size.



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## Sizes: 1 [2, 3, 4, 5]

Size 4 shown on a US 13 / EU 47 size foot with an actual foot circumference of 10" / 25cm.

**Finished Measurements:** 5 [6, 7, 9, 10]" / 13 [15, 18, 23, 25]cm leg and foot circumference. Measurements taken after blocking.

Socks are designed to fit an actual foot circumference of 6 [7, 8, 10, 11]" / 15 [20, 23, 28, 30]cm. The socks are designed to fit with negative ease. Choose a size with a finished foot circumference measurement that is approximately 1" / 2.5cm smaller than your actual foot circumference, so that the sock will fit nice and snug on your foot. The socks can stretch a bit more, so if you knit a size that is 2" / 5cm smaller than your actual foot size, then the sock should still fit well with a tighter fit.

The lengths of the cuff, leg, and foot are easily customizable by knitting more column stripes for a longer ankle and foot or fewer column stripes for a shorter leg and foot.

**Yarn:** Fingering weight

**Yardage:** Approximately 320 [380, 420, 460, 500]yds / 293

[347, 384, 421, 457]m total

MC - 180 [220, 240, 260, 280]yds / 165 [201, 219, 238, 256]m

CC's - 140 [160, 180, 200, 220]yds / 128 [146, 165, 183, 201]m total

The sample socks feature 3 CC's.

**Shown in:** PunkRock Unicorn Soul (85% Superwash Merino Wool, 15% Nylon; 437yds / 400m per 100g skein)

MC - Spilled Oil

CC1 - Honig

CC2 - Black Ice

CC3 - Clematis

The sample features 3 CC's, but you can use as many CC's as you like.

**Needles:** US 1 / 2.25mm circular in 40" / 100cm length or size needed to obtain gauge

Magic loop method is used for knitting in the rnd. You can use DPNs if you prefer.

Watch this Westknits video to assist with the Magic Loop technique.

<https://youtu.be/hpFhbHmrCcc>

**Notions:** 1 stitch marker, tapestry needle



**Gauge:** 39 sts & 60 rnds = 4" / 10cm in slip stitch triangle pattern after blocking

28 sts & 44 rnds = 4" / 10cm in stockinette stitch after blocking

## Westknits Workshops

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## Abbreviations

**CC:** contrast color

**CO:** cast on

**k:** knit

**k2tog:** knit 2 sts together

**m1:** (make 1) increase 1 stitch using the backwards loop cast on method

**MC:** main color

**p:** purl

**p2tog:** purl 2 sts together

**rnd/s:** round/s

**sl:** slip stitch purl-wise unless instructed otherwise

**ssk:** (slip slip knit) slip first stitch knit-wise, slip second stitch knit-wise, knit those 2 sts together **tbl**

**st/s:** stitch/es

**tbl:** through back loop

**wyib:** with yarn in back

**wyif:** with yarn in front

## INSTRUCTIONS

### Cuff

Watch this Westknits video to assist with the German Twisted CO.

<https://youtu.be/K60RcmjJqiw>

You can use any color for the cuff.

Using MC, CO 40 [52, 64, 76, 88] sts using the German Twisted CO method. Place marker and join to work in the rnd, being careful not to twist sts.

**Next Rnd:** (k2, p2) to end of rnd.

Repeat last rnd 30 more times or until the ribbing fabric measures approximately 3" / 7.5cm from the CO edge. Keep MC attached for the Leg of the sock.



### Leg

The slip stitch rows for the leg are written using MC & CC. The MC will become the garter ridges. The CC will become the stockinette stitch triangles. Use a new CC for each new triangle section.

Weave in your ends as you knit using the Weavin' Stephen technique. Watch this Westknits video to assist with the Weavin' Stephen technique.

<https://youtu.be/Fz292NAjH2M>

### Size 1 Only

**Rnd 1:** Using CC1, (k2, m1) twice, k1, m1, (k7, m1) to end of rnd. 48 sts.

### Size 2 Only

**Rnd 1:** Using CC1, (k2, m1) 3 times, k1, (k9, m1) to end of rnd. 60 sts.

### Size 3 Only

**Rnd 1:** Using CC1, (k8, m1) to end of rnd. 72 sts.

### Size 4 Only

**Rnd 1:** Using CC1, (k9, m1, k10, m1) to end of rnd. 84 sts.

### Size 5 Only

**Rnd 1:** Using CC1, (k11, m1) to end of rnd. 96 sts.

## All Sizes

When you slip stitches throughout these socks, don't carry your yarn very tight along the wrong side of the work. The yarn floating along the back of the work should be relaxed as you slip your sts. Not too tight, not too loose.

**Rnd 2:** K all sts.

**Rnd 3:** Using MC, (k5, sl1 wyib) to end of rnd.

**Rnd 4:** (P5, sl1 wyib) to end of rnd.

Carry yarns along the inside of the work while striping colors. Watch this Westknits video to assist with carrying yarn while striping colors.

<https://www.youtube.com/watch?v=l2ZE92Vmy08>

**Rnd 5:** Using CC1, k all sts.

**Rnd 6:** K all sts.

**Rnd 7:** Using MC, (k4, sl2 wyib) to end of rnd.

**Rnd 8:** (P4, sl2 wyib) to end of rnd.

**Rnd 9:** Using CC1, k all sts.

**Rnd 10:** K all sts.

**Rnd 11:** Using MC, (k3, sl3 wyib) to end of rnd.

**Rnd 12:** (P3, sl3 wyib) to end of rnd.

**Rnd 13:** Using CC1, k all sts.

**Rnd 14:** K all sts.

**Rnd 15:** Using MC, (k2, sl4 wyib) to end of rnd.

**Rnd 16:** (P2, sl4 wyib) to end of rnd.

**Rnd 17:** Using CC1, k all sts.

**Rnd 18:** K all sts.

**Rnd 19:** Using MC, (k1, sl5 wyib) to end of rnd.

**Rnd 20:** (P1, sl5 wyib) to end of rnd.

**Rnd 21:** Using CC1, k all sts.

**Rnd 22:** K all sts.

Break CC1.

Use CC2 for the next Triangle Pattern Repeat. Each CC is used for 6 stripes. Cycle through your 3 CC's throughout the sock pattern. CC1, CC2, CC3, CC1, CC2, CC3, etc... You can use as many CC's as you like.

## Triangle Pattern Repeat

**Rnd 1:** Using MC, k to end of rnd.

**Rnd 2:** P to end of rnd.

**Rnd 3:** Using CC, k all sts.

**Rnd 4:** K all sts.

**Rnd 5:** Using MC, (k5, sl1 wyib) to end of rnd.

**Rnd 6:** (P5, sl1 wyib) to end of rnd.

**Rnd 7:** Using CC, k all sts.

**Rnd 8:** K all sts.

**Rnd 9:** Using MC, (k4, sl2 wyib) to end of rnd.

**Rnd 10:** (P4, sl2 wyib) to end of rnd.

**Rnd 11:** Using CC, k all sts.

**Rnd 12:** K all sts.

**Rnd 13:** Using MC, (k3, sl3 wyib) to end of rnd.

**Rnd 14:** (P3, sl3 wyib) to end of rnd.

**Rnd 15:** Using CC, k all sts.

**Rnd 16:** K all sts.

**Rnd 17:** Using MC, (k2, sl4 wyib) to end of rnd.

**Rnd 18:** (P2, sl4 wyib) to end of rnd.

**Rnd 19:** Using CC, k all sts.

**Rnd 20:** K all sts.

**Rnd 21:** Using MC, (k1, sl5 wyib) to end of rnd.

**Rnd 22:** (P1, sl5 wyib) to end of rnd.

**Rnd 23:** Using CC, k all sts.

**Rnd 24:** K all sts.

Break CC. Use the next CC for the next triangle Pattern Repeat.

Repeat Rnds 1 – 24 once more, resulting in 3 triangle sections. You can repeat Rnds 1 – 24 as many times as you like for a longer leg length.

## Heel Flap

Watch this video to assist with the heel.

<https://youtu.be/KRZiGnnBPjo>

You will use half of your sts to do a garter stitch heel flap. Begin the heel by working with the first 24 [30, 36, 42, 48] sts on your needle for Row 1. Leave the remaining 24 [30, 36, 42, 48] sts on your needle to work later. The heel is written using your MC. Remove the beginning of rnd marker.

**Row 1 (RS):** Using MC, (k4, k2tog) 4 [5, 6, 7, 8] times. Turn to work WS. 20 [25, 30, 35, 40] sts.

**Row 2 (WS):** K19 [24, 29, 34, 39], sl1 wyif. Turn to work RS.

**Row 3 (RS):** K19 [24, 29, 34, 39], sl1 wyif. Turn to work WS.

**Row 4 (WS):** K19 [24, 29, 34, 39], sl1wyif. Turn to work RS.

Repeat last 2 rows 8 [10, 13, 15, 18] more times, resulting in 10 [12, 15, 17, 20] garter ridges.

## Heel Turn

**Setup Row 1 (RS):** K12 [14, 17, 19, 22], ssk, k1. Turn to work WS.

**Setup Row 2 (WS):** Sl1 purl-wise wyif, p5 [4, 5, 4, 5] p2tog, p1. Turn to work RS.

### Heel Turn Pattern Repeat

**Row 1 (RS):** Sl1 knit-wise wyib, knit to 1 st before gap, ssk, k1. Turn to work WS.

**Row 2 (WS):** Sl1 purl-wise wyif, p to 1 st before gap, p2tog, p1. Turn to work RS.

Repeat last 2 rows until you have worked all the way to each end of the heel sts. You should have 12 [14, 18, 19, 22] heel sts on your needle after you have turned the heel. If you are missing a stitch or two or if you have one or two extra sts, you can sneak in a decrease or increase during the next rnd.

Keep MC attached. Continue using the MC during the Gusset instructions.

## Gusset

**Rnd 1 (RS):** Using MC, k6 [7, 9, 10, 11] sts from the heel, pm to mark the new beginning of rnd at the center of the heel. K6 [7, 9, 9, 11], pick up and k11 [13, 16, 18, 21] sts along the left edge of the garter stitch heel flap, pm, k24 [30, 36, 42, 48] (these are the other half of the sts from the ankle), pm, pick up and k11 [13, 16, 18, 21] along the right edge of the garter stitch heel flap, k6 [7, 9, 10, 11]. You should now be at the beginning of the rnd at the center of the heel flap. 58 [70, 86, 97, 112] sts.

**Rnd 2:** K to m, slm, p to m, slm, k to end of rnd.

**Rnd 3:** Using next CC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 56 [68, 84, 95, 110] sts.

**Rnd 4:** K to m, slm, k to m, slm, k to end of rnd.

The bottom of the foot and gussets are knit in stockinette stitch while only the top of the foot continues with the slip stitch triangle pattern.

**Rnd 5:** Using MC, k to 2 sts before m, k2tog, slm, (k5, sl1 wyib) to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 6:** K to m, slm, (p5, sl1 wyib), slm, k to end of rnd.

**Rnd 7:** Using CC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 8:** K to m, slm, k to m, slm, k to end of rnd.



**Rnd 9:** Using MC, k to 2 sts before m, k2tog, slm, (k4, sl2 wyib) to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 10:** K to m, slm, (p4, sl2 wyib), slm, k to end of rnd.

**Rnd 11:** Using CC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 12:** K to m, slm, k to m, slm, k to end of rnd.

**Rnd 13:** Using MC, k to 2 sts before m, k2tog, slm, (k3, sl3 wyib) to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 14:** K to m, slm, (p3, sl3 wyib), slm, k to end of rnd.

**Rnd 15:** Using CC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 16:** K to m, slm, k to m, slm, k to end of rnd.

There should be 44 [56, 72, 83, 98] sts remaining.

### Size 1 Only

**Rnd 17:** Using MC, k to m, slm, (k2, sl4 wyib) to m, slm, k to end of rnd.

**Rnd 18:** K to m, slm, (p2, sl4 wyib), slm, k to end of rnd.

**Rnd 19:** Using CC, k all sts.

**Rnd 20:** K all sts.

**Rnd 21:** Using MC, k to m, slm, (k1, sl5 wyib) to m, slm, k to end of rnd.

**Rnd 22:** K to m, slm, (p1, sl5 wyib), slm, k to end of rnd.

**Rnd 23:** Using CC, k all sts.

**Rnd 24:** K all sts.

Skip ahead to the Foot instructions.

### Sizes 2, 3, 4, & 5 Only

**Rnd 17:** Using MC, k to 2 sts before m, k2tog, slm, (k2, sl4 wyib) to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 18:** K to m, slm, (p2, sl4 wyib), slm, k to end of rnd.

There should be -- [54, 70, 81, 96] sts remaining.

### Size 2 Only

**Rnd 19:** Using CC, k all sts.

**Rnd 20:** K all sts.

**Rnd 21:** Using MC, k to m, slm, (k1, sl5 wyib) to m, slm, k to end of rnd.

**Rnd 22:** K to m, slm, (p1, sl5 wyib), slm, k to end of rnd.

**Rnd 23:** Using CC, k all sts.

**Rnd 24:** K all sts.

Skip ahead to the Foot instructions.

### Sizes 3, 4, & 5 Only

**Rnd 19:** Using CC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 20:** K to m, slm, k to m, slm, k to end of rnd.

**Rnd 21:** Using MC, k to 2 sts before m, k2tog, slm, (k1, sl5 wyib) to m, slm, ssk, k to end of rnd. 2 sts decreased.

**Rnd 22:** K to m, slm, (p1, sl5 wyib), slm, k to end of rnd.

There should be -- [--, 66, 77, 92] sts remaining.

### Size 3 Only

**Rnd 23:** Using CC, k all sts.

**Rnd 24:** K all sts.

Skip ahead to Foot instructions.



## Size 4 Only

**Rnd 23:** Using CC, k to m, slm, k to m, slm, ssk, k to end of rnd. 76 sts.

**Rnd 24:** K all sts.

Skip ahead to Foot instructions.

## Size 5 Only

**Rnd 23:** Using CC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 90 sts.

**Rnd 24:** K to m, slm, k to m, slm, k to end of rnd.

**Rnd 25:** Using MC, k to 2 sts before m, k2tog, slm, k to m, slm, ssk, k to end of rnd. 88 sts.

**Rnd 26:** K to m, slm, p to m, slm, k to end of rnd.

Continue with Rnd 27 of Foot instructions.

## Foot - All Sizes

You should have 44 [54, 66, 76, 88] sts. You are done with the Gusset decreases, so you don't need to decrease anymore. Begin working Rnd 25 for Sizes 1, 2, 3, & 4. Skip ahead to Rnd 27 if you are knitting the Size 5 sock.



## Triangle Pattern Repeat

**Rnd 25:** Using MC, k all sts.

**Rnd 26:** K to m, slm, p to m, slm, k to end of rnd.

**Rnd 27:** Using CC, k all sts.

**Rnd 28:** K all sts.

**Rnd 29:** Using MC, k to m, slm, (k5, sl1 wyib), slm, k to end of rnd.

**Rnd 30:** K to m, slm, (p5, sl1 wyib), slm, k to end of rnd.

**Rnd 31:** Using CC, k all sts.

**Rnd 32:** K all sts.

**Rnd 33:** Using MC, k to m, slm, (k4, sl2 wyib), k to end of rnd.

**Rnd 34:** K to m, slm, (p4, sl2 wyib), slm, k to end of rnd.

**Rnd 35:** Using CC, k all sts.

**Rnd 36:** K all sts.

**Rnd 37:** Using MC, k to m, slm, (k3, sl3 wyib), k to end of rnd.

**Rnd 38:** K to m, slm, (p3, sl3 wyib), k to end of rnd.

**Rnd 39:** Using CC, k all sts.

**Rnd 40:** K all sts.

**Rnd 41:** Using MC, k to m, slm, (k2, sl4 wyib), k to end of rnd.

**Rnd 42:** K to m, slm, (p2, sl4 wyib), slm, k to end of rnd.

**Rnd 43:** Using CC, k all sts.

**Rnd 44:** K all sts.

**Rnd 45:** Using MC, k to m, slm, (k1, sl5 wyib), slm, k to end of rnd.

**Rnd 46:** K to m, slm, (p1, sl5 wyib), slm, k to end of rnd.

**Rnd 47:** Using CC, k all sts.

**Rnd 48:** K all sts.

Break CC. Use the next CC for the next triangle Pattern Repeat.

Repeat Rnds 1 – 48 until the foot reaches just below the top of your smallest toe. The Size 4 sample shows 4 total triangle sections for the foot. You may only need 3 triangle sections for your foot. Try to finish the foot after completing a full triangle section.

**Next Rnd:** Using MC, k all sts.

**Next Rnd:** K to m, slm, p to m, slm, k to end of rnd.

## Toe

The toe section measures approximately 1 [1, 1.5, 2, 2]” / 2.5 [2.5, 4, 5, 5]cm long. Use a new color for the toe.

**Setup Rnd 1:** Remove the beginning of rnd marker. Using MC, k10 [12, 15, 17, 20], slm (this will be the new beginning of rnd location), (k4, k2tog) 4 [5, 6, 7, 8] times, slm, k20 [24, 30, 34, 40]. You should now be at the new beginning of rnd location. You should have 40 [49, 60, 69, 80] total sts on your needles.

**Rnd 1:** K1, ssk, k to 3 sts before m, k2tog, k1, pm, k1, ssk, k to 3 sts before m, k2tog, k1. 4 sts decreased.

**Rnd 2:** K all sts.

Repeat last 2 rnds 3 [4, 5, 5, 7] more times. 24 [29, 36, 45, 48] sts.

Repeat Rnd 1 only 3 [3, 4, 5, 6] more times. 12 [17, 20, 25, 24] sts.

## Sizes 2 & 4 Only

**Rnd 1:** K1, ssk, k to m, slm, k to m, slm. xx [16, xx, 24, xx] sts.

## FINISHING

Graft the remaining sts together using Kitchener stitch.

Watch this Westknits video to assist with the Kitchener stitch technique.

<https://youtu.be/lBfhQa4l66E>

Repeat all instructions for the second sock. Weave in ends and wet block the finished sock to smooth the fabric.

