

## Fingering-Weight Toe-Up Faux-Heel-Flap Socks for Magic Loop - [KnitFreedom.com](https://www.knitfreedom.com)



An easy intermediate toe-up sock pattern written for Magic Loop. It has a fake heel “flap” that is knit in one piece with the rest of the toe-up sock. It also includes adjustments for high insteps.

### Materials

Yarn: 340(380, 420) yds. [311(348, 385) m] fingering-weight yarn. If knitting two socks at a time, separate yarn into two equal balls.

Gauge: 7 sts/in in [St st](#).

Needles: US Size 2 (3.00 mm) 40 or 47-inch (100 or 120-cm) [circular knitting needles](#), or size required to get gauge.

**Notions:** Stitch markers, tapestry needle, scissors. **Recommended:** Sock blockers for blocking.

**Sizes:** Small regular instep {*high instep; very high instep*} (Medium regular instep {*high instep, very high instep*}, Large regular instep {*high instep, very high instep*})

**Finished Measurements:** 7 (8, 9) in. [18(20, 23) cm] around ball of foot. [How to use the high-instep variations on this pattern](#)

**Abbreviations/Terms** - All links go to free videos on [KnitFreedom.com](https://www.knitfreedom.com)

**BOR** – Beginning of Round  
**CC** – Contrasting Color  
**CO** – Cast On  
**Instep** – Front of the ankle  
**K** – Knit  
**K2TOG** – Knit 2 Together  
**M1L** – Make One Left

**M1R** – Make One Right  
**MC** – Main Color  
**P** – Purl  
**P2TOG** – Purl 2 Together  
**PM** – Place Marker  
**PSO** – Pass Stitch Over  
**SI 1** – Slip 1

**SM** – Slip marker  
**SSK** – Slip, Slip, Knit  
**St St** – Stockinette Stitch  
**W&T** – Wrap and turn  
**WS** – Wrong Side

## How to Knit Toe-Up Socks on Magic Loop

If you already are familiar with Magic Loop, you can skip the instructions below.

{If you are just learning Magic Loop, consider starting with our [Basic Fingering-Weight Socks for Magic Loop](#) or [Basic Worsted-Weight Socks for Magic Loop](#).}

To knit with Magic Loop, you will be dividing your stitches in half and distributing them equally over the two needle-tips of your circular needles.

**Free video:** [How to Knit in the Round on Magic Loop - Basic](#)

**Free illustrations:** [How to Knit in the Round on Magic Loop - Basic](#), [How to Knit Two-at-a-Time on Magic Loop](#)

To knit toe-up socks on Magic Loop, you'll use a toe-up cast-on as described in the **Toe** section below. After you cast on, follow the regular Magic Loop sequence of "Ready Position, pull back needle out, fly it around, knit half the round, and repeat," for each round of your socks. Complete step-by-step Magic Loop instructions can be found here (plus tips and tricks for mastering the process): [Mastering Magic Loop video class](#).

Step-by-step video instructions for knitting the toe-up socks one or two-at-a-time can be found here: [Two-at-a-Time Toe-Up Socks on Magic Loop video class](#).

To learn both Magic Loop, Toe-Up Socks, and (Bonus!) Top-Down Socks all in one, check out our [Mastering Magic Loop Socks 3-in-1 video class](#).

### Note for Knitting Two-at-a-Time (TAAT):

You can knit both socks at once on Magic Loop. A longer needle (47-inch) is preferred. Cast on for the first sock with one ball of yarn, then immediately cast on for the second sock. Follow the instructions in our [Judy's Magic Cast-On for Two-at-a-Time Knitting](#) video and our [Two-at-a-Time Toe-Up Socks video class](#) to learn the sequence for knitting both socks at once.

## Pattern Instructions

### Toe

**Note:** To make a contrasting-color toe, CO using CC.

For all sizes, using [Judy's Magic Cast-On](#), CO 16 sts (8 on each needle-half). Prepare to knit in the round on Magic Loop or using the method you prefer. PM into first stitch to indicate BOR. You can also use tail yarn from the cast-on to indicate BOR.

Round 1: K.

Round 2: (K1, M1L, k6, M1R, k1) twice.

Round 3: K.

Round 4: (K1, M1L, K to last st on needle-half, M1R, k1) twice.

Repeat rounds 3-4 until there are 48(56, 64) sts on the needles [24(28, 32) sts on each needle-half, if you are doing Magic Loop].

## Foot

**Note:** If you made a contrasting-color toe, switch to MC.

Work in the round in St st until sock is 3.5 inches (9 cm) {3.75 inches (9.5 cm); 4 inches (10 cm)} from the back of your heel. Note that for the high-instep variations, you are knitting less than the regular version.

Measuring hint: Try the sock on and pull it on as snug as you like your socks to fit. Flex your ankle. Measure from the back of your heel to the needles.

## Gusset

Round 1: (K1, M1L, k22(26, 30), M1R, k1), k to end of rnd.

**Note:** The stitches between the parentheses above are the heel stitches. Keep in mind that the stitches on the “heel needle” refer to these stitches. If you are using Magic Loop, they will all be on one needle-tip. If you are using DPNs, you may want to redistribute the stitches so that all the heel stitches are on one needle.

Round 2: K.

Round 3: (K1, M1L, k to 1 st before the end of heel needle, M1R, k1), k to end of rnd.

Repeat Rounds 2-3 until the heel contains 46 {48, 50} (50 {52, 54}, 54 {56, 58}) sts – 22 {24, 26} sts increased.

## Turn Heel

**Note:** To make a contrasting-color heel, switch to CC here.

Begin working back and forth across heel as follows:

Row 1: K34 {35, 36} (36 {37, 38}, 38 {39, 40}), W&T.

Row 2: P22, W&T.

Row 3: K to stitch right before wrapped stitch, W&T.

Row 4: P to stitch right before wrapped stitch, W&T.

Repeat rows 3-4 until 6 unwrapped stitches remain between the wrapped stitches.

Next row: K across row, picking up and knitting the wraps together with the wrapped stitches as you come to them. Stop when you have picked up and disguised the last wrap on the knit side. Turn.

Next row: Sl 1, p across row, [picking up and purling the wraps](#) with the wrapped stitches as you come to them. Stop when you've picked up and disguised the last wrap on the purl side

- 11 {12, 13} (13 {14, 15}, 15 {16, 17}) sts rem on left-hand needle (WS facing).

Turn. 46 {48, 50} (50 {52, 54}, 54 {56, 58}) heel sts total.

### **Work Faux Heel Flap**

You will be working back and forth across the next 21-25 rows (depending on if you are modifying for a high instep or not), creating a 24-stitch-wide “heel flap” while simultaneously decreasing the number of stitches on the heel needle.

[Click to watch a video on how to knit the faux heel flap.](#)

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#### **Option #1: Stockinette-Stitch Heel**

Row 1 (RS): Sl 1, k until 1 st remains before a visible gap in the stitches. SSK. Turn.

Row 2: Sl 1, p until 1 st remains before a visible gap in the stitches. P2tog. Turn.

Repeat rows 1-2 for 21 {23, 25} rows, until 0(2, 4) sts remain on left-hand needle after completing a Row 1 – 21 {23, 25} sts decreased.

#### **Option #2: Slip-Stitch Heel**

Row 1 (RS): Sl 1, (k1, sl 1) until 1 st remains before a visible gap in the stitches. SSK. Turn.

Row 2: Sl 1, p until 1 st remains before a visible gap in the stitches. P2tog. Turn.

Repeat rows 1-2 for 21 {23, 25} rows, until 0(2, 4) sts remain on left-hand needle after completing a Row 1 – 21 {23, 25} sts decreased.

#### **Option #3: Eye-of-the-Partridge Heel**

Row 1: Sl 1, (k1, sl 1) until 1 st remains before a visible gap in the stitches. SSK. Turn.

Row 2: Sl 1, p until 1 st remains before a visible gap in the stitches. P2tog. Turn.

Row 3: Sl 1, (sl 1, k1) until 1 st remains before a visible gap in the stitches. SSK. Turn.

Row 4: Sl 1, p until 1 st remains before a visible gap in the stitches. P2tog. Turn.

Repeat rows 1-4 for 21 {23, 25} rows, until 0(2, 4) sts remain on left-hand needle after completing a Row 1 {3, 1} – 21 {23, 25} sts decreased.

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...25(29, 33) sts on heel needle. Do not turn.

K rem 0(2, 4) sts on heel needle.

You'll close the remaining gap on the right-hand side in the next section.



If

you are working two socks at a time, repeat **Turn Heel** and **Work Faux Heel Flap** on the second sock.

### Finish Heel

**Note:** If you made a contrasting-color heel, switch back to MC.

Resume knitting in the round.

Knit across instep.

Next round: K0,(2, 4), k2tog (this will close the last remaining gap in heel stitches). K to end of rnd [24(28, 32) heel sts remain; 48(56, 64)

the  
sts total].

### Ankle

Work in St st for 7(7.5, 8) inches [18(19, 20) cm].

### Cuff

Option 1: Easy Ribbed Cuff

Work in 1x1 or 2x2 rib for 8 rounds.

BO loosely, using the Tubular Bind-Off (for 1x1 rib), the Kitchener Double-Rib Bind-Off (for 2x2 rib) or any other stretchy bind-off, like [Jeny's Surprisingly Stretchy Bind-Off for 1x1 or 2x2 Rib](#).

Option 2: Picot Hemmed Cuff

[Click to watch a free video on how knit knit a picot hemmed cuff](#).

Rounds 1-10: K.

Round 11: \*YO, k2tog, rep from \* to end of round. Rounds 12-21: K.

Pick up the purl bump of the stitch 21 rows below the row you are on and place it on the L needle [hereafter abbreviated as "gb" ("get bump")].

YO, k2tog, pso, \*gb, YO, k2tog, pso, pso, rep from \* until all sts have been bound off.

**Note 1:** If you are working two socks at a time, when binding off the first sock, leave the last stitch of the half-round on the right-hand needle while you bind off the second sock. Then resume binding off the rest of the first sock.

**Note 2:** If you want to avoid the whole "get-bump" scenario, you can also just do the hemmed edge set-up, bind off using a normal stretchy bind-off, and then sew down the bound-off edge.



## Finishing

Using tapestry needle, weave in all ends securely. Block (optional) and enjoy.

[Link Your Project to This Pattern on Ravelry](#)

<https://www.knitfreedom.com/free-pattern/toe-up-socks-faux-heel-flap-fingering/>

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