

Toe-Up “Faux Heel Flap” Fingering-Weight Socks



a Basic Toe-Up Sock with a Seamless Heel Flap - Adjustable for High Insteps



When the sock enthusiasts among my blog readership started clamoring for a toe-up sock they could adjust for a high instep, I saw an opportunity.

I'd been wanting to be able to do interesting stitch patterns like the Eye-of-the-Partridge Stitch on my heels, which you can't do on a [Fleegle-heel sock](#).

By combining the two ideas, I created a toe-up sock that only LOOKS like it has a heel flap, making it adjustable for those whose feet require a little more love in the instep area or those who want to add variations like a slip-stitch or Eye-of-the-Partridge heel.

It also allows you to do the heel (and toe) in a contrasting color — think sock-monkey style.

For a quicker, bulkier knit, [download the worsted-weight version of this pattern](#).

Difficulty

Intermediate

Skills Required

[Knitting in the Round](#)

Basic pattern-reading skills

Sizes

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

Finished Measurements

7(8, 9) in. [18(20, 23) cm] around ball of foot.

- High-instep variation adds 1/2-inch to instep circumference.
- Very-high-instep variation adds 1 inch to instep circumference.

Gauge

28 sts and 40 rows in 4 in. (10 cm) in St st.

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.

Note: For a quicker, bulkier knit, download the [worsted-weight version of this pattern](#).

Needles:

- US Size 2 (3.00 mm) [40 or 47-inch \(120-cm\) knitting needles](#), or size required to get gauge. If knitting two socks at a time, use 47-inch needles.

Notions:

- Stitch markers, tapestry needle, scissors
- Recommended: [Sock blockers](#) for blocking



Abbreviations and Definitions

BOR — beginning of round

CC — contrasting color

[CO*](#) — cast on

Instep — the top of the foot

[K](#) — knit

[K2tog](#) — knit 2 together

MC — main color

[M1L](#) — make one left

[M1R](#) — make one right

[P](#) — purl

[P2tog](#) — purl 2 together

PM — place marker

PSO — pass stitch over

[Sl 1](#) — slip 1

SM — slip marker

St st — stockinette stitch

[SSK](#) — slip, slip, knit

[W&T](#) — wrap and turn

WS — wrong side

**Links go to free KnitFreedom video demos*

Errata

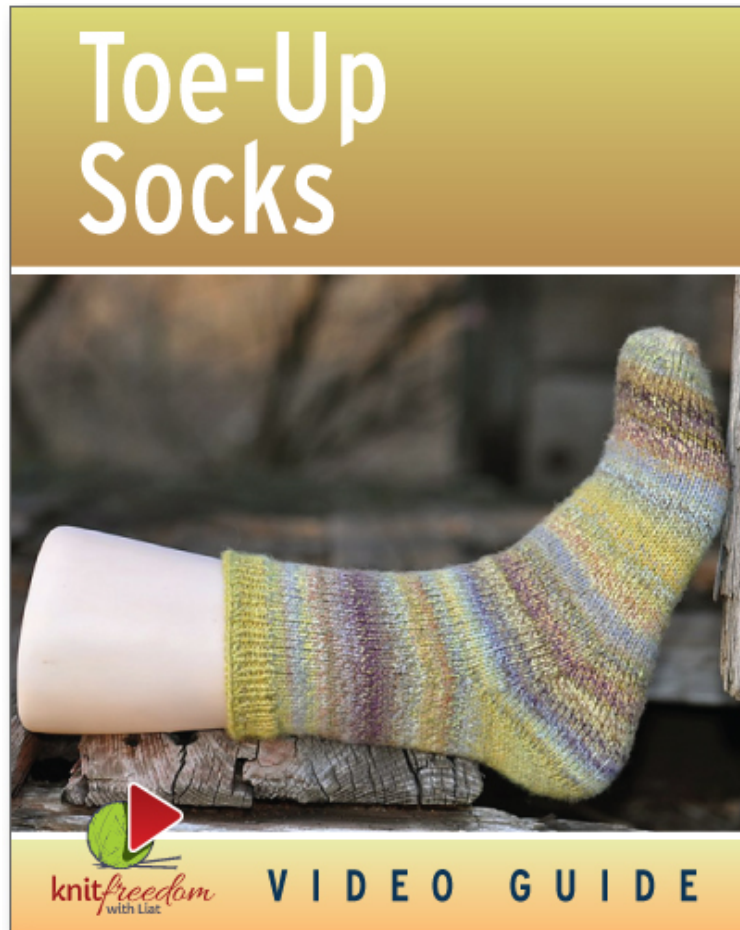
[Click here for any updates and corrections to mistakes in this pattern.](#)

This is version 3.1 of this pattern, updated 10/9/15.

Video Tutorials that Accompany this Pattern

I love helping people understand what they’re doing and WHY. Hundreds of my readers have jump-started their knitting by watching my online videos.

For a full step-by-step video tutorial on everything you need to know to knit this pattern (and to do these socks two-at-a-time) plus tips, tricks, and troubleshooting, try out my 100% happiness-and-joy guaranteed [Toe-Up Socks Video Tutorial](#).



Please note: The tutorial above doesn’t show the faux heel-flap bit, but you can watch a [free video on the Faux Heel Flap here](#).

Instructions

Section 1: 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.

Round 1: K.

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

Round 3: K.

Round 4: (K1, M1L, k to marker, M1R, sm, 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]. Remove markers.

Section 2: Foot

Note: If you made a contrasting-color toe, switch back 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.

Section 3: 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(50, 54) sts – 22 sts increased {48(52, 56) sts – 24 sts



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increased; 50(54, 58) sts – 26 sts increased}.

Note: If you are knitting two socks at a time, make sure you are at the BOR on both socks and not in between two socks before starting Section 4. Work Sections 4 and 5 on the first sock before doing the same on the second sock.

Section 4: 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(36, 38) {35(37, 39); 36(38, 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(13, 15) {12(14, 16); 13(15, 17)} sts rem on left-hand needle (WS facing).

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

Section 5: 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. [Watch a video of the faux heel flap here.](#)

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.



Option #2: 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 sts decreased.

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 Sections 4 and 5 on the second sock.

Section 6: 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 the heel stitches). K to end of rnd [24(28, 32) heel sts remain; 48(56, 64) sts total].

Section 7: Ankle

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

Finishing

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.



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Option 2: Picot Hemmed Cuff (for adventurous or advanced knitters)

Rounds 1-10: K.

Round 11: *YO, k2tog, rep from * to end of round.

Rounds 12-21: K.

Create the hemmed picot bind-off edge: ([click for video demo](#))

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, you’ll have to leave 1 st on the right-hand needle or put it on a stitch marker and bind off the second sock before you can finish binding off 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.

Tutorials for all these bind-offs and 43 others can be found in [I Love Bind-Offs](#), my 5-star-rated video reference guide.

Both Bind-Off Options:

Using tapestry needle, weave in all ends securely. Block using [sock blockers](#) (optional) and enjoy.

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