



LEFTOVER SNEAKER

by Anja Heumann



Sizes

One size with adjustable foot length.
Recommended ease: approx. 1" / 2.5 cm of negative ease.

Finished Measurements

Ankle circumference: 7.5" / 19 cm.

Foot length: Adjustable.

Materials

YARN

CC: Around 20 g of Cumbria Fingering by The Fibre Co. (60% merino wool, 30% masham wool, 10% mohair, 328 yds / 300 m – 100 g), colourway Catbells

MC: 40 g of Sock by Hedgehog Fibres (90% merino wool, 10% manufactured fibers - nylon / polyamide, 437 yds / 400 m - 100g)

or any other light sock or fingering weight yarns from your stash

NEEDLES

US 1.5 / 2.5 mm DPNs.

NOTIONS

stitch markers, tapestry needle.

Gauge

36 sts x 44 rows to 4" / 10 cm on US 1.5 / 2.5 mm needles in stockinette stitch.

Stitch Patterns

1 X 1 RIB (EVEN NUMBER OF STS)

Rnd 1: *K1, p1*, rep *--* around.

Rep rnd 1.

STOCKINETTE STITCH

Rnd 1: K all sts.

Rep rnd 1.

Directions

The leftover sneaker are the perfect summer project: easy, quick and the the best thing - a way to reduce some leftovers from your stash. They are knitted in the round from the cuff to the toe with DPNs using two colours of your choice. It's only simple stockinette stitch which should showcase your chosen yarns at it's best.

CUFF AND LEG

Using long-tail cast-on, CO 64 sts in CC and join to work in the rnd. Be careful not to twist the beginnings. Divide the sts evenly over the four needles: 16 sts on each needle. Place a removable m to mark the BOR.

Work 1 x 1 rib over 5 rnds. Cut CC and switch to MC. K 6 rnds in stockinette stitch and cut off the yarn.

HEEL FLAP

The heel sts are going to be worked over the first 32 sts in rows in CC. Put the rem sts on hold.

You can choose between two heel flap options:

Option 1: A loose one in stockinette stitch

Option 2: A more tight one with slip stitches

Option 1:

Row 1 (RS): K all sts.

Row 2 (WS): K1, p30, k1.

Option 2:

Row 1 (RS): K1, *sl1, k1* rep *-* to the last st, k1.

Row 2 (WS): K1, p30, k1.

Work row 1 and 2 16 times – 32 rows in total – ending with a WS row. You have now 16 garter stitch bumps on every side of the heel.

TURNING HEEL

Cont working on the 32 heel flap sts as follows:

Row 1 (RS): Sl1, k18, ssk, k1, turn.

Row 2 (WS): Sl1, p7, p2tog, p1, turn.

Row 3: Sl1, k to the st bef the gap, ssk, k1, turn.

Row 4: Sl1, p to the st bef the gap, p2tog, p1, turn.

Rep the last two rows until all sts are worked, ending with a WS row. 20 sts rem on the needle. K10 sts to the centre of the heel and cut off CC.

FOOT

Start working in the rnd again with MC by picking up the garter stitch bumps that were created on the heel flap.

Rnd 1: K the 10 remaining sts of the heel, pick up and k16 garter st bumps plus an extra st between the heel flap and the foot, k all sts on next two needles, pick up and k an extra st between foot and heel flap plus 16 garter st bumps, k10. The rnd will now start from the centre of the heel. Mark the new BOR by pl a m.

Rnd 2: K to the 2 last sts of N1, k2tog, k all sts of N2 and N3, ssk, k all rem sts of the rnd.

Rnd 3: K all sts.

Rep rnds 2 and 3 until 64 sts rem.

Cont knitting in stockinette stitch until the foot measures 2" / 5 cm less than desired length.

TOE

Knit all sts of N1 one last time before switching to CC. The new BOR is now on the left side. Cut off MC.

Rnd 1: N1 & N3: K1, ssk, k all sts.

N2 & N4: K to the last 3 sts, k2tog, k1.

Rnd 2: K all sts.

Rep these 2 rnds until 24 sts rem.

FINISHING

Divide the rem sts evenly (12 sts) on two needles.

Use kitchener stitch for grafting the sts together.

Weave in all ends. Soak and block to measurement, e.g. by using a sock blocker.

Abbreviations

BOR	Beginning of the round
CC	Contrasting colour
CO	Cast on
Con	Continue
DPNs	Double-pointed needles
K	Knit
K2tog	Knit 2 together
M(s)	Marker(s)
MC	Main colour
N	Needle
P	Purl
P2tog	Purl 2 together
Rem	Remain(ing)
Rep	Repeat
RS	Right side of fabric
Sl	Slip
Ssk	Slip, slip, knit
St(s)	Stitch(es)
WS	Wrong side of fabric

Use **#leftoversneaker** to share your project on Instagram.

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