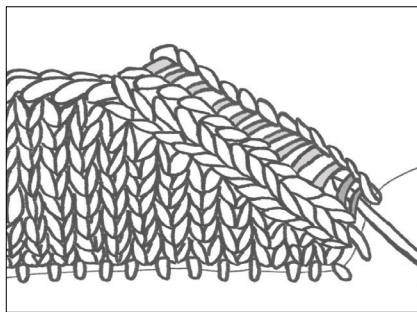# How to Pick up Stitches for the Cocoknits Method
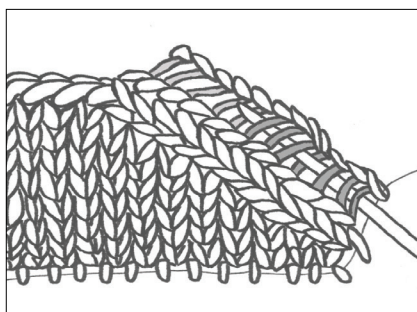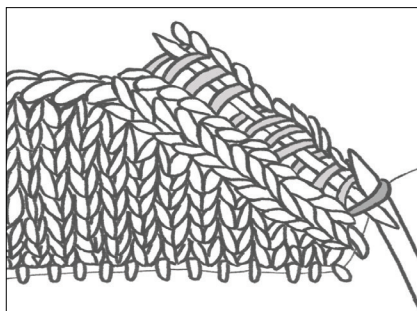
SET-UP
Locate ladder stitches, spread apart 1st and 2nd stitch.

STEP 1
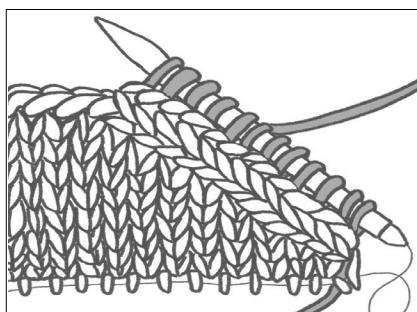Run needle right to left (or bottom to top) under 3 ladder stitches then over the 4th.

STEP 2
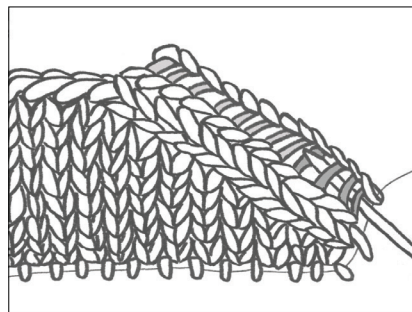Continue working this way. Note that every 4th ladder stitch will still need to be counted and knit.

STEP 3
Count ladder stitches, including the "4th ladder stitches" which are behind the needle. This illustration shows a total of 12 ladder stitches.

STEP 4
Slide double-pointed needle so you can knit right to left (or bottom to top).

STEP 5
Treat the ladder stitches as though they are regular stitches and knit each one through the back loop.
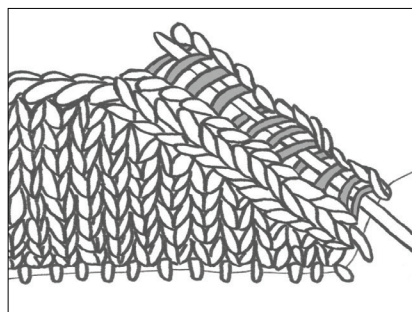
COMPLETED P/U & FIRST ROW KNIT
Note that you ran your needle over every 4th stitch, so you will need to pick up and knit through the back loop every 4th stitch as you come to it.
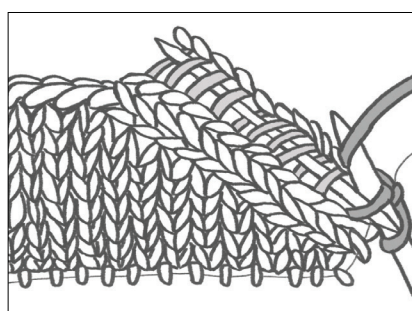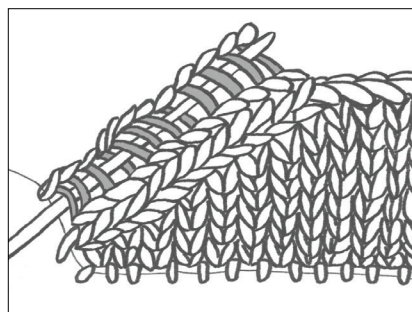
REPEAT FOR LEFT SHOULDER
This time, pick up ladders from left to right (bottom to top) and then knit the ladders from right to left (top to bottom).