



KNIT  
SKILL LEVEL  
INTERMEDIATE



Designed by Stacey Gerbman

## What you will need:

**RED HEART® Soft Essentials™:**  
4 (4, 4, 5, 5) balls 7420  
Charcoal **A** and 3 (3, 4, 4, 4)  
balls 7520 Teal **B**

**Susan Bates® Circular Knitting  
Needles:** 6mm [US 10] 16"  
(40.5 cm) and two 24"  
(61 cm)

Stitch holders, stitch marker,  
yarn needle

**GAUGE:** 14 sts = 4" [10 cm];  
19 rows = 4" [10 cm] in St st.  
**CHECK YOUR GAUGE. Use  
any size needles to obtain the  
gauge given.**



**RED HEART® Soft  
Essentials™, Art.  
E856** available in  
5 oz (140 g), 131 yd (120 m)  
balls

SHOP KIT

# Contrast Pullover

Make a statement with this color block pullover. Soft Essentials yarn works up quickly; and it will keep you nice and warm as you go throughout your day.

**Directions are for size X-Small.  
Changes for sizes Small, Medium, Large,  
and X-Large are in parentheses.**

**Sizes:** XS (S, M, L, XL)

**Finished Bust/Chest Measurement:**  
42 (44, 47, 52, 54)" [106.5 (112, 119, 132,  
137) cm]

**Note:** Sweater is intended to fit loosely.  
For a loose fit, add 4-8" (10-20 cm) of  
positive ease to your bust measurement.  
For a more form-fitting garment,  
choose a size closer to your actual bust  
measurement.

## NOTES

This sweater is made in four pieces from  
the bottom up. The sleeves are knit at  
the same time with the body, and short  
rows shape the shoulder slope at the  
same time the crew neck is shaped. The  
sleeve seam is joined together with a  
3 needle bind off, exposing the seam  
to the outside. Stitches are picked up  
to form the cuff at the bottom of the  
sleeve. Then front and back seams are  
sewn together on the wrong side. The  
side seams begin above the ribbing to  
form a vent. The side and sleeve seams  
are then sewn, and finally stitches are  
picked up to complete the neckline.

## SPECIAL TECHNIQUES

**Backwards Loop Cast on Method:** At  
the end of either a right side or wrong  
side row, wrap the yarn counter-  
clockwise around your thumb or  
forefinger from back to front. Insert the  
right needle under the loop around your  
finger. Slide your finger out the loop  
and tighten the loop around the needle.

**Three-Needle Bind Off:** Place the live  
sts for both sides of the shoulder onto  
a needle. You will have an equal number  
of sts on both needles. Hold needles  
parallel with wrong sides together in  
your left hand. Take a third needle in  
your right hand and \* insert it knitwise

into the first stitch on the needle closest  
to you and at the same time knitwise  
into the first stitch on the back needle.  
Wrap as for a knit stitch and draw the  
working yarn through both stitches to  
make one stitch, which is now on the  
right hand needle.\* Repeat from \* to \*  
so that there are now two stitches on  
the right hand needle. Using the tip of  
one of the needles in your left hand, lift  
the first stitch worked over the second  
stitch worked to bind off.

## Sloped Bind Off

**Step 1:** Work the first bind off rows at  
the garment edges as usual.

**Step 2:** One row before the next bind  
off row, work to the last stitch of the  
row, turn.

**Step 3:** Slip the first stitch from the left  
needle purlwise, pass the unworked stitch  
of the previous row over the slipped  
stitch (the first stitch is bound off).  
Bind off remaining stitches as usual.

## Short Rows Yarn Over Method

**Turn & yo:** On either a right side or  
wrong side row, work to specified point,  
then turn work.

If next st on the left needle is a purl,  
bring yarn to back between left and  
right needles, then bring yarn forward  
over right needle (making a yo). Prepare  
to purl the next st; the yo will rest next  
to the turning point.

If the next st on the left needle is a knit,  
bring yarn to front between left and  
right needles, then bring yarn to back  
over right needle (making a yo). Prepare  
to knit the next st; the yo will rest next  
to the turning point.

continued...



2015 - 2017  
**WOMEN'S CHOICE AWARD**  
AMERICA'S MOST RECOMMENDED  
YARN BRAND



Do not twist or cross the yo on the needle, as that will make it more difficult to hide on subsequent rows.

**To hide yo in subsequent rows:** On either a right side or wrong side row, work to the yo.

If st following yo is a knit, insert right needle into first unworked st on left needle (after yo) and into yo; knit these two sts together.

If st following yo is a purl, ssp (slip, slip, purl) the yo together with the next st on the left needle.

## SPECIAL ABBREVIATIONS

**M1 (Make 1 Inc)** = Insert left needle from front to back under strand between sts and knit strand through the back loop, twisting it to prevent a hole - 1 st inc.

## RIGHT FRONT

With **A** and longer circular needle, cast on 38 (42, 46, 50, 54) sts

**Row 1 (wrong side):** \*P2, k2; repeat from \* to last 2 sts, p2.

**Row 2 (right side):** \*K2, p2; repeat from \* to last 2 sts, k2.

Repeat Rows 1-2 until work measures 2" (5 cm), ending on a right side row.

## Body

**Row 1 (wrong side):** Knit across, evenly decreasing 6 (8, 10, 10, 12) sts - 32 (34, 36, 40, 42) sts.

**Row 2 (right side):** Purl across.

**Row 3:** Knit across.

Continue in Reverse St st until piece measures 12 (12, 13, 14, 15)" [30.5 (30.5, 33, 35.5, 38) cm] from cast on edge, ending with a right side row.

## Armhole Shaping

**Row 1 (wrong side):** K2, m1, knit across - 33 (35, 37, 41, 43) sts.

**Row 2:** Purl across.

**Row 3:** Knit across.

**Row 4:** Purl across.

Work Rows 1-4 two more times, then Rows 1-3 once more - 36 (38, 40, 44, 46) sts.

## Sleeve Shaping

**Row 1 (right side):** Purl across to end of row; using Backwards Loop Cast On method, cast on 12 sts - 48 (50, 52, 56, 58) sts.

**Row 2:** Knit across.

Repeat Rows 1-2 three more times - 84 (86, 88, 92, 94) sts.

Work even in Reverse St st for 5 (5½, 5¾, 6¼, 6½)" [12.5 (14, 14.5, 16, 16.5) cm] from last row of sleeve cast on sts, ending on a wrong side row.

## Shoulder/Neck Shaping

**Note:** Review Yarn Over Short Row Method and Sloped Bind Off Method before proceeding.

**Short Row 1 (right side):** Bind off 7 sts, purl to last 14 (14, 14, 15, 13) sts, turn & yo.

**Row 2 (wrong side):** Knit across.

**Short Row 3:** Bind off 2 sts, purl to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 4:** Knit across.

**Short Row 5:** Bind off 2 sts, purl to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 6:** Knit across.

**Short Row 7:** Bind off 2 sts, purl to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Short Row 8:** Knit across.

## SIZES XS (S, M, L):

**Short Row 9:** Bind off 1 (1, 2, 2) sts, purl across all sts, hiding yos according to Short Row Yarn Over Method.

**Row 10:** Knit across. Place shoulder and sleeve sts on st holder - 70 (72, 73, 77) sts.

## SIZE XL Only:

**Short Row 9:** Bind off 2 sts, purl across to 13 sts before last yo, turn & yo.

**Short Row 10:** Knit across.

**Short Row 11:** Bind off 1 st, purl across all sts, hiding yos according to Short Row Yarn Over Method.

**Row 12:** Knit across. Place shoulder and sleeve sts on a st holder - 78 sts.

## RIGHT BACK

With **A** and longer circular needle, cast on 38 (42, 46, 50, 54) sts.

**Row 1 (wrong side):** \*P2, k2; repeat from \* to last 2 sts, p2.

**Row 2 (right side):** \*K2, p2; repeat from \* to last 2 sts, k2.

Repeat Rows 1-2 until work measures 4" (10 cm), ending on a right side row.

## Body

**Row 1 (wrong side):** Knit across, evenly decreasing a total of 6 (8, 10, 10, 12) sts evenly - 32 (34, 36, 40, 42) sts.

**Row 2 (right side):** Purl across.

**Row 3:** Knit across.

Continue in Reverse St st until piece measures 14 (14, 15, 16, 17)" [35.5 (35.5, 38, 40.5, 43) cm] from cast on edge, ending with a right side row.

## Armhole Shaping:

**Row 1 (wrong side):** Knit to last 2 sts, m1, knit across - 33 (35, 37, 41, 43) sts.

**Row 2:** Purl across.

**Row 3:** Knit across.

**Row 4:** Purl across.

Repeat Rows 1-4 three more times - 36 (38, 40, 44, 46) sts.

## Sleeve Shaping:

**Row 1:** Knit across to end; using Backwards Loop Cast On method, cast on 12 sts - 48 (50, 52, 56, 58) sts.

**Row 2:** Purl across.

Repeat Rows 1-2 three more times - 84 (86, 88, 92, 94) sts.

Work even in Reverse St st for 5 (5½, 5¾, 6¼, 6½)" [12.5 (14, 14.5, 16, 16.5) cm] from last row of sleeve cast on sts, ending on a right side row.

## Shoulder/Neck Shaping:

**Note:** Review Yarn Over Short Row Method and Sloped Bind Off Method before proceeding.

**Short Row 1 (wrong side):** Knit to last 14 (14, 14, 15, 13) sts, turn & yo.

**Row 2 (right side):** Purl across.

**Short Row 3:** Knit to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 4:** Purl across.

**Short Row 5:** Bind off 11 sts, knit to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 6:** Purl across.

**Short Row 7:** Bind off 2 sts, knit to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Short Row 8:** Purl across.

## SIZES XS (S, M, L):

**Short Row 9:** Bind off 1 (1, 2, 2) sts, knit across all sts, hiding yos according to Short Row Yarn Over Method.

**Row 10:** Purl across. Place shoulder and sleeve sts on st holder - 70 (72, 73, 77) sts.

## SIZE XL Only:

**Short Row 9:** Bind off 2 sts, knit across to 13 sts before last yo, turn & yo.

**Short Row 10:** Purl across.

**Short Row 11:** Bind off 1 st, knit across all sts, hiding yos according to Short Row Yarn Over Method.

continued...



**Row 12:** Purl across. Place shoulder and sleeve sts on st holder – 78 sts.

## LEFT FRONT

With **A** and longer circular needle, cast on 38 (42, 46, 50, 54) sts

**Row 1 (wrong side):** \*P2, k2; repeat from \* to last 2 sts, p2.

**Row 2 (right side):** \*K2, p2; repeat from \* to last 2 sts, k2.

Repeat Rows 1-2 until work measures 2" (5 cm), ending on a right side row.

## Body

**Row 1 (wrong side):** Knit across, evenly decreasing 6 (8, 10, 10, 12) sts – 32 (34, 36, 40, 42) sts.

**Row 2 (right side):** Purl across.

**Row 3:** Knit across.

Continue in Reverse St st until piece measure 6" (15.25 cm) from cast on edge, ending with a wrong side row. Change to **B**.

**Row 1 (right side):** Knit across.

**Row 2:** Purl across.

Continue in St st until piece measures 12 (12, 13, 14, 15)" [30.5 (30.5, 33, 35.5, 38) cm] from cast on edge, ending with a wrong side row.

## Armhole Shaping

**Row 1 (right side):** K2, m1, knit across – 33 (35, 37, 41, 43) sts.

**Row 2:** Purl across.

**Row 3:** Knit across.

**Row 4:** Purl across.

Work Rows 1-4 two more times, then Rows 1-3 once more – 36 (38, 40, 44, 46) sts.

## Sleeve Shaping

**Row 1 (wrong side):** Purl across to end of row; using Backwards Loop Cast On method, cast on 12 sts – 48 (50, 52, 56, 58) sts.

**Row 2:** Knit across.

Repeat Rows 1-2 three more times – 84 (86, 88, 92, 94) sts.

Work even in St st for 5 (5½, 5¾, 6¼, 6½)" [12.5 (14, 14.5, 16, 16.5) cm] from last row of sleeve cast on sts, ending on a right side row.

## Shoulder/Neck Shaping

**Note:** Review Yarn Over Short Row Method and Sloped Bind Off Method before proceeding.

**Short Row 1 (wrong side):** Bind off 7 sts, purl to last 14 (14, 14, 15, 13) sts, turn & yo.

**Row 2 (right side):** Knit across.

**Short Row 3:** Bind off 2 sts, purl to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 4:** Knit across.

**Short Row 5:** Bind off 2 sts, purl to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 6:** Knit across.

**Short Row 7:** Bind off 2 sts, purl to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Short Row 8:** Knit across.

## SIZES XS (S, M, L):

**Short Row 9:** Bind off 1 (1, 2, 2) sts, purl across all sts, hiding yo according to Short Row Yarn Over Method.

**Row 10:** Knit across. Place shoulder and sleeve sts on st holder – 70 (72, 73, 77) sts.

## SIZE XL Only:

**Short Row 9:** Bind off 2 sts, purl across to 13 sts before last yo, turn & yo.

**Short Row 10:** Knit across

**Short Row 11:** Bind off 1 st, purl across all sts, hiding yo according to Short Row Yarn Over Method.

**Row 12:** Knit across. Place shoulder and sleeve sts on st holder – 78 sts.

## LEFT BACK

With **A** and longer circular needle, cast on 38 (42, 46, 50, 54) sts.

**Row 1 (wrong side):** \*P2, k2; repeat from \* to last 2 sts, p2.

**Row 2 (right side):** \*K2, p2; repeat from \* to last 2 sts, k2.

Repeat Rows 1-2 until work measures 4" (10 cm), ending on a right side row.

## Body

**Row 1 (wrong side):** Knit across, evenly decreasing a total of 6 (8, 10, 10, 12) sts evenly – 32 (34, 36, 40, 42) sts.

**Row 2 (right side):** Purl across.

**Row 3:** Knit across.

Continue in Reverse St st until piece measure 6" (15.25 cm) from cast on edge, ending with a wrong side row. Change to **B**.

**Row 1 (right side):** Knit across.

**Row 2:** Purl across.

Continue in St st until piece measures 14 (14, 15, 16, 17)" [35.5 (35.5, 38, 40.5, 43) cm] from cast on edge, ending with a wrong side row.

## Armhole Shaping

**Row 1 (right side):** Knit to last 2 sts, m1, knit across – 33 (35, 37, 41, 43) sts.

**Row 2:** Purl across.

**Row 3:** Knit across.

**Row 4:** Purl across.

Repeat Rows 1-4 three more times – 36 (38, 40, 44, 46) sts.

## Sleeve Shaping

**Row 1 (right side):** Knit across to end; using Backwards Loop Cast On method, cast on 12 sts – 48 (50, 52, 56, 58) sts.

**Row 2:** Purl across.

Repeat Rows 1-2 three more times – 84 (86, 88, 92, 94) sts.

Work even in St st for 5 (5½, 5¾, 6¼, 6½)" [12.5 (14, 14.5, 16, 16.5) cm] from last row of sleeve cast on sts, ending on a wrong side row.

## Shoulder/Neck Shaping

**Note:** Review Yarn Over Short Row Method and Sloped Bind Off Method before proceeding.

**Short Row 1 (right side):** Knit to last 14 (14, 14, 15, 13) sts, turn & yo.

**Row 2 (wrong side):** Purl across.

**Short Row 3:** Knit to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 4:** Purl across.

**Short Row 5:** Bind off 11 sts, knit to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Row 6:** Purl across.

**Short Row 7:** Bind off 2 sts, knit to 14 (14, 14, 15, 13) sts before last yo, turn & yo.

**Short Row 8:** Purl across.

## SIZES XS (S, M, L):

**Short Row 9:** Bind off 1 (1, 2, 2) sts, knit across all sts, hiding yo according to Short Row Yarn Over Method.

**Row 10:** Purl across. Place shoulder and sleeve sts on st holder – 70 (72, 73, 77) sts.

## SIZE XL Only:

**Short Row 9:** Bind off 2 sts, knit across to 13 sts before last yo, turn & yo.

**Short Row 10:** Purl across.

**Short Row 11:** Bind off 1 st, knit across all sts, hiding yo according to Short Row Yarn Over Method.

continued...



**Row 12:** Purl across. Place shoulder and sleeve sts on st holder – 78 sts.

## FINISHING

### Shoulders and Sleeves

Slip 70 (72, 73, 77, 78) sts off Left Front holder onto a needle and slip 70 (72, 73, 77, 78) sts off Left Back holder onto a different needle. Hold pieces parallel with wrong sides facing. Using **B** and three needle bind off, bind off shoulder and sleeve sts.

With **A**, repeat for Right Front and Right Back shoulder sts.

### Body

With **A**, sew center front and center back seams.

### Sleeve Cuffs

#### Left Cuff:

With **B** and right side facing, pick up 42 (42, 46, 50, 54) sts.

**Row 2 (wrong side):** \*P2, k2; repeat from \* to last 2 sts, p2.

**Row 3 (right side):** \*K2, p2; repeat from \* to last 2 sts, k2.

Repeat Rows 2-3 until ribbing measures 2" (5 cm).

Bind off.

#### Right Cuff:

With **A** and right side facing, pick up 42 (42, 46, 50, 54) sts.

**Row 2 (wrong side):** \*P2, k2; repeat from \* to last 2 sts, p2.

**Row 3 (right side):** \*K2, p2; repeat from \* to last 2 sts, k2.

Repeat Rows 2-3 until ribbing measures 2" (5 cm).

Bind off.

Sew sleeve/side seams, starting at cuff and stopping 1" (2.5 cm) from Front bottom edge for vent.

### Neck

With **A** and shorter circular needle, pick up 64 (64, 68, 68, 72) sts beginning at shoulder; place marker to mark beginning of round.

**Round 1:** \*K2, p2; repeat from \* around. Repeat Round 1 until ribbing measures 1" (2.5 cm).

Bind off in pattern.

Weave in all loose ends.

## Abbreviations

**A, B**, = Color A, B; **dec** = decrease; **inc** = increase; **k** = knit; **mm** = millimeters, **p** = purl; **st(s)** = stitch(es); **St st** = Stockinette stitch; **yo** = yarn over; **\* or \*\*** = repeat whatever follows the \* or \*\* as indicated.

*See next page for schematic*



