

Shadow Wrap Heel

Knit to the last stitch of you heel

TKS (twin knit stitch) that stitch, slip the twins back onto the left needle and turn your work

Purl across to the last stitch of your heel (on the purl side)

TPS (twin purl stitch) that stitch, slip the twins back onto the left needle and turn your work

**Knit to one stitch before the twin stitch. TKS, turn
Purl to one stitch before the twin stitch. TPS, turn **

Repeat between ** until you have twinned all the stitches except those that are your center heel.

Knit across the center stitches until you come to the first twin stitch.

Knit the twins together

TrSK (triplet knit stitch) the next and turn your work

Purl across until you come for the first twin purl stitch

Purl the twins together

TrPS (triplet purl stitch) the next and turn work

*** Knit until you come to the Triplet. Knit all the siblings together.
TrKS the next set of twins and turn your work

Purl until you come to the Triplet. Purl all the siblings together.
TrPS the next set of twins and turn your work.***

Repeat from ** until you've completed all the heel stitches.

After the last triplet stitch on the purl side has been worked. Leave that stitch on the right needle and turn your work. Your heel has now been completed and you're ready to resume working in the round.

TKS: Lift the stitch (the mother) from the row below. Place that stitch onto the left needle and knit into it. Move that new stitch back onto the left needle with its Twin. Turn your work.

TKP: slip the purl stitch to the right needle. Lift the stitch (the mother) from the row below and purl it. Move the twins to the left needle. Turn your work.

TrSK: same as the TKS, but adding another “sibling”

TrPK: same as TPS, but adding another “sibling”