

Darts to Decrease and Darts to Increase with transferred stitches

Decreasing

Cast on 52 stitches

Knit 20 Rows

Mark stitches on needle 12 each side of centre 0 (*These will be the centre of the dart*)

Put both neighbouring stitches of each centre stitch to their centre needle.

Move all three stitches, now collected on needle 12, together towards the middle.

Then transfer all the other stitches left and right also toward the middle so that there is no gap.

Knit 8 rows

Do the same decrease again making sure the dart centres are exactly above each other.

Knit 8 rows and repeat for a total of 5 decreases.

There will be 32 stitches

Knit 20 Rows

Increasing

Move 8 outside stitches on both sides two needles over and the next 3 stitches one needle over

There will be 3 stitches at the centre of the dart with one empty needle each side.

Take the horizontal bar from below the 2 needles beside the exact centre dart needle and put those bars onto the empty needles.

Knit 8 rows and repeat for a total of 5 times

Check that the 3 dart needles are centred properly above the dart centre

Finish by knitting 20 rows straight

Cast Off