

X HOURGLASS

Waist Shaping Worksheet

If you are decreasing the number of stitches at the waist and increasing back out for a more hourglass-like shape use the following equations. Using this method you can shape the sweater down to your exact dimension. However, that would be very obvious and likely would end up being less flattering when worn. My recommendation is to only decrease out about 2 inches worth of stitches. This will create a nice effortless shape, if you have an hourglass shape it will accentuate it and if you don't have an hourglass shape this will suggest to the world that you do.

STEP 1 DECREASING

1. Desired amount of shaping (I recommend 2") = _____ Inches to be decreased
2. _____ Stitch gauge x _____ Inches to be decreased (see answer to equation #1) = _____ Stitches to be decreased
3. _____ Waist shaping 1 x _____ Row gauge = _____ Rows between bust and natural waist
4. _____ Rows between bust and natural waist (see answer to equation # 3) ÷ (stitches to be decreased _____ ÷ 4) = _____ How often to decrease stitches for the waist
5. When you begin knitting the body (after the sleeves have been taken out) place one stitch marker on each side of the sweater where the sleeves were taken out, marking each half of the sweater. Work in your desired stitch pattern and decrease one stitch **before** and **after** each stitch markers every _____ (answer to equation #4) rows. Continue in this manner until you have decreased out your desired number of stitches for the waistline.

STEP 2 INCREASING

After completing STEP 1 you have reached the narrowest point of the body and will begin increasing stitches to build the fabric back out to the desired size for the base of the body of the sweater.

6. _____ Number of stitches at waistline after completing step 5

7. _____ Measurement at hips/desired length of sweater x _____ Stitch gauge = _____
Desired final number of stitches

8. _____ Desired final number of stitches - _____ Number of stitches at waistline (see answer to equation #6) = _____ Number of stitches to increase

9. _____ Waist shaping 2 x _____ Row gauge = _____ Rows between waist and hem

10. _____ Rows between waist and hem (see answer to equation #9) - Desired length of hem/ribbing at bottom of sweater = _____ Rows available for increases

11. _____ Rows available for increases (see answer to equation # 10) ÷ (stitches to be increased ÷ 4) = _____ How often to increase

Continue knitting the body, work in your desired stitch pattern and increase one stitch before and after each stitch marker every _____ (answer to equation #11) rows. Continue in this manner until you have reached your desired number of stitches, then work your desired hem/cuff.