

Flash Arm Knit Cowl

By Premier Yarns Design Team

Level: Beginner



FINISHED MEASUREMENTS

Length: 44"

Width: 6"

MATERIALS

Premier® Yarns Starbella® Flash (86% acrylic, 14% metallic; 100gm/33 yds)

- # 16-15 Gilded – 1 ball
OR
- #16-09 Tanzanite – 1 ball
OR
- #16-06 Ruby – 1 ball

Notions: Sewing needle and thread

GAUGE

Work evenly and consistently throughout



STITCH GUIDE

Arm Knitting

To cast on: Make large slip knot about 18" from end of yarn, place slip knot on right arm. * With left hand twist a loop into tail, with right hand reach through loop and grab opposite end of yarn, pull yarn through loop and place on right arm to form a stitch; rep from * to cast on.



To knit from right arm to left: * Pick up working yarn in your right hand, slide next st on right arm over hand and off arm, place new stitch from right hand onto left arm; rep from * across row.



To knit from left arm to right: * Pick up working yarn in your left hand, slide next st on left arm over hand and off arm, place new stitch from left hand onto right arm; rep from * across row.



To bind off (in either direction): Knit 2 sts, slide 1st st over 2nd st and off arm, * knit 1 st, slide 1st st over new st and off arm; rep from * until 1 st remains, cut yarn and pull through last loop.

Visit Premieryarns.com for a video tutorial on Arm Knitting.

COWL

Divide ball into 2 balls of equal length, or work with 1 strand from the inside of the ball & 1 strand from the outside of the ball.

Using your arms as knitting needles, and with 2 strands held together, cast on 4 sts.

Work in Arm Knitting until 1 yd remains or until 44".

Bind off.

FINISHING

Use end to sew cast-on edge to bind-off edge. With sewing needle and thread sew ends into cowl & trim close.