

# filcolana

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## Two Steps

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**Two Steps is a sweater knitted in garter stitch with an intarsia pattern that creates stairs in different colours – stairs that move alongside each other but vary in colour and height.**

**Noack and Løfberg are a creative partnership, and much like the stairs in the sweater, each of them has their own creative process and expression, enriching one another and creating a dynamic that is both inspiring and beautiful.**





## Sizes & Measurements

XS (S) M (L) XL (2XL) 3XL

### Fits chest circumference

82 (90) 98 (106) 116 (126) 136 cm

### Circumference (A)

100 (110) 116 (122) 132 (144) 150 cm

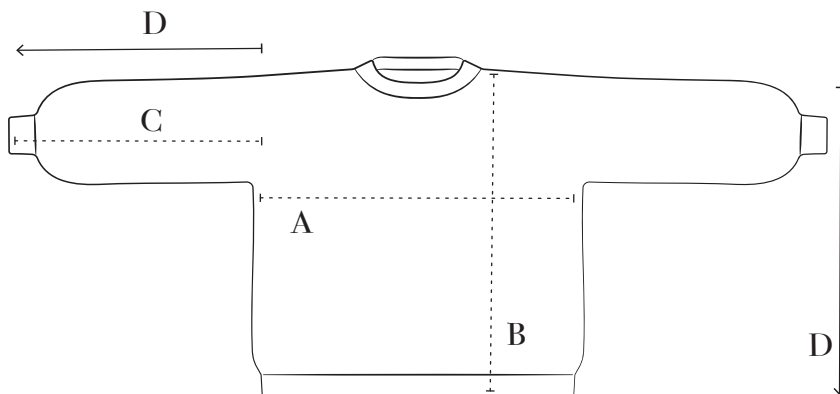
### Length (B)

53 (53) 55 (59) 64 (64) 70 cm

### Sleeve length (C)

40 (40) 40 (41) 41 (42) 43 cm

### Knitting direction (D)



## Materials

### YARN FROM FILCOLANA

#### Colour A

##### Peruvian colour 283 (Calypso)

300 (300) 300 (350) 350 (350) 400 g  
and

##### Tilia colour 365 (Calendula)

75 (75) 75 (100) 100 (100) 100 gr

#### Colour B

##### Peruvian colour 279 (Juicy Green)

150 (150) 200 (200) 200 (200) 200 g  
and

##### Tilia colour 279 (Juicy Green)

50 (50) 50 (50) 50 (50) 50 gr

#### Colour C

##### Peruvian colour 313 (Bubblegum)

150 (150) 150 (150) 150 (200) 200 g  
and

##### Tilia colour 313 (Bubblegum)

50 (50) 50 (50) 50 (50) 50 gr

Each colour is worked with 1 strand of Tilia and 1 strand of Peruvian held together.

## Materials

### NEEDLES

Circular needle 4 mm, 40, 60 and 80 cm

Circular needle 4.5 mm, 60-100 cm

Double pointed needles 4 and 4.5 mm

(DPN's and shorter circular needle can be omitted if working magic loop on larger circular needle)

### EXTRAS

2 Stitch markers

2 Stitch holders

## Gauge

16 sts and 34 rows worked in garter sts using 1 strand of each yarn held together on 4.5 mm needle = 10 x 10 cm.

The gauge is measured after washing.

The needle size is only a guide.

If you have more stitches per 10 cm, change to bigger needles, if you have fewer stitches per 10 cm, change to smaller needles. If you meet the width but not the height, it can help to change the needle type, for example, to go from metal to wood, or vice versa.

# Technique

## ABBREVIATIONS

**st(s):** stitch(es)

**k:** knit

**p:** purl

**tog:** together

**SM:** Stitch marker

**RS:** right side

**WS:** wrong side

**sl1:** slip 1 st knit wise or purl wise as advised in pattern

### M1R (right-leaning increase)

With the left needle, lift the strand between two stitches from back to front and knit it.

### M1L (left-leaning increase)

With the left needle, lift the strand between the two stitches from front to back and knit it through the back loop.

## SPECIAL TECHNIQUES

### Backward loop cast on

Make a loop of yarn as follows: place the long tail (with the skein of yarn at the other end), over the thread that is on the needle. Knit through this loop with the right needle from the front and pull tightly so that the ring becomes a stitch.

Repeat this for the desired number of stitches.



### Intarsia

#### Join a new colour to right side of work:

**RS:** Place the strand of the new colour on the right side of the work, while the yarn balls are kept on the wrong side of the work.

Lay the strand of the “old” colour over the strand of the “new” colour, tighten the new colour, and continue knitting with only the new colour.

#### Join a new colour to wrong side of work:

**WS:** Slip the strand of the “old” colour to the wrong side of the work (towards you).

Take the “new colour,” which is hanging loose from the previous row, and lay the new colour over the old one. Bring the thread of the new colour to the right side, tighten it slightly, and continue knitting with this colour.

# Workflow

The Two Steps is knitted top-down, worked back and forth in garter stitch and the intarsia colour work technique.

First, the back is knitted, where additional stitches are cast on at each side during the first rows to create the slightly slanted shoulders.

Next, stitches are picked up along the shoulders, and each front piece is knitted separately unto they are joined at the bottom of the neckline and worked as one piece to the finished length.

Stitches are then picked up for the sleeves, which are knitted top-down with colour changes placed to align with the colour transitions on the back and front pieces.

The side seams and sleeve seams are sewn together using mattress stitches before knitting the ribbed edges.

The ribbed edges are finished and bound off with an Italian bind-off.

Finally, stitches are picked up along the neck opening, for the neckline, which is also knitted in rib and bound off with an Italian bind-off.



## Pattern

### BACK

Cast on 18 (20) 20 (22) 22 (24) 24 sts using longtail cast on method, on 4.5 mm circular needle and colour A, join colour B to and cast on another 18 (20) 20 (22) 22 (24) 24 sts in extension to the sts in colour A.

Now there are 36 (40) 40 (44) 44 (48) 48 sts on the needle.

Count 2 sts in from the outer edge at each side and place a marker in the cast on row = 32 (36) 36 (40) 40 (44) 44 sts between the stitch markers.

Work back and forth in garter st, work the colour change at the centre of each row as advised in Special Techniques, AT THE SAME TIME, cast on new sts at the end of each row as follows:

**1st row (WS):** K18 (20) 20 (22) 22 (24) 24 with colour B, k18 (20) 20 (22) 22 (24) 24 with colour A, in extension to the sts on the needle, cast on 12 (14) 14 (14) 14 (14) 14 new sts using the backward loop cast on technique.

**2nd row:** Using colour A, knit to the colour change at the centre of the row, change to colour B and knit to end of row, in extension to the sts on the needle cast on 12 (14) 14 (14) 14 (14) 14 new sts using the backward loop cast on technique.

**3rd row:** Using colour B, knit to the colour change at the centre of the row, change to colour A and knit to end of row, in extension to the sts on the needle, cast on 10 (10) 12 (13) 17 (19) 22 new sts using the backward loop cast on technique.

**4th row:** Using colour A, knit to the colour change at the centre of the row, change to colour B and knit to end of row, in extension to the sts on the needle, cast on 10 (10) 12 (13) 17 (19) 22 new sts using the backward loop cast on technique.

**5th row:** Using colour B, knit to the colour change at the centre of the row, change to colour A and knit to end of row.

Now there are 80 (88) 92 (98) 106 (114) 120 sts on the needle.

Work 14 (14) 14 (16) 16 (16) 18 rows back and forth in garter st, changing colour at the centre of each row as established. Last row is from WS.

Work "steps" as follows:

**1st row (RS):** Using colour A knit to 2 sts after the colour change on previous row, change to colour B and knit to end of row.

**2nd row:** Using colour B knit to the colour change of previous row, change to colour A and knit to end of row.

**3rd row:** Using colour A knit to the colour change of previous row, change to colour B and knit to end of row.

**4th row:** Work as on 2nd row.

Work these 4 rows 4 (4) 4 (4) 4 (5) 5 times more, until there are 5 (5) 5 (5) 5 (6) 6 "steps" in total.

Break colour B and work 4 (4) 4 (4) 6 (6) 6 rows in garter st, using colour A only. Last row is from WS.





Break colour A and join colour C to RS of the work.

**Next row (RS):** K34 (38) 40 (43) 47 (49) 52 with colour C, change to colour A and knit to end of row.

Knit 3 more rows, with this colour distribution. Last row is from WS.

Work ”steps” as follows:

**1st row (RS):** Using colour C knit to 2 sts after the colour change of the previous row, change to colour A and knit to end of row.

**2nd row:** Using colour A, knit to the colour change of the previous row, change to colour C and knit to end of row.

**3rd row:** Using colour C, knit to the colour change of the previous row, change to colour A and knit to end of row.

**4th row:** Work as on 2nd row.

Work these 4 rows 7 (8) 8 (8) 8 (9) 9 times more, until there are 8 (9) 9 (9) 9 (10) 10 ”steps” in total. Last row is from WS

Break colour A and C.

Join colour A to RS of work and knit 8 (10) 10 (10) 12 (12) 14 rows with colour A only. Last row is from WS

Join colour B to work.

**Next row (RS):** K50 (56) 58 (60) 65 (69) 72 with colour B, change to colour A and knit to end of row.

Knit 3 more rows, with this colour distribution. Last row is from WS.

Work ”steps” as follows:

**1st row (RS):** Using colour B knit to 2 sts after the colour change of the previous row, change to colour A and knit to end of row.

**2nd row:** Using colour A, knit to the colour change of the previous row, change to colour B and knit to end of row.

**3rd row:** Using colour B, knit to the colour change of the previous row, change to colour A and knit to end of row.

**4th row:** Work as on 2nd row.

Work these 4 rows 11 (11) 11 (11) 12 (12) 12 times more, until there are 12 (12) 12 (12) 13 (13) 13 ”steps” in total. Last row is from WS

Break colour A and B.

Join colour A to RS of the work and knit 8 (8) 8 (10) 10 (12) 14 rows with colour A only. Last row is from WS

**Next row (RS):** Work \*k6, k2tog\*, repeat from \* to \*, to the last 0 (0) 4 (2) 2 (2) 0 sts, knit to end of row = 70 (77) 81 (86) 93 (100) 105 sts.

Knit 1 row.

Break the yarn and leave sts to rest on a stitch holder.



**Left side of front**

Hold the back piece in front of you, RS facing and the cast on row at the top.

Using 4.5 mm needle and colour A, pick up and knit sts along the left side of the cast on row. Begin at the left side marker and pick up and knit 24 (26) 28 (29) 33 (35) 38 sts along the left side of the cast on row.

Knit 3 rows. Last row is from WS.

Now work increases for neck opening as follows:

**1st row (RS):** K1, M1L, knit to end of row.

**2nd row:** Knit to end of row.

Work these 2 rows a total of 8 (8) 8 (9) 9 (9) 10 times = 32 (34) 36 (38) 42 (44) 48 sts. Last row is from WS.

Break the yarn and leave the sts to rest on a stitch holder.

**Right side of front**

Hold the back piece in front of you, RS facing and the cast on row at the top.

Using 4.5 mm needle and colour B, pick up and knit sts along the right side of the cast on row. Begin at the outer edge and pick up and knit 24 (26) 28 (29) 33 (35) 38 sts along the right side of the cast on row to the right-side marker.



Knit 3 rows. The last row is from WS.

Now work increases for neck opening as follows:

**1st row (RS):** Knit to the last st, M1R, k1.

**2nd row:** Knit to end of row.

Work these 2 rows a total of 8 (8) 8 (9) 9 (9) 10 times = 32 (34) 36 (38) 42 (44) 48 sts. Last row is from WS.

**FRONT**

Join right and left front as follows:

**Next row (RS):** Knit all sts on the right front, in extension to the sts on the needle cast on 8 (10) 10 (11) 11 (13) 12 new sts using the backward loop cast on technique, join colour A to the work and cast on another 8 (10) 10 (11) 11 (13) 12 sts, knit all sts on left front.

There are now 80 (88) 92 (98) 106 (114) 120 sts on the needle.

Knit 5 rows with colour change at the centre of the row as established. Last row is from WS

Work "steps" as follows:

**1st row (RS):** Using colour B knit to 2 sts after the colour change of the previous row, change to colour A and knit to end of row.

**2nd row:** Using colour A, knit to the colour change of the previous row, change to colour B and knit to end of row.

**3rd row:** Using colour B, knit to the colour change of the previous row, change to colour A and knit to end of row.

**4th row:** Work as on 2nd row.

Work these 4 rows 4 (4) 4 (4) 4 (5) 5 times more, until there are 5 (5) 5 (5) 5 (6) 6 "steps" in total.

Break colour B and work 4 (4) 4 (4) 6 (6) 6 rows in garter st, using colour A only. Last row is from WS.

**Next row (RS):** K32 (36) 38 (40) 44 (46) 48 with colour A, change to colour C and knit to end of row.

Knit 3 rows with this colour distribution. Last row is from WS

Work "steps" as follows:

**1st row (RS):** Using colour A knit to 2 sts after the colour change of the previous row, change to colour C and knit to end of row.



**2nd row:** Using colour C, knit to the colour change of the previous row, change to colour A and knit to end of row.

**3rd row:** Using colour A, knit to the colour change of the previous row, change to colour C and knit to end of row.

**4th row:** Work as on 2nd row.

Work these 4 rows 7 (8) 8 (8) 8 (9) 9 times more, until there are 8 (9) 9 (9) 9 (10) 10 “steps” in total. Last row is from WS.

Break colour C and knit 8 (10) 10 (10) 12 (12) 14 rows with colour A only. Last row is from WS

**Next row (RS):** K50 (54) 56 (57) 63 (67) 68 with colour A, change to colour B and knit to end of row.

Knit 3 rows with this colour distribution. Last row is from WS.

Work “steps” as follows:

**1st row (RS):** Using colour A knit to 2 sts after the colour change of the previous row, change to colour B and knit to end of row.

**2nd row:** Using colour B, knit to the colour change of the previous row, change to colour A and knit to end of row.

**3rd row:** Using colour A, knit to the colour change of the previous row, change to colour B and knit to end of row.

**4th row:** Work as on 2nd row.

Work these 4 rows 11 (11) 11 (11) 12 (12) 12 times more, until there are 12 (12) 12 (12) 13 (13) 13 “steps” in total. Last row is from WS.

Break colour B.

Continue with colour A only and knit 8 (8) 8 (10) 10 (12) 14 rows in total. Last row is from WS.

**Next row (RS):** Work \*k6, k2tog\*, repeat from \* to \*, to the last 0 (0) 4 (2) 2 (2) 0 sts, knit to end of row = 70 (77) 81 (86) 93 (100) 105 sts.

Knit 1 row.

Break the yarn and leave sts to rest on a stitch holder.

## Finishing

Sew the side seams together using mattress sts, be careful to join the points of the colour changes opposite to each other.

The right-side seam is sewn with colour A, the left-side seam is sewn with colours matching the pattern.

Sew from bottom and up, to armhole measures 20 (22) 22 (23) 23 (23) 23 cm from the shoulder seam.

## SLEEVES

### Right sleeve

With 4.5 mm needle pick up and knit sts along the RS of the armhole as follows:

Begin at the back, where colour A and B meets, using colour B pick up and knit 1 st in every garter ridge to the colour change on the front, join colour A to the work and pick up rest of the sts using this colour = 64 (68) 72 (80) 88 (88) 88 sts.

Work back and forth on the needle in garter sts, working the intarsia colour change as on the body, to sleeve measures 35 (35) 35 (36) 36 (37) 37 cm from the armhole. The last row is from RS.

Break colour B and continue with colour A only.

**Next row (WS):** Work \*k2tog, p2tog\*, repeat from \* to \*, to end of row = 32 (34) 36 (40) 44 (44) 44 sts.

Change to 4 mm needle and join to a round.





## Rib

Work rib (k1, p1), to ribbing measures 5 (5) 5 (5) 5 (5) 6 cm.

Work the next 2 rounds as follows:

**1st round:** \*K1, sl1p with yarn in front\*, repeat from \* to \*, to end of row.

**2nd round:** \*Sl1p with yarn at back of work, p1\*, repeat from \* to \*, to end of row.

Work these 2 rounds once more.

Bind off with Italian bind off as follows:

Break yarn and measure a tail at least 3 times the length of the rib circumference. Thread tail onto a tapestry needle.

1. Insert tapestry needle into the first 2 sts on left needle as if to purl, pull the yarn through.
  2. From behind work insert needle between 2nd and 3rd st. Pull needle and yarn to front of work.
  3. Insert tapestry needle through the 3rd st, from front and out on the back.
  4. Insert tapestry needle from front into the first 2 sts as if to knit them together, slip both sts off needle.
  5. From the front insert tapestry needle - from right to left - into the front leg of the 2nd st (knit st), pull yarn through.
  6. Insert tapestry needle into 1st st as if to purl, slip st off needle.
- Repeat steps 2-6 until you have 1 purl st left on your left needle.
- Finish:**
7. From right side insert needle, from right to left, into the first bound off st, pull yarn through.
  8. Knit as step 6.
- Weave in the end thoroughly.

## Left sleeve

With 4.5 mm needle pick up and knit sts along the RS of the armhole as follows:

Begin at the back, where colour A and C meets, using colour C pick up and knit 1 st in every garter ridge to the colour change on the front, join colour A to the work and pick up rest of the sts using this colour = 64 (68) 72 (80) 88 (88) 88 sts.

Work back and forth on the needle in garter sts, working the intarsia colour change as on the body, to sleeve measures 35 (35) 35 (36) 36 (37) 37 cm from the armhole. The last row is from RS.

Break colour C and continue with colour A only.

Work the rest of the sleeve as right sleeve.

## Rib on body

Slip the resting front and back sts to a 4 mm circular needle and join to a round.

Join colour C to the RS and work rib (k1, p1) to ribbing measures 5 (5) 5 (6) 6 (6) 6 cm.

Work the next 2 rounds as follows:

**1st round:** \*K1, sl1p with yarn in front\*, repeat from \* to \*, to end of row.

**2nd round:** \*Sl1p with yarn at back of work, p1\*, repeat from \* to \*, to end of row.

Work these 2 rounds once more.

Bind off with Italian bind off method as on the sleeves.

## NECKLINE

With 4 mm needle and colour C, pick up and knit sts along RS of the neck opening. Begin at the right-side shoulder and pick up and knit 90 (98) 98 (108) 108 (116) 116 sts.

Join to a round.

Work rib (k1, p1) in the round to ribbing measures 3 cm.

Work the next 2 rounds as follows:

**1st round:** \*K1, sl1p with yarn in front\*, repeat from \* to \*, to end of row.

**2nd round:** \*Sl1p with yarn at back of work, p1\*, repeat from \* to \*, to end of row.

Work these 2 rounds once more.

Bind off with Italian bind off method as on the sleeves.

## FINISHING

Sew the sleeve seams with mattress sts using colour A. Sew from the cuff to the armhole.

Weave in all ends.

Wash the sweater according to the instructions on the ball bands and leave it to dry flat on a towel.