



KNIT  
SKILL LEVEL  
EASY

Designed by Red Heart Design Team

## What you will need:

Red Heart® Boutique Sashay Sequins™, 1 ball of 1958 Phlox

Yarn needle (optional)

**GAUGE:** Gauge is not important for this project.



RED HEART® Boutique Sashay Sequins™, Art. E782S, available in 3.5 oz (100g), 30 yd (27m) balls



# Arm-Knit Sashay Cowl

*This easy-to-do technique lets you knit a cowl (or two) while watching a movie! Bulky yarn and using your arms as needles make for a fun way to knit!*

Circumference of cowl is approximately 40", depending on size of stitches

## COWL

Make a large slip knot 2 yards from the end of the ball. Slide it onto your right arm.

**Cast On Row:** Hold the working yarn (from the ball) and the tail in your left hand as if doing a regular long-tail cast-on, Photo A. The tail is in front (around your thumb) and the working yarn is in the back (around your index finger).



Photo A

Move your right hand under the front strand, Photo B; pick up loop on finger and pull through loop on thumb, place on right arm, Photo C.



Photo B



Photo C

Repeat 6 more times until you have 8 cast on stitches on right arm, making sure that they are not too snug on your arm, Photo D.



Photo D

**Row 1:** Hold the working yarn in your right hand. With your left hand, pull the stitch at your right wrist off of your right hand, Photo E. Take the loop now in your right hand and put it on your left arm. You have now knit your first stitch.



Photo E

Continued...

SHOP KIT

## FINISHING

To keep the ends from coming undone, make an overhand knot with each end around the nearest stitch of the cowl. Use the tails to sew the ends of the cowl together, knot and then cut the excess.

Repeat for all stitches on your right arm so your left arm has 8 stitches and your right arm has none.

**Row 2:** Hold the working yarn in your left hand. With your right hand, pull the stitch at your left wrist off of your left hand. Take the loop now in your left hand and put it on your right arm. Repeat for all stitches on your left arm so your right arm has 8 stitches and your left arm has none.

Repeat Rows 1 and 2 until piece is about 40" long and you have at least 2 yards of yarn left for bind off and to sew the ends together.

**Bind Off Row:** Knit the first two stitches of the row as in previous rows. Drop the yarn from your hand, and pull the first stitch over the second stitch and off of your hand, Photo F. You now have one stitch left on your arm.



Photo F

Knit another stitch, drop the yarn, and pull the second stitch over the third stitch and off of your hand. Continue in this manner until the row is complete and there is one stitch left on your arm. Cut the end from the ball leaving enough yarn to sew ends together. Pull the tail through the final stitch and tighten to secure.