# Knit a two-stitch Left Twist without a cable needle

I take no credit for this technique, but I can't give credit either because I've completely forgotten where I learned it. *The Principles of Knitting*? An article in <u>Vogue Knitting</u> or <u>Interweave Knits</u>? Some other book? All I can tell you is that if your tension is loose enough to pull this off, it's an easy way to twist stitches without a cable needle.



Stop just before the two stitches you want to twist.



Now – and this is almost the sneakiest part –

Bring the tip of your needle around the back of the work and slip it between the two stitches you plan to twist – back to front.



From this rather strange vantage point, slip the tip of your needle through the second stitch just as though you were knitting it normally. *This* is the sneakiest part.

You can see now why I say 'loose tension' and why I might now add 'yarn with elasticity.' Though I've done this trick successfully with completely inelastic yarn and it's looked just fine (of course, my tension is much like a jar of spring-filled peanuts that have already burst out and surprised people and are now lying all over the floor with no tension at all, apart from that produced by the fear of being stepped on.)

Still just like a normal knit stitch – loop the yarn around the needle.

I'm assuming the same process applies to Continental-style stitching, if this exact photograph does not.

Still normal – pull the new stitch through the loop.

Less normal: you're not pulling the old stitch off the left needle, since it's on the other side of a stitch you have not yet worked.

So, work that stitch! Just like it was a perfectly normal not-previously-passed-by stitch.

Looping the yarn around...

... pulling the new stitch through and onto the right needle...

(and pulling both old stitches off the left needle immediately afterward)

And there you have it! A lovely left-leaning stitch (which is, in this case, sitting two rows over a right leaning one. Makes a nice little crescent shape, don't you think?)