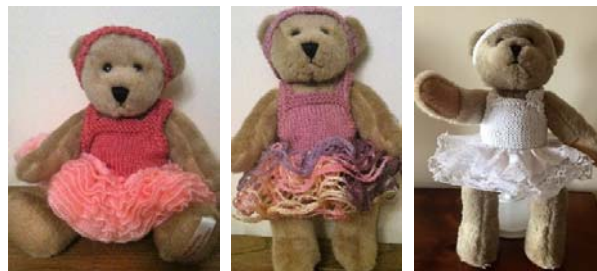


HEART TO HEART BALLERINA BEAR

This was designed for the Heart to Heart Bears, sold for the Heart to Heart charity in Shanghai China which raises funds for surgeries for Chinese children with congenital heart disease. These directions are free for your personal, individual use. Please do not distribute or reformat them for commercial use, or sell them. Please do not sell items made from these directions unless the profits go to a charity.



YARN: DK yarn (aka 8 ply or #3-light), lacy yarn for tutu (optional)
NEEDLES: 4mm/US 6 (or size to give gauge) - any type, plus 2 double-pointed for i-cord headband
GAUGE: 20sts = 8.75cm/3½in
NOTIONS: stitch holders (optional), lace and elastic for tutu (optional), lace flower to sew on headband (optional)



The leotard is knit starting at the crotch, first one side then the other. Short rows are used to give it fullness. The front and back of the finished leotard are the same. Directions given for a tutu to be knit separately, using fancy yarn, then sewn on. Alternatively you can use lace sewn to elastic for the tutu. Finally headband is crocheted or knit.

ABBREVIATIONS

CO.....Cast On	side row, P wrong	K2tog...knit 2 Sts together
KKnit stitch	side row)	Slk.....Slip St knitwise
PPurl stitch	Kfb.....Knit in front &	PSSO Pass slipped stitch
St.St.Stockingnette	back of stitch	over
stitch (K right	BOBind off	

LEOTARD:

First side

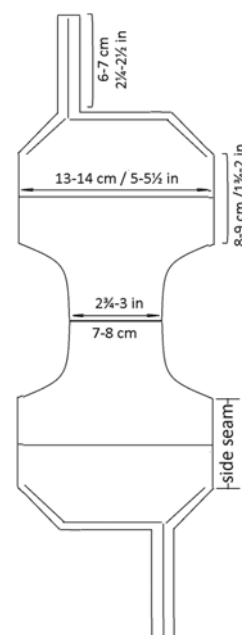
CO 15 (Provisional cast-on preferred, but any method may be used)
 Row 1-4: K 4 rows in St.St. Check size: should be 2¼-3"/7-8 cm wide
 Row 5: K1, Kfb, K until 3 sts remain. Wrap next stitch and turn. [see *Methods, following pattern*]
 Row 6: P until 3 sts remain. Wrap next stitch and turn.
 Row 7: K until 2 sts remain, Kfb, K1. (17 sts)
 Row 8: Purl
 Row 9: K1, Kfb, K to end
 Row 10: Purl
 Row 11: Knit until 2 sts remain, Kfb, K1
 Row 12: Purl
 Row 13-16: Repeat rows 5-8
 Row 17-20: Repeat rows 9-12
 Rows 21-24: Repeat rows 5-8 (25 sts)

Torso:

Row 25: K to end of row, CO 2 Sts. (27 Sts)
 Row 26: P to end of row, CO 2 Sts. (29 Sts)
 Row 27-29: Beginning with a K row, work 3 rows in St.St.
 Row 30: K 1 row (this marks where to sew the tutu onto the finished garment)
 Row 31-35: Beginning with a K row, work 5 rows in St.
 Row 36: BO 1st Sts, then P to end of row.
 Row 37: BO 1st 2 Sts, K to end of row (25 Sts)
 Row 38: K2, P to last 2, K2
 Row 39: K1, Slk1, K1, PSSO, K to last 4, K2 tog, K2
 Rows 40-45: Repeat rows 38-39 there are 17 sts
 Row 46: K2, P1, K until 3 sts left, P1, K2
 Row 47: K row
 Row 48: Repeat row 46.

Divide for straps:

Row 49: K6, BO5; K6 to finish row.
 Row 50: K2, P2, K2.
 Row 51: K1, Slk1, K1, PSSO, K3



HEART TO HEART BALLERINA BEAR

Right Strap:

Row 52: K2, P1, K2

Row 53: K row

Rows 54-67: Repeat rows 1 and 2 for a total of 16 rows.

Row 68: K2, P2, Kfb.

Place all sts on optional holder or safety pins. Cut yarn. (Optionally leave 35cm/14in tail which can be passed down to the side seam and used to sew up side seam.)

Second side.

From the right side, pick up 15 sts onto the original cast on for the crotch.

Starting with a P row, K 3 rows in St.St.

Starting with row 5, work the same as the 1st side until ready to divide for straps.

Straps:

With right sides together, join 1st 6 sts of row to the strap from 1st side using 3-needle bind-off.

Bind off next 5 sts, K6 to finish row.

Continue 2nd strap as for 1st side.

With right sides together, join finished strap to the 6 sts held on a holder from the 1st side. Cut yarn. (Leaving optional tail to sew side seam)

KNIT TUTU:

Use circular needles. The pattern for the tutu will vary somewhat depending on the yarn used. In general, more spacing between stitches gives the tutu length, while K2 tog gives it more fullness. Recommendations for 2 types of yarn given.

YARN RIBBON:



CO 40 every 2nd large hole
K 2 round every 2nd large hole
K3 K2tog all around (32 sts)
K1 every hole
Bind off

MESH:



CO 30 st, spaced about 2"/5cm apart
K2 round spaced about 2"/5cm
K 1 round spaced about 1"/2.5cm
CO spaced about 1"/2.5cm
Bind off

LACE TUTU:

Use narrow or corded elastic and pre-gathered lace. Cut elastic to about 30cm/11in and sew into circle. Cut lace to about 35cm/14in and sew into circle. Sew onto elastic



HEADBAND (can be crocheted, knit, or made of i-cord)

CROCHET:

*Chain 4

*Row 1: Skip 1st chain, work 1 sc in each of next 3 chain, chain 1

Row 2: sc 3, ch 1

Work row 2 until piece measures 10 inches/25cm

Join

KNIT (i-cord)

Cast on 4 sts onto a double-pointed needle.

Slide stitches to right-hand side of needle, then using a 2nd double-pointed needle, slip 1st stitch, K3

Repeat (Sl1 K3 all rows) until piece measures 9 inches/22cm.

Join



FINISHING:

Sew side seams. If sewing tutu to leotard, sew along the P (raised) row. Sew optional flower to headband.

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67 16
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63 12
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57 6
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15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

2nd side:
* Pick up 15
* Beginning with row 2 (WS row), work 3 rows St St

HEART TO HEART BALLERINA BEAR - METHODS

Wrap and Turn (to create a short row)

Short rows are used to create fullness in the middle of a piece – in this case to expand for the bear’s tummy without increasing the leg edge. Wrapping the yarn around the base of the next stitch before turning adds fullness to the stitch, preventing a ‘hole’ from appearing where you turn.



On a Knit Row:



Step 1 Slip the next stitch purlwise



Step 2 Bring the working yarn to the back



Step 3 Return the slipped stitch to the left needle



Step 4 Turn the work to begin then next (P) row

On a Purl Row:



Step 1: Slip the next stitch purlwise



Step 2: Bring the working yarn to the back



Step 3: Return the slipped stitch to the left needle



Step 4: Turn your work to begin the next (K) row

Normally you would ‘pick up’ the wrapped stitch on the next row, but that is not necessary for this pattern.

Three Needle Bind-Off

Hold two needles with stitches together, with right sides facing inwards, towards each other (first picture). Insert the *third* needle into the first stitch on *each* of the needles knitwise, starting with the front needle (picture 2), and knit one stitch. Continue in this way, binding off as you go along.

