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Feeling Good

1st edition - August 2022 © filcolana
#FilcolanaFeelingGood

The designer has taken inspiration from Nina Simone's version of "Feeling Good" for this harmonious and extremely comfortable sweater in textured knit. The feeling of freedom and well-being is expressed through the spacious shape, and the exquisite mix of Peruvian, Saga, and Tilia combined, creates the feeling of chunky, soft luxury.

SIZES
XS (S) M (L) XL

MEASUREMENTS
Fits chest sizes: 82-88 (89-97) 98-105 (106-115) 116-125 cm
Chest: 106 (110) 120 (130) 140 cm
Length: 64 (64) 67 (67) 70 cm
Sleeve length: 43 (41) 41 (39) 39 cm

GAUGE
12.5 sts and 15 rows in pattern on 8 mm needles = 10 x 10 cm. Gauge is measured after washing.

Needle sizes are for guidance only. If you have more stitches on 10 cm, change to a larger needle.
If you have fewer stitches on 10 cm, change to smaller needles.
If you have the accurate stitch count horizontally but not vertically it might help to change to needles in a different material, e.g., change from metal to wood or vice versa.

MATERIALS
Yarn from Filcolana
150 (150) 150 (200) 200 g **Saga** in col. 303 (Sea Glass) and
400 (450) 500 (550) 600 g **Peruvian** in col. 333 (Sea Foam) and
125 (125) 125 (125) 150 g **Tilia** in col. 281 (Rime Frost) and
125 (125) 125 (125) 150 g **Tilia** in col. 340 (Ice Blue)

Use all 4 strings held together throughout work.

6 mm and 8 mm circular needles, 80-100 cm.
6 mm and 8 mm double pointed needles (dpns) – can be skipped if you are working the magic loop on long circular needles

Stitch markers
Stitch holders or string

Technique

SPECIAL ABBREVIATIONS

M1R - Right slanted increase
From the back, lift the horizontal strand between the two stitches with the left needle and knit through the front loop (1 st increase).

M1L - Left slanted increase
From the front, lift the horizontal strand between stitches with the left needle and knit through the back loop (1 st increase).

Bobble stitch, when knitting flat
On the right side (6th row of the pattern): Work [k1, yarn over, k1] in next st, turn work, purl the 3 sts, turn work, slip 1st st knit-wise, k2tog, pass the slipped st over, tighten the yarn a bit and continue knitting.
Next row (wrong side, the 7th row of the pattern): Purl to the st that 'holds' the bobble stitch, p2tog (see Special techniques), insert left needle below the 'bar' of the purled st which is under the knitted together st on right hand needle, gently lift this st up and onto the left needle and purl it.

Bobble stitch, when knitting in the round
On the 6th round of the pattern: Knit bobble as when it is worked flat.
Next round (the 7th pattern round): Knit to 1 st before the st that 'holds' the bobble stitch, twist work towards yourself so you can see the wrong side of your, insert right hand needle into the 'bar' of the st that is just below the 1st st on left needle, knit this st, knit 1st and 2nd sts on the left needle together.

SPECIAL TECHNIQUES
P2tog (Continental purl)
If the st that holds the bubble becomes too long or loose you can prevent this by working the 2 purl sts together as follows:
Hold the yarn in front of work (towards yourself), insert right needle into the 1st st on left needle as if to purl, with left index finger lead the yarn – clock-wise – around the tip of the right needle. Hold the yarn a bit tight so the loop does not slip off the needle tip. While still holding the yarn a little tight, you push the needle through the st, from left to right, still with the loop on your needle point/tip.
If necessary, tighten the yarn a bit once the st is on the right needle.

Backward loop cast on
Hold your working yarn over your right index finger, bend the index finger towards you. This will create a loop around your finger. Insert the tip of your right-hand needle into the back of the new loop and release it onto the needle. Repeat this till you have the required number of stitches.
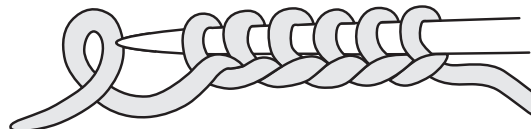
Workflow

The sweater is knitted top down with European shoulder construction.

First, work the back yoke flat, then pick up sts along the back shoulders and knit them one by one till joining them at the center of the front.

When you have worked the front yoke, then join the pieces and continue, working the body in the round.

The sweater is constructed with more sts on the front than the back.

Then, pick up sts along the armhole and work the sleeves in the round, top down.

Finally, pick up sts along the neckline and work the neckband, which is later folded and sewn onto the wrong side.

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Pattern

BACK
With 8 mm needles cast on 24 sts, using all 4 strands held together. Divide into sections like this:
Cast on 4 sts, place marker, cast on 16 sts, place marker, cast on 4 sts = 24 sts in total.

Now work the pattern, with 4 knitted sts in each side, slipping the markers from left to right side as you go along.

1st row (WS): P4, knit to last 4 sts, p4.

2nd row: K4, M1L, knit to last 4 sts, M1R, k4.

3rd row: P4, knit to last 4 sts, p4.

4th row: K4, knit to last 4 sts, k4.

5th row: Purl all sts.

6th row: K4, M1L, *k2, bobble*, repeat from * to * to last 6 sts, k2, M1L, k4.

7th row: Purl all sts as described in the Special abbreviations chapter, bobble stitches when worked flat.

8th row: K4, M1L, knit to last 4 sts, M1R, k4.

9th row: P4, knit to last 4 sts, p4.

10th row: K4, M1L, knit to last 4 sts, M1R, k4.

11th row: P4, knit to last 4 sts, p4.

12th row: K4, M1L, knit 2 (0) 0 (0) 2, work rib (p2, k2) to marker, M1R, k4.

13th row: P4, knit 1 (0) 0 (0) 1, p 2 (1) 1 (1) 2, work rib (k2, p2) to last 1 (3) 3 (3) 1 sts before marker, k1 (2) 2 (2) 1, p 0 (1) 1 (1) 0, p4.

14th row: K4 , M1L, purl 1 (0) 0 (0) 1, k 2 (1) 1 (1) 2, work rib (p2, k2) to last 1 (3) 3 (3) 1 sts before marker, p 1 (2) 2 (2) 1, k 0 (1) 1 (1) 0, M1R, k4.

You have now worked an entire pattern and increased 7 sts in each side = 30 sts between markers.

Continue like this, with the pattern and the increases on every right-side row. **At the same time** be careful when starting a new pattern repeat that the patterns opposite each other are aligned, i.e., bobble sts adjacent to bobble sts. In the rib section, stockinette sts should be over stockinette sts from previous pattern.

Continue like this until you have increased a total of 19 (20) 22 (24) 27 times in each side = 62 (64) 68 (72) 78 sts in total.
Finish with the 11th (13th) 3rd (7th) 13th pattern row, which is a wrong side row.

Turn work to right side and place a marker in the 1st and last st on your needles. Keep these markers attached to the sts.

You have now worked the increases for the shoulders. Continue in pattern and work 25 (23) 25 (23) 25 additional rows in pattern WITHOUT increases.

Finish with the 8th (8th) 14th (10th) 10th pattern row, which is a right-side row.

Break yarn and let the sts rest on a stitch holder or string.

RIGHT SHOULDER

Place work in front of you with the right side facing upwards; the sts on the stitch holder should be closest to you.

Starting at the marked st, with 8 mm needles and all 4 yarn bases held together, pick up sts along the right side of the knitted sts to the cast on edge, like this: Pick up 2 sts, place a marker, pick up 20 (22) 26 (28) 32 sts, place marker, pick up 2 sts, pick up last marker in the cast on edge = 24 (26) 30 (32) 36 sts.

1st row (WS): P2, knit to last 2 sts, p2.

2nd row: Knit all sts.

3rd row: P2, knit to last 2 st, p2.

4th row: Knit all sts.

5th row: Purl all sts.

6th row: Knit 2 (2) 3 (2) 4 sts, *bobble st, k2*, repeat from * to * to last 1 (0) 0 (0) 2 sts, k 1 (0) 0 (0) 2 sts.

7th row: Purl all sts as described in the "Bobble stitch" chapter under Special abbreviations.

8th row: Knit all sts.

9th row: P2, knit to last 2 sts, p2.

10th row: Knit all sts.

11th row: P2, knit to last 2 sts, p2.

12th row: K2, purl 1 (0) 0 (1) 1 st, knit 2 (0) 0 (2) 2 sts, *p2, k2*, repeat from * to * to last 3 (4) 4 (3) 3 sts, purl 1 (2) 2 (1) 1 sts, k2.

13th row: P2, knit 1 (0) 0 (1) 1 st, purl 2 (0) 0 (2) 2 sts, *k2, p2*, repeat from * to * to last 3 (0) 0 (3) 3 sts, knit 1 (0) 0 (1) 1 st, purl 2 (0) 0 (2) 2 sts.

14th row: Knit as 12th row.

Repeat rows 1-5 once more.

Continue in pattern from the 6th pattern row while increasing on every right-side row like this:
Next row (RS): Work pattern as indicated to the last 2 sts, M1R, k2.
Work the new sts in pattern as you go along.

Continue in pattern and with increases at the end of every rightside row, until you have increased 4 (6) 6 (6) 6 times = 28 (32) 36 (38) 42 sts.
The last increase is on the 12th (2nd) 2nd (2nd) 2nd pattern row.
Knit 13th (3rd) 3rd (3rd) 3rd pattern row.
Do NOT break yarn but let the sts rest on a stitch holder.

LEFT SHOULDER

With 4 new yarn skeins/balls pick up sts along the left side and place markers the same way as on the right shoulder, only this time starting at the cast on edge and finishing at the marker.

Knit pattern like this:
1st-5th row: Work as right shoulder.

6th row (RS): Knit 3 (2) 2 (2) 4 sts, *bobble stitch, k2*, repeat from * to * to last 0 (0) 1 (0) 2 sts, knit 0 (0) 1 (2) 2 sts.

7th-14th row: Work as right shoulder.

Repeat rows 1-5 once more, last row is a wrong side row.
Continue in pattern from the 6th pattern row, while increasing at the beginning of every right-side row like this:
Next row (RS): K2, M1L, knit pattern to end of row.

Continue in pattern and with increases at the beginning of every right-side row until you have increased 4 (6) 6 (6) 6 times = 28 (32) 36 (38) 42 sts.
Last increase is on the 12th (2nd) 2nd (2nd) 2nd pattern row.
Knit 13th (3rd) 3rd (3rd) 3rd pattern row, which is a wrong side row. Break yarn.

Join fronts

Slip the resting sts of the right shoulder back on the needles and work the 14th (4th) 4th (4th) 4th pattern row and cast on 12 (10) 10 (12) 12 new sts at the end of the row using backward loop cast on technique, work the left shoulder sts onto the needles.
The fronts are now joined, and you have 68 (74) 82 (88) 96 sts on your needles.

Continue in pattern from 1st (5th) 5th (5th) 5th pattern row, on rightside rows start pattern according to right shoulder and finish according to left shoulder, the opposite order on the wrong side rows.

Continue like this until you have worked the same number of rows from the picked up sts on the shoulders, as on the back, counted from the 1st pattern row from the neck.

Finish with the 8th (8th) 14th (10th) 10th pattern row, which is a rightside row.

Do not turn work.

BODY
Only sizes XS
In continuation of the front sts place a start marker on right needle, cast on 1 st using the backward loop cast on technique, slip the back sts onto left side of the circular needles and purl these, cast on 1 new st, place a side marker and purl the front sts = 68 sts on the front and 64 sts on the back = 132 sts in total.

Continue in pattern as described below, starting at 10th pattern round, knit rounds 10-14:
1st round: Purl all sts.
2nd round: Knit all sts.
3rd round: Purl all sts.
4th and 5th round: Knit all sts.
6th round: *k2, bobble st*, repeat from * to * to end.
7th round: Knit all sts, but at the bobble stitches work increase and the sts together as described in the Special abbreviations chapter "Bobble stitch, when worked in the round".
8th round: Knit all sts.
9th round: Purl all sts.
10th round: Knit all sts.
11st round: Purl all sts.
12th-14th round: *p2, k2*, repeat from * to * over all sts.

Repeat rounds 1-14 twice more and work rounds 1-3 once more, on last round work a M1L on the middle of the back and also on the front = 69 sts on the front and 65 sts on the back.

Only size S
Slip the back sts onto left needle and purl these, place a side marker, and purl the front sts, place a start marker = 74 sts on the front and 64 sts on the back = 138 sts in total.

Next round: Knit to 1 st before the side marker, M1L, knit to 1 st before the start marker, M1L = 140 sts.
Continue in pattern as described below, starting with 11th pattern round, and work 11th-14th pattern round.
Note that the stitch count is regulated twice in each pattern repeat.
1st round: Purl all sts.
2nd round: K1, k2tog, knit to side marker, k1, k2tog, knit remaining sts = 138 sts.
3rd round: Purl all sts.
4th and 5th round: Knit all sts.

6th round: *k2, bobble st*, repeat from * to * over all sts.

7th round: Knit all sts, but at the bobble sts work an increase and knit the sts together as described in the Special abbreviations chapter under "Bobble stitch, when worked in the round", at the side markers knit like this:

Knit to 1 st before marker, slip the st onto right needle without knitting the st, remove marker, slip the st back onto the left needle, twist work a bit towards yourself so you can see the wrong side of your work, insert right needle into the 'bar' of the st below the 1st st on left needle, knit this st, place marker again and work 1st and 2nd st on left needle together.

8th round: Knit all sts.

9th round: Purl all sts.

10th round: K1, M1L, knit to side marker, k1, M1L, knit remaining sts = 140 sts.

11th round: Purl all sts.

12th-14th round: *p2, k2*, repeat from * to * over all sts.

Repeat rounds 1-14 twice more and work rounds 1-3 once more, on last round work a M1L on the middle of the back and the front respectively = 75 sts on the front and 65 sts on the back.

Only size M

Slip the back sts onto left needle and purl these, place a side marker, and purl the front sts, place a start marker = 84 sts on the front and 68 sts on the back = 150 sts in total.

Knit 1 round.

Continue in pattern as described below, starting with 3rd pattern round, and work 3rd-14th pattern round. Note that the stitch count is regulated twice in each pattern repeat.

1st round: Purl all sts.

2nd round: Knit to 1 st before the side marker, M1L, knit to 1 st before the start marker, M1L, k1 = 150 sts.

3rd round: Purl all sts.

4th and 5th round: Knit all sts.

6th round: *k2, bobble st*, repeat from * to * over all sts.

7th round: Knit all sts but at the bobble sts work increase and sts together as described in the Special abbreviations chapter under "Bobble stitch, when worked in the round".

8th round: Knit all sts.

9th round: Purl all sts.

10th round: Knit to 3 sts before the side marker, k2tog, knit to 3 sts before the start marker, k2tog, k1 = 148 sts.

11th round: Purl all sts.

12th-14th round: K1, *p2, k2*, repeat from * to * to last st, k1.

Repeat rounds 1-14 once more and rounds 1-11 one more time = 81 sts on the front and 67 sts on the back.

Only sizes (L) and XL

Cast on 1 new st with the make 1 towards increase, in continuation of the front sts, slip the back sts onto the left needle and purl these, cast on 1 new st, place a side marker and purl the front sts, place a start marker = (88) 96 sts on the front and (74) 80 sts on the back = (162) 176 sts in total.

Continue in pattern as described below. Note that the stitch count is regulated twice in each pattern repeat. Start with 12th round and work the 12th-14th rounds.

1st round: Purl all sts.

2nd round: Knit to 3 sts before the side marker, k2tog, k1, knit to 3 sts before the start marker, k2tog, k1 = (160) 174 sts.

3rd round: Purl all sts.

4th and 5th round: Knit all sts.

6th round: *k2, bobble st*, repeat from * to * over all sts.

7th round: Knit all sts but at the bobble sts work increase and sts together as described in the Special abbreviations chapter under "Bobble stitch, when worked in the round".

8th round: Knit all sts.

9th round: Purl all sts.

10th round: Knit to 1 st before the side marker, M1L, knit to 1 st before the start marker, M1L, k1 = (162) 176 sts.

11th round: Purl all sts.

12th-14th round: *p2, k2*, repeat from * to * over all sts.

Now, repeat rounds 1-14 once more and work rounds 1-11 one more time, on last round work a M1L on the middle of the back and the front respectively = (89) 97 sts on the front and (75) 81 sts on the back.

All sizes
Knit 1 round.

RIBBING BACK
Change to 6 mm circular needles.

Work the ribbing edge flat, back and front separately, like this:
1st row (RS): Slip 1 st knit-wise, k4, work rib (p1, k1) to 6 sts before side marker, p1, k4, p1. Turn work and let the remaining sts rest.

2nd row: Slip 1 st knit-wise, p4, work rib (k1, p1) to the last 6 sts, k1, p5.

Repeat these 2 rows until ribbing measures 8 cm, finish with a wrong side row.

Next row (RS): Bind off the first 4 sts, *work a yarn over, p1, insert left needle into the yarn over and the 2nd st on right hand needle at the same time and pass both over the 1st st, k1, pass the 2nd st on right needle over the 1st st*, repeat from * to * to last 4 sts, bind off these sts knit-wise.

RIBBING FRONT
Join yarn to the right side of the resting sts and work the ribbing edge as the back ribbing.

NECKBAND
With 6 mm circular needles and all 4 strands held together, and starting at the back left shoulder, pick up 66 (70) 70 (70) 70 sts from the right side of the neckline.

Work 16 rounds of rib (k1, p1).

Bind off loosely as sts indicate.

Fold the rib onto the wrong side and sew the cast-off edge onto the wrong side with loose overcasting sts.

SLEEVES
With 8 mm circular needles, and starting at the bottom of the armhole, pick up 62 (62) 66 (66) 66 sts from the right side of the sleeve, place a start marker and join round.

Now work pattern and decreases as described below, please note the pattern does not fit completely to the number of sts during the decreases.

1st round: Purl all sts.
2nd round: k2tog, Knit all sts.
3rd round: Purl all sts.
4th and 5th round: Knit all sts.
6th round: *k2, bobble st*, repeat from * to * to end.
7th round: Knit all sts but at the bobbles work increase and sts together as described in the Special abbreviations chapter under "Bobble stitch, when worked in the round".
8th round: Knit to last 2 sts, slip 1 st knit-wise, k1, pass the slipped st over.
9th round: Purl all sts.
10th round: Knit all sts.
11th round: Purl all sts.
12th-14th round: Work *p2, k2*, repeat from * to * over all sts.

Note: Adjust pattern while increasing, bobbles and the k2, p2 ribbing must align vertically, as on body.

Only size XS
Repeat rounds 1-14 three times more, WITHOUT decreases = 60 sts.

Only size S
Repeat rounds 1-14 twice more, only WITHOUT decreases = 60 sts.
Repeat rounds 1-11 once more, only WITHOUT decreases.

Only size M
Repeat rounds 1-14 twice more = 60 sts.
Repeat rounds 1-11 once more, only WITHOUT decreases.

Only sizes L and XL
Repeat rounds 1-14 twice more = 60 masker.
Repeat rounds 1-3 once more, only WITHOUT decreases.

All sizes
Knit 1 round.

Next round (decrease round): *slip 2 sts as if to knit them together, k1, pass the slipped sts over, p2tog*, repeat from * to * over all sts = 24 sts.

Change to 6 mm needles.

Work rib (k1, p1) over 24 rounds.

Next round: Bind off as stitches indicates.

FINISHING
Weave in all loose ends.

Wash the sweater according to the washing instructions on the labels, lay it flat to dry on a towel.