



1. Insert the tip of the left needle bottom to top, between the two strands, lifting the front strand onto the needle with its leading leg (the leg closest to the tip of the needle) in the back. This is your dropped stitch.

2. Insert the tip of the left needle under the back strand so the strand drapes over the tip of the needle. This looks like a figure eight. This is your working yarn.

3. Using the tip of the right needle, grab the front loop — the trailing leg — of the front strand and lift it up and over the back strand.

See what we did there? By grabbing the trailing leg (the leg farthest from the tip of the needle), we twisted the strand to form our loop. When we lifted it up and over the other strand, we pulled our stitch through the loop. Whoop, there it is!

Make sure to put the picked-up cast-on stitch back onto the correct needle. If you are working flat, turn your work around to continue working the row.

