TRANSCRIPT

Tutorial - Alternating Yarns

Alternating yarns at the beginning of a row is really easy. When first starting, just join your new yarn as you normally would. On the first alternating row, you'll notice the old yarn two rows down. Insert your needle into the first stitch as normal, but pause, grab the old yarn from below, and bring it up in front of the yarn you are no longer using and continue knitting the stitch as normal.

And that's it. Every time you alternate, bring up the old yarn from below to the front. It creates soft loops that are stretchy yet out of the way.

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