

Nelly Top

by Lirio Knits



MANOS
DEL URUGUAY
— EST. 1968 —

Nelly Top

The Nelly Top is worked seamlessly from the top down. It features a lace pattern on the straps and along the top edges of the front and back, and a button and buttonhole band in garter stitch.

Construction begins at the back yoke, working down to the armholes. From there, stitches are picked up for each strap, and then both right and left fronts are worked separately until all pieces are joined at the underarms.

The body is worked flat in stockinette stitch, with a button and buttonhole placket in garter stitch at each edge. Finally, the body is bound off with a non-rolling edge.

Sizes

1 (2) 3 (4) 5 (6) 7 (8)

Bust circumference:

75 (83) 92 (103) 112 (118) 130 (140) cm

29.5 (32.7) 36 (40.5) 44 (46.5) 51 (55)"

The top has a positive ease of approx. 6 cm/ 2.4" for smaller sizes, and increasingly less positive ease for bigger sizes.

To pick your size, measure your bust circumference at the widest part. Compare this number to the finished garment's measurements, selecting the size that most closely matches it, while considering the ease you'd like.

These measurements are based on the given gauge and stitch pattern.

Gauge

28 sts x 36 rows = 10 x 10 cm / 4 x 4" in stockinette stitch, worked flat on 3.50 mm (US 4) needles, after blocking.

Tip: If you're not getting gauge, try changing your needle size. If you're getting more stitches than needed, size up. If you're getting fewer stitches, size down.

Recommended needle size

3.5 mm (US 4) circular needles

Yarn

Milo by Manos del Uruguay (65% merino wool, 35% linen) - 350 mts/380 yds per 100g skein

1 (2) 2 (2) 3 (3) 3 (4) skein(s)

Measurements (of finished garment):

Bust circumference: 80 (88) 98 (108) 115 (122) 133 (142) cm / 31.5 (34.6) 38.6 (42.5) 45.3 (48) 52.4 (56)"

Upper back width (measured from outer edges of straps): 27 (31) 31 (35) 35 (35) 35 (40) cm / 10.6 (12) 12 (14) 14 (14) 14 (16)"

Length (measured from neckline edge to hem): 30 (30) 30 (36) 36 (36) 36 (41.5) cm / 11.8 (11.8) 11.8 (14.2) 14.2 (14.2) 14.2 (16.3)"

Notions

Stitch markers, Stitch cords or scrap of yarn, Tapestry needle

6 (6) 6 (7) 7 (7) 7 (8) buttons Ø 1.2-1.4 mm

Techniques used

Long tail CO*, working from a chart, twisted knit and purl, working cables without cable needle, Increases on the RS*, Increases on the WS*, leaving sts on hold, picking up sts with short tail of yarn*, knitted CO method*, backward loop CO method*, non-rolling bind off*

*Links to video tutorials are available on the last page.

Abbreviations

Approx.: Approximately

Patt: Pattern

CO: Cast on

Rem: Remaining

Cont: Continue

Rep: Repeat

K2tog: Knit 2 sts together (decrease)

RH: Right hand

k: Knit

RS: Right side

LH: Left hand

sm: stitch marker

m1l: Make 1 stitch left leaning

st(s): Stitch(es)

m1r: Make 1 stitch right leaning

St st: Stockinette Stitch

m1rp: Make 1 stitch right leaning (purl)

WS: Wrong side

m1lp: Make 1 stitch left leaning (purl)

yo: Yarn over

P: Purl

Techniques used

Increases

M1l- Make 1 left – find the bar that runs between two stitches and lift it with your left needle from front to back. Knit it through the back loop.

M1r- Make 1 right – find the bar that runs between two stitches and lift it with your left needle from back to front. Knit it.

M1rp- Make 1 right on the purl side – find the bar that runs between two stitches and lift it with your left needle from back to front. Purl it.

M1lp- Make 1 left on the purl side – find the bar that runs between two stitches and lift it with your left needle from front to back. Purl it through the back loop.

Twisted knit and purl

Twisted knit (ktbl) - Insert RH needle into back loop of first stitch on LH needle and knit.

Twisted purl (ptbl) - With yarn in front, insert RH needle into back loop of first stitch on LH, from left to right. Bring RH needle tip to front and purl.

Knitted Cast on

Insert RH needle into the first stitch on the LH needle and knit st. Without dropping it, place the loop, twisting it (front leg goes to the back), onto the LH needle to form a new stitch. Repeat into the new first st of LH needle as needed.

Non-rolling Bind-off

With RS of fabric facing you, insert RH needle from behind into the stitch two rows below the first stitch on LH needle. Pick it up and place it on LH needle. Knit it together with the now second stitch on LH needle.




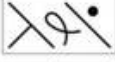



Repeat this step. You now have 2 stitches on your RH needle. Lift the second stitch on RH over the first one and drop it. You've bound off one stitch.

Repeat instructions until all sts have been bound off.





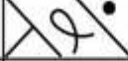


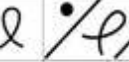






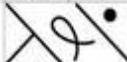
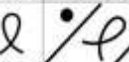
Charts

Charts are read from right to left on RS rows and left to right on WS rows, starting from bottom to top.

Key to all charts:

	Right Side	Wrong Side
	p	r
	k1 tbl	p1 tbl
	k	p
	Go behind first st, insert RN and k second st without removing it. Ktbl first st and drop both.	
	Go in front of first st, insert RN and ktbl second st without removing it. K first st and drop both.	
	Go in front first st, insert RN and ktbl second st without removing it. Ktbl first st and drop both.	
	Go behind first st, insert RN and ktbl second st without removing it. Ktbl first st and drop both.	

Back Chart

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

Strap Chart

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

Left Front Chart

Sizes 1 (2) - (-) - (-) - (8) work 5 extra sts not outlined and repeat outlined pattern across. (i.e. On RS rows, work sts 1-5 once, then rep sts 6-17 across. On WS rows, rep sts 17-6 across, then work sts 5 to 1 once).

Sizes - (-) 3 (4) 5 (6) 7 (-) repeat ONLY outlined pattern across. (i.e. On RS rows, rep sts 6-17 across. On WS rows, rep sts 17-6 across).

	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
18	ℓ			ℓ	ℓ		ℓ	ℓ			ℓ		ℓ			ℓ	ℓ
17	ℓ			ℓ	ℓ		ℓ	ℓ			ℓ		ℓ			ℓ	ℓ
16	ℓ				ℓ		ℓ				ℓ		ℓ				ℓ
15	ℓ	ℓ			ℓ		ℓ			ℓ	ℓ		ℓ	ℓ			ℓ
14	ℓ	ℓ			ℓ		ℓ			ℓ	ℓ		ℓ	ℓ			ℓ
13	ℓ	ℓ	ℓ		ℓ		ℓ		ℓ	ℓ	ℓ		ℓ	ℓ	ℓ		ℓ
12	ℓ		ℓ		ℓ		ℓ		ℓ		ℓ		ℓ		ℓ		ℓ
11	ℓ		ℓ	ℓ	ℓ		ℓ	ℓ	ℓ		ℓ		ℓ		ℓ	ℓ	ℓ
10	ℓ		ℓ	ℓ			ℓ	ℓ			ℓ		ℓ		ℓ	ℓ	
9	ℓ		ℓ	ℓ			ℓ	ℓ			ℓ		ℓ		ℓ	ℓ	ℓ
8	ℓ		ℓ		ℓ		ℓ				ℓ		ℓ		ℓ		ℓ
7	ℓ	ℓ			ℓ		ℓ		ℓ	ℓ			ℓ	ℓ			ℓ
6	ℓ	ℓ			ℓ		ℓ		ℓ	ℓ			ℓ	ℓ			ℓ
5	ℓ	ℓ	ℓ		ℓ		ℓ		ℓ	ℓ	ℓ		ℓ	ℓ	ℓ		ℓ
4	ℓ		ℓ		ℓ		ℓ		ℓ		ℓ		ℓ		ℓ		ℓ
3	ℓ		ℓ	ℓ	ℓ		ℓ		ℓ	ℓ			ℓ		ℓ	ℓ	ℓ

Pattern begins

Back

With 3.5 mm (US 4) circular needles, CO 75 (87) 87 (99) 99 (99) 99 (111) sts with the long tail cast on, or your preferred method to cast on.

Row 1 (WS): K2, p11, k until 13 sts rem, p11, k2.

Row 2 (RS): K all

Row 3 (WS): Rep row 1.

Now, you'll start working the back with the Back Chart. You'll be working flat, so you'll read RS rows from right to left and WS rows from left to right.

Tip: You can use stitch markers between each chart repeat to help keep track of the pattern and spot mistakes more easily.

Row 1 (RS): K2, rep row 1 of 12-st Back Chart a total of 6 (7) 7 (8) 8 (8) 8 (9) times across back sts, k1.

Row 2 (WS): K1, rep next row of 12-st Back Chart a total of 6 (7) 7 (8) 8 (8) 8 (9) times across back sts, k2.

Cont working rows 1 and 2 until all 16 rows of chart are completed.

You'll work in St st from now on, shaping the armholes with increases on RS rows only, as follows:

Row 1 (RS): K2, m1l, k until 2 sts rem, m1r, k2.

Row 2 (WS): K2, p until 2 sts rem, k2.

Rep rows 1 and 2, 10 (10) 13 (13) 18 (11) 8 (7) more times, for a total of 22 (22) 28 (28) 38 (24) 18 (16) rows. You've worked 11 (11) 14 (14) 19 (12) 9 (8) increase rows and increased 22 (22) 28 (28) 38 (24) 18 (16) sts. You should now have 97 (109) 115 (127) 137 (123) 117 (127) sts for the back.

Sizes - (-) - (-) - (6) 7 (8) only:

Now, you'll work increases for armholes on both RS and WS rows. Work as follows:

Row 1 (RS): K2, m1l, k until 2 sts rem, m1r, k2.

Row 2 (WS): K2, m1rp, p until 2 sts rem, m1lp, k2.

Rep rows 1 and 2, - (-) - (-) - (6) 9 (10) more times, for a total of - (-) - (-) - (14) 20 (22) increase rows. You've increased - (-) - (-) - (28) 40 (44) sts and should now have - (-) - (-) - (151) 157 (171) sts on your needles.

All sizes resume:

Break yarn and leave sts on hold on a stitch cord or scrap of yarn while you work the Straps and Fronts.

Front

Right Strap

With 3.5 mm (US 4) needles, pick up and knit 15 sts along the cast on edge of the back panel with the short tail of your yarn. Counting from the outer edge, pick up one st in each garter edge stitch, then 13 more sts. Make sure you insert the needle into each sts and not in between them.

Slide needle to opposite end to start working on the RS.

Row 1 (RS): K2, work row 1 of Strap Chart across 11 sts, k2.

Row 2 (WS): K2, work next row of Strap Chart across 11 sts, k2.

Cont working rows 1 and 2, until you've worked the 16-row Strap Chart a total of 4 (5) 5 (5) 5 (6) 6 (6) times.

Now, work rows 1-12 of Strap Chart. You'll end up on a WS row.

On the following row, you'll cast on sts for the right front as follows:

Next row (RS): K2, work row 13 of Strap chart, k2, CO 22 (34) 34 (41) 41 (41) 41 (46) sts with the knitted cast on method. You should now have a total of 37 (49) 49 (56) 56 (56) 56 (61) sts on your needles.

Now, you'll start working the Right Front as follows:

Row 1 (WS): K all until 14 sts rem, work row 14 of Strap Chart, k2.

Row 2 (RS): K2, work row 15 of Strap Chart, k to end.

Row 3 (WS): K all until 14 sts rem, work row 16 of Strap Chart, k2.

From now on, you'll work the Right Front Chart across all sts. You'll be working flat, so you'll read RS rows from right to left and WS rows from left to right. At the same time, you'll be working the buttonhole band in Garter stitch. You can place a sm before the last 6 sts (RS) to remember to knit those last (RS)/first (WS) 6 sts on EVERY row, except on buttonhole rows.

Tip: You can use stitch markers between each chart repeat to help keep track of the pattern and spot mistakes more easily.

Row 1 (RS): K2, work row 1 of Right Front Chart across all sts, until 6 sts rem on LH needle, k6.

Row 2 (WS): K6, work next row of Right Front Chart across all sts, until 2 sts rem on LH needle, k2.

Buttonhole Row (RS): K2, work next row of Right Front Chart across all sts, until 6 sts rem, k2, yo, k2tog, k2.

Next row (WS): Rep row 2.

Continue working Right Front, rep rows 1 and 2, until all 16 rows of Right Front Chart have been completed.

Now, you'll work armhole increases while you continue to work the Right Front in St st, as follows:

Row 1 (RS): K2, m1l, k to end.

Row 2 (WS): K6, p until 2 sts rem, k2.

Rep rows 1 and 2, one more time. You'll work one buttonhole row now as follows:

Buttonhole Row (RS): K2, m1l, k until 6 sts rem, k2, yo, k2tog, k2.

Following Row (WS): Rep row 2.

Sizes 1 (2) - (-) - (-) - (-) only:

Continue working the Right Front with Armhole Increases on the RS. Work as follows:

Rep rows 1 and 2, 8 (8) - (-) - (-) - (-) more times, for a total of 22 (22) - (-) - (-) - (-) rows. You've increased 11 (11) - (-) - (-) - (-) sts and should now have 48 (60) - (-) - (-) - (-) sts on your needles.

Sizes - (-) 3 (4) 5 (-) - (-) only:

Continue working the Right Front with Armhole Increases on the RS. Work as follows:

Rep rows 1 and 2, - (-) 9 (9) 9 (-) - (-) more times, for a total of - (-) 18 (18) 18 (-) - (-) rows.

You've increased - (-) 12 (12) 12 (-) - (-) sts up to this point, and should now have - (-) 61 (68) 68 (-) - (-) sts on your needles.

You'll work one buttonhole row now as follows:

Buttonhole Row (RS): K2, m1l, k until 6 sts rem, k2, yo, k2tog, k2.

Following Row (WS): Rep row 2.

Continue working the Right Front with Armhole Increases on the RS. Work as follows:

Rep rows 1 and 2, - (-) 1 (1) 6 (-) - (-) more time(s), for a total of - (-) 28 (28) 38 (-) - (-) rows worked from Row 1. You've increased - (-) 2 (2) 7 (-) - (-) more sts up to this point, and should now have - (-) 63 (70) 75 (-) - (-) sts on your needles.

Size - (-) - (-) - (7) - (-) only:

Continue working the Right Front with Armhole Increases on the RS. Work as follows:

Rep rows 1 and 2, - (-) - (-) - (9) - (-) more times, for a total of - (-) - (-) - (18) - (-) rows. You've increased - (-) - (-) - (12) - (-) sts up to this point, and should now have - (-) - (-) - (68) - (-) sts on your needles.

You'll work one buttonhole row now as follows:

Buttonhole Row (RS): K2, m1l, k until 6 sts rem, k2, yo, k2tog, k2.

Following Row (WS): K6, p until 2 sts rem, m1lp, k2.

Continue working the Right Front with Armhole Increases on RS and WS rows. Work as follows:

Next Row (RS): K2, m1l, k until 6 sts rem, k6.

Following Row (WS): K2, p until 2 sts rem, m1lp, k2.

Rep last two rows, - (-) - (-) - (5) - (-) more time(s), for a total of - (-) - (-) - (38) - (-) rows worked from Row 1. You've increased - (-) - (-) - (14) - (-) more sts up to this point, and should now have - (-) - (-) - (82) - (-) sts on your needles.

Sizes - (-) - (-) - (-) 7 (8) only:

Continue working the Right Front with Armhole Increases on the RS. Work as follows:

Rep rows 1 and 2, - (-) - (-) - (-) 6 (5) more times, for a total of - (-) - (-) - (-) 12 (10) rows. You've increased - (-) - (-) - (-) 9 (8) sts up to this point, and should now have - (-) - (-) - (-) 65 (69) sts on your needles.

Continue working the Right Front with Armhole Increases on RS and WS rows. Work as

follows:

Next Row (RS): K2, m1l, k until 6 sts rem, k6.

Following Row (WS): K2, p until 2 sts rem, m1lp, k2.

Rep last two rows, - (-) - (-) - (-) 2 (3) more times, for a total of - (-) - (-) - (-) 6 (8) more rows. You've increased - (-) - (-) - (-) 6 (8) more sts up to this point, and should now have - (-) - (-) - (-) 71 (77) sts on your needles.

You'll work one buttonhole row now as follows:

Buttonhole Row (RS): K2, m1l, k until 6 sts rem, k2, yo, k2tog, k2.

Following Row (WS): K6, p until 2 sts rem, m1lp, k2.

Rep increase rows above, - (-) - (-) - (-) 6 (6) more times, for a total of - (-) - (-) - (-) 38 (38) rows worked from Row 1. You've increased - (-) - (-) - (-) 12 (14) more sts up to this point, and should now have - (-) - (-) - (-) 85 (91) sts on your needles.

All sizes resume:

Break yarn and leave sts on hold while you work Left Strap and Front.

Left Strap

With 3.5 mm (US 4) needles, pick up and knit 15 sts along the cast on edge of the back panel with the short tail of your yarn. Counting from center back to outer edge, pick up 13 sts on Chart, then 2 sts, one in each garter edge. Make sure you insert the needle into each sts and not in between them.

Slide needle to opposite extreme to start working on the RS.

Row 1 (RS): K2, work row 1 of Strap Chart across 11 sts, k2.

Row 2 (WS): K2, work next row of Strap Chart across 11 sts, k2.

Cont working rows 1 and 2, until you've worked the 16-row Strap Chart a total of 4 (5) 5 (5) 5 (6) 6 (6) times.

Now, work rows 1-12 of Strap Chart. You'll end up on a WS row.

On the following row, you'll cast on sts for the left front as follows:

Next row (RS): CO 22 (34) 34 (41) 41 (41) 41 (46) sts with the knitted cast on method.

Break yarn and slide new 22 (34) 34 (41) 41 (41) 41 (46) sts from LH needle to RH needle. Reattach yarn and work row 13 of Strap Chart on rem 15 sts on LH needle. You should now have a total of 37 (49) 49 (56) 56 (56) 56 (61) sts on your needles.

Now, you'll start working the Left Front as follows:

Row 1 (WS): K2, work row 14 of Strap Chart over 12 sts, k to end.

Row 2 (RS): K until 14 sts rem, work row 15 of Strap Chart, k2.

Row 3 (WS): K2, work row 16 of Strap Chart over 12 sts, k to end.

From now on, you'll work the Left Front Chart across all sts. You'll be working flat, so you'll read RS rows from right to left and WS rows from left to right. At the same time, you'll be working the button band in Garter stitch. You can place a sm after the first 6 sts (RS) to remember to knit those first (RS)/last (WS) 6 sts on EVERY row.

Tip: You can use stitch markers between each chart repeat to help keep track of the pattern and spot mistakes more easily.

Row 1 (RS): K6, work row 1 of Left Front Chart across all sts, until 2 sts rem, k2.

Row 2 (WS): K2, work next row of Left Front Chart across all sts, until 6 sts rem, k6.

Continue working in Left Front, rep rows 1 and 2, until all rows of Left Front Chart have been completed.

Now, you'll work armhole increases while you continue to work the Left Front in St st, as follows:

Row 1 (RS): K all until 2 sts rem, m1r, k2.

Row 2 (WS): K2, p all until 6 sts rem, k6.

Rep rows 1 and 2, 10 (10) 13 (13) 18 (11) 8 (7) more times, for a total of 22 (22) 28 (28) 38 (24) 18 (16) rows. You've increased 11 (11) 14 (14) 19 (12) 9 (8) sts and should now have 48 (60) 63 (70) 75 (68) 65 (69) sts on your needles.

Sizes - (-) - (-) - (6) 7 (8) only:

Now, you'll work increases for armholes on both RS and WS rows. Work as follows:

Row 1 (RS): K6, k until 2 sts rem, m1r, k2.

Row 2 (WS): k2, m1rp, p until 6 sts rem, k6.

Rep rows 1 and 2, - (-) - (-) - (6) 9 (10) more times, for a total of - (-) - (-) - (14) 20 (22) increase rows. You've increased - (-) - (-) - (14) 20 (22) sts and should now have - (-) - (-) - (82) 85 (91) sts on your needles.

Do not break yarn.

Body

You'll join Right and Left Front panels to Back panel and cast on sts at the underarms to work the body flat. You'll work buttonholes along the Right Front throughout the body. Work as follows:

Set-up row (RS): K 46 (58) 61 (68) 73 (80) 83 (89) Left Front sts, place sm1, k2 rem from Left Front. CO 18 (14) 20 (20) 20 (20) 26 (28) sts for Left underarm with the backward loop cast on method. Place Back sts back on the needles and k2, place sm2, k 97 (105) 111 (123) 133 (147) 153 (167), place sm3, k2 rem sts from Back. CO 18 (14) 20 (20) 20 (20) 26 (28) sts for Right underarm with the backward loop cast on method. Place Right Front sts back on the needles and k2, place sm4, k remaining 46 (58) 61 (68) 73 (80) 83 (89) Right Front sts. Total: 229 (257) 281 (307) 327 (355) 379 (409) sts.

Row 1 (WS): K6, p to sm4, slide sm4, k to sm3, slide sm3, p to sm2, slide sm2, k to sm1, slide sm1, p until 6 sts rem, k6.

Sizes 1 (2) - (-) - (-) - (-) only:

Buttonhole Row (RS): K6, k all, sliding sm as you pass them, until 6 sts rem, k2, yo, k2tog, k2.

Rep row 1, once more, removing sm as you pass them.

All sizes resume:

Now, you'll work in St st flat (knit all on RS rows, purl all -except first and last 6 sts, which are knit on EVERY row- on WS rows), while at the same time, you work a buttonhole row 20 rows apart from the previous one. Meaning, starting at the buttonhole row you just worked, count 20 rows and, making sure it's a RS row, work another buttonhole.

Work in patt until you've worked a total of 6 (6) 7 (7) 7 (7) 7 (8) buttonholes, or to desired length, incorporating the buttonholes in sequence if necessary.

Then, work 9 more rows in St st, ending on a WS row.

On the 10th row (RS), bind off all sts using the non-rolling bind off method.

Finishing

Once the top is finished, sew buttons in place on the button band to line up with the buttonholes on the buttonhole band. Weave in all ends and wet block to the given measurements.

Video tutorials

Long tail CO: https://youtube.com/shorts/-P-4mNbAbD4?si=iPxuIYz_F3REe38a

Increases on the RS: https://youtube.com/shorts/wVTwBiKIm_c?si=wRIKt7wwjA78tN3p

Increases on the WS: <https://youtube.com/shorts/dCu3bg3Fc20?si=NCuZNoDH-G6i9fqp>

Working cables without a cable needle: <https://youtu.be/8fVpPZYkDU4>

Picking up sts with short tail of yarn: <https://youtube.com/shorts/wna4ZoONxOI?si=SDqkQWtzfPN9V-U7>

Knitted CO method: <https://youtu.be/ltlRjtRGS9A>

Backward loop CO method: <https://youtube.com/shorts/9eGtu2M6Tak?si=xzyELLP3weE50Ezy>

Non-rolling bind off: <https://www.youtube.com/watch?v=A6VMvabSxWk>