1. **START BY MAKING A SLIP KNOT**

- Make a loop about 10 cm from the tail end (loose end) of the yarn.
- Pull the tail end through the loop to make a second loop.
- Place your crochet hook through the loop.
- Tighten by pulling on both ends.

2. **HOLD THE HOOK AND YARN READY TO START**

- Hold the slip knot between the thumb and index finger of your left hand.
- Let the tail end hang down and loop the working end over your index and middle fingers, under your ring finger, and over your little finger.
- Stretch out the yarn between your index and middle fingers. Keep tension in this part of the yarn as this is the part you will hook.
- Hold the hook in your right hand, gripping the flat part with your thumb and index finger.

3. **MAKE TWENTY ONE CHAIN STITCHES (ch 21)**

- Move your hook from left to right under the yarn stretched between your index and middle fingers. This is known as yarn over (yo).
- Pull the hook down, grabbing the yarn and pulling it through the loop on your hook.
- Repeat twenty times.
4. MAKE TWENTY DOUBLE CROCHET STITCHES STARTING IN THE SECOND STITCH FROM THE HOOK (dc 20)

Put your hook through the top loop of the second stitch from the hook (green). You will now have two loops on your hook

Yarn over (as in Step 3)

Pull the yarn through the first loop on the hook. You will now have two loops on your hook again

Yarn over again and, this time, pull through both loops on your hook. You will be left with one loop on your hook

This completes one double crochet (dc). Repeat this nineteen times, working back along the chain that you made in Step 3

5. MAKE ONE CHAIN STITCH TO TURN (ch 1)

At the end of the row, repeat Step 3 to make one chain stitch (green). This stitch is added to allow space to turn. Then flip the fabric over ready to start the next round

6. MAKE TWENTY DOUBLE CROCHET STITCHES STARTING IN THE SECOND STITCH FROM THE HOOK, THEN ONE CHAIN STITCH TO TURN (dc 20, ch 1)

After the first round, double crochets are worked in both loops of the stitch. Starting in the second stitch from the hook (green), put your hook through both loops of the stitch. You will now have three loops on your hook

Yarn over and pull through the first two loops on the hook. You will now have two loops on your hook

Yarn over again and pull through the next two loops (green). You will now have one loop left on your hook. This completes the double crochet

Repeat nineteen times, to reach the end of the row, then make one chain stitch to turn
7. REPEAT TWENTY DOUBLE CROCHET, ONE CHAIN STITCH PATTERN THIRTY EIGHT TIMES ((dc 20, ch 1) x38)

Repeat Steps 5 and 6 thirty-eight times, flipping the work over after each chain stitch. Don’t worry if you loose count, the aim is to make the fabric approximately twice as long as it is wide. Omit the final chain stitch.

8. FINISH OFF

To finish off, pull the hook away from the fabric to make the loop on the hook much larger. Cut the working end of the yarn, leaving about 5cm spare, then pull this end through the loop.

Pull on the end to tighten the loop and make a knot. Use your hook to weave the loose ends into the fabric then cut.

QUICK GUIDE
Row 1: ch 21
Row 2: dc 20 starting in second stitch from hook, ch 1
Row 3-40: (dc 20 starting in first double crochet, ch 1) x38, finish off