

1. Start with your palm facing you.
2. Leaving a several-inch tail, grasp the end of the yarn between your thumb and pointer finger, with the end facing you and the rest from the ball going around the back of your pointer finger.
3. Wrap the yarn around the back of your pointer finger, around the front of your middle finger, around the back of your ring finger, and around the front of your pinkie. Try to keep the yarn taut but not so tight that you won't be able to remove loops, or so tight that it cuts blood off to your fingers!
4. Do a second row farther from your palm, wrapping from the back of the pinkie around the front of the ring finger, etc. You should have one strand in front and one in back of each finger.
5. Do a third row above the first two, closer to your nails. Wrap the yarn around your pointer finger from finishing the second row, towards the back of your pointer finger, around the front of your middle finger, etc. like row one. Let the yarn from the ball/skein drape towards the back of your hand. You should now have two loops on each finger on the palm side of your hand.
6. From your palm side, take the bottom loop on your pointer finger and lift it up over the top loop, and off of your finger so that it falls behind your hand. Make sure to trap the yarn from the ball.
7. Repeat with the rest of the fingers. You should now have one loop on each finger, with a series of loops on the backs of your fingers.
8. Take the yarn that's attached to the ball/skein and trailing off of your pointer finger, and wrap it from behind the pointer finger around the front of the middle finger, behind the ring finger, and in front of the pinkie.
9. Continue around the back of the pinkie, in front of the ring finger, behind the middle finger, and in front of the pointer finger. Drape the ball yarn toward the back of your hand.
10. Repeat steps 6 and 7, lifting the bottom loops up and over the other loops and your fingers to fall to the back of your hand.
11. Repeat steps 8 and 9, alternately looping around the front and back of each finger so that there's two loops.
12. Continue wrapping and removing loops until it's as long as you'd like. Try to keep the knitted fabric from twisting (unless you want that).
13. **To take a break**, take the single loops (after the lifting step) and insert markers into your finger loop spaces.
14. **To resume knitting again**, put the loops back on your fingers with the knitted portion trailing down the back of your hand, and the yarn from the ball dangling from the loop on your pointer finger toward the back.
15. **To finish**, take the single loop (after the lifting step) off of your pointer finger and twist before placing on your middle finger closer to your nail. The side closest to your thumb will now be closest to your ring finger.
16. Take the bottom loop on your ring finger and lift over and off like step 6. Take the remaining loop and lift up, twist, and over the ring finger.
17. Repeat step 16 for your ring finger and pinkie finger.
18. When there's just one loop left, take the yarn from the ball, snip it off with several inches of "tail," feed the tail through the loop, and pull tight.

If you want to make more rows, see the video <https://www.youtube.com/watch?v=Q1DGcDS7luU>.