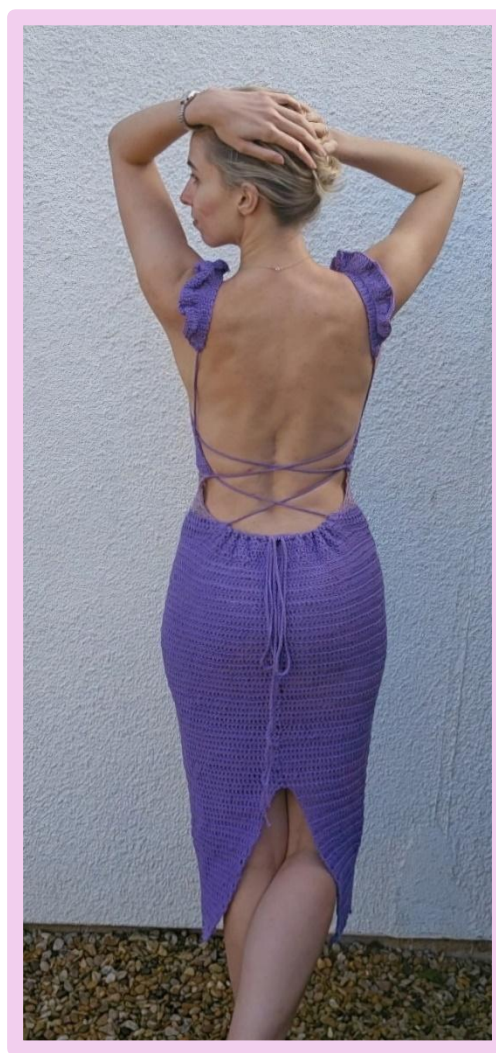




## Midi Bodycon Style Dress with Open Back



Hey, Little Gem here; I have been crocheting for as long as I can remember, and a few months back, someone gave me the idea that I should start making a note of my patterns so I can share them with others, so this is me giving it a go!

I have made these instructions as beginner-friendly as possible and adaptable so you can adjust the dress to your size. For reference, I am approx. 5ft 8 and a dress size 8. There are pictures throughout the instructions, and I will also be uploading some videos onto my Youtube channel to help out -LittleGemsCrochetCompany

### What you will need:

- ♥ 4mm hook
- ♥ 2mm hook
- ♥ 15 balls of yarn of Drops Paris in the colour 13, Medium Purple - any cotton yarn will work if it fits the 4mm hook
- ♥ One ball of Anchor Freccia 6 Solids (50g) – in the colour – 0870; however, any thin yarn that works on the 2mm hook will work
- ♥ Tapestry needle for weaving in ends
- ♥ Measuring tape
- ♥ Scissors

### Abbreviations you will need to know:

- ♥ SS- Slip Stitch
- ♥ SC – Single Crochet
- ♥ DC – Double Crochet
- ♥ HDC – Half Double Crochet
- ♥ TC – Triple Crochet
- ♥ DC2TG – Double Crochet two Stitches Together

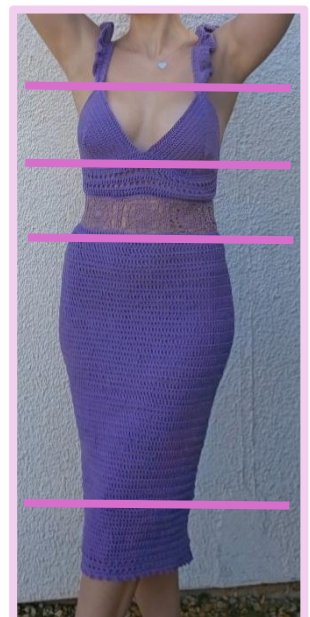
**\*PLEASE NOTE\*** The amount of yarn may vary if you choose to make the dress larger, longer, smaller, or shorter. This was the amount needed for the dress I created. Also, you do not have to choose these colours; you can pick whatever colour you would like.

The dress consists of multiple sections: the cups, midsection, skirt, bottom of the skirt, and straps. The cups and midsections are made individually and then crocheted together, while the skirt sections and straps are added directly onto the existing pieces.

Here, I have highlighted how the dress is broken down into different parts.

You will start off by making the cups. For reference, my bra is a 32 DD, but these instructions will enable you to adjust this to your size. It is worth noting that due to the drawstring nature of the back of the dress, it doesn't matter if the cups are a little big, as you can always pull the dress tighter at the end.

**\*PLEASE NOTE\*** Making the cups noticeably smaller or larger than mine will affect the number of granny squares you will need to create later so that the cups and the midsection join seamlessly.



## **The Cups**

For this part, you will need the thicker of your two yarns and the 4mm hook. If you are about the same size as me, you can follow the instructions as they are; if not, please follow the variations.

Chain 12 stitches (or measure the length between the bottom of your breast to the centre of your nipple and chain the amount that covers that length). Turn your work and SC back down the row, not forgetting the very first stitch – Remember this every row you do, as sometimes the first stitch can be easy to miss

**Row 1:** Chain one, turn your work.

**Row 2:** Make a SC back down the row

**Row 3:** When you reach the end of the row, make 3 SC into the top stitch. This will create the point at the top of your cup

**Row 4:** SC along the row into the remaining stitches

Repeat steps 1-4; **REMEMBER** to do 3 SC in the middle of the three single crochets you made at the top of the cup in the previous round.

You can use a stitch marker if this helps you remember.

After the first few rounds, I checked how the cup fit me and continued to create rows until I felt the cup was big enough. Once you have reached the desired size, cut the string around 10cm away from the end of your cup, and using the tapestry needle, sew in the end of the yarn. I ended up with 10 “rows,” as shown in the picture.

Once you have finished the first cup, repeat the same process for the second cup. You do not need to tie off the end of this cup, as you will continue crocheting from this point.

After crocheting both cups, take the cup still attached to the yarn, chain one, and turn your work.

Make a row of single crochet along the bottom of your cup; once you reach the end of the cup, chain one. Align your second cup, and starting at the corner of the second cup SC along the bottom of the second cup, chain one, and turn your work. Your cups are now connected in the middle with a single crochet. I did 40 single crochets along the edge of my cups and one in the middle.  $40+40+1=81$ . My midsection is 81 stitches long. You will need to make note of how many stitches you use for later on when connecting the mid-section.

SC into every stitch along the row you created, joining your cups, chain two, and turn your work.



### **Midsection Part 1**

For the start of the midsection, you need to measure the distance from the centre of the bottom of your breast to the top of your belly button. This will give you guidance about how long your midsection should be. As I am pretty tall, most people would need a shorter design, which I have accounted for in the instructions below. I measured about 18cm.

**Row 1:** HDC into every stitch across the row. Chain two and turn your work.

**Row 2:** Repeat row 1

**Row 3:** HDC into every stitch across the row. Chain four and turn your work. This counts as a double crochet and one chain.

**Row 4:** You will do a mesh stitch in this row, which will look like the photo here. Skip the first stitch of the row below, DC into the next stitch, and chain one.

Skip the next stitch of the row below, DC, into the following stitch. Repeat this across the row. Because 81 is an odd number at the end, you must do 2 DC next to each other without the chain stitch in between at the very end of the row. Chain two and turn your work.



**Row 5:** HDC into all the stitches across the previous row.

**\*PLEASE NOTE\*** If you have a short torso and the length between the bottom of your breast and your belly button is 15cm or less, you may want to stop this section here, tie off your work, put it to one side, and skip to Midsection part 2. If you measured longer than 15cm, carry on with row 6 onwards.

**Row 6:** Chain 3 and turn your work. In this row, we will repeat the mesh stitch from row 4. Skip the first stitch of the previous row and DC into the next stitch, then chain one. Repeat this until the end of the row, and like before, at the end of the row, you will have two DC next to each other. Chain two and turn your work

**Row 7:** HDC into every stitch from the previous row, chain two, and turn your work

**Row 8:** HDC into every Stitch from the previous row. Tie off, and you can put this part of the crochet aside while you work on the next section.





## **Midsection Part 2 – Granny Squares**

Now, you are going to crochet five granny squares (or more if your cups are bigger) with the thin yarn and the 1.5mm hook. The granny squares, when attached, should be the same(ish) length as your cups and top midsection; if it doesn't look like an exact match when you make it, that's fine; the granny squares will stretch out when you connect the two sections if the top section is bigger. However, once you make the first five squares, it will be apparent if you need to make any extra squares.

The following granny squares can be tricky, so I have uploaded a video tutorial to my YouTube channel.

### **Round 1:** 1. Chain four

2. SS into the first of the four chains, creating a small circle.
3. Chain three, then 15 DC into the ring
4. SS into the third chain from the beginning



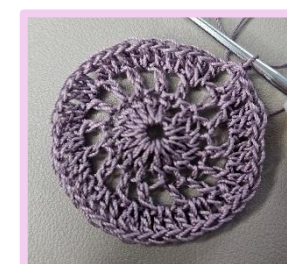
### **Round 2:** 1. Chain four, then DC into the first stitch from the last round.

2. Chain one, then DC into the next stitch.
3. Repeat 2 through the round
4. SS into the third chain from the beginning of the round.



### **Round 3:** 1. Chain three (counts as a double crochet)

2. Make two DCs in space between the DC from the last round
3. Make a DC into the next stitch.
4. Repeat 2-3 and end with two DCs in the last space.
5. SS into the third chain from the beginning of the round



### **Round 4:** 1. Chain one

2. In the first stitch, SC
3. Chain five
4. Skip the next two stitches and SC into the third stitch
5. Chain three
6. Skip the next two stitches SC into the third stitch
7. Repeat steps 5 - 6 twice more
8. Repeat 3-7 until the end of the round
9. SS into the third chain from the beginning of the round.



- Round 5:**
1. SS into the first chain space from round 4 (the corner)
  2. Chain three - Four DCs into the same chain space.
  3. Chain three
  4. Make five more DC into the chain space as step 2.
  5. Make a single crochet into the next chain space.
  6. In the next chain space (the middle one), seven DC
  7. SC into the next chain space.
  8. Make five DCs into the next chain space (the next corner)
  9. Repeat 3 -8 through the round
  10. SS into the third chain from the beginning of the round.



- Round 6:**
1. Make eight chains (counts as a double crochet + five chains)
  2. SC into the corner space from the previous round
  3. Chain three
  4. SC into the same corner space
  5. Chain five
  6. DC into the SC stitch from the previous round.
  7. Chain three
  8. Skip the next three stitches, and SC into the fourth stitch
  9. Chain three
  10. DC into the SC stitch from the previous round
  11. Chain five
  12. Repeat 2-11 through the round
  13. SS into the third stitch from the eight chains you made from the beginning.



- Round 7:**
1. SS into the first chain space
  2. Chain three (counts as a double crochet)
  3. Make four DC into the same chain space
  4. Make three DC into the corner space
  5. Chain three
  6. Make another three DC into the same corner space
  7. Make five DC into the next chain space
  8. Make three DC into the next chain space
  9. Make three DC into the next chain space
  10. Make five double crochets into the next chain space
  11. Repeat 4-10 through the round
  12. SS into the third chain that you made at the beginning of the round



If you are following my sizing, you will make five granny squares in total. If you made the cups bigger, you might need to make more granny squares to match the width of the rest of the midsection. Then, you need to attach the granny squares together. SS into the back stitches only along the sides you want to connect. If you would prefer to connect them another way, feel free to do so.



### **Attaching Granny squares to the cups**

Crochet a row of single crochet at the bottom and the top of the granny squares using the thicker of the two yarns and the 4mm hook. I did this by crocheting the following amount of stitches per square: 17+16+16+16+16, which equals 81, which matches the number of stitches in the midsection. You can make the stitches, however is easiest for you, between SC or DC or in gaps you find at the edge of the granny square; as long as it works for you and there is an equal number of stitches to the midsection, it will be fine.

Line up the granny squares and the first part of the midsection and SS into the back of every stitch, joining the two sections together

**\*PLEASE NOTE\*** They may not line up completely when laid out, but if there is the same number of stitches, it will come together; do not panic!

### **The Skirt**

To create the skirt, you will work in rounds rather than rows. Now, measure around your waist to calculate how many chains you must start with. However, when you make the chain to try and step into your work and ensure you can get it over your waist and bum, you don't want to make the whole dress and then realise it doesn't fit. Do not worry if this is massively bigger than your waist; this can be cinched in at the end.

Insert the hook into one of the corners of the midsection, and chain 62 (or the amount needed to go over your bum and waist)

Make a slip stitch into the other corner of your midsection, tie it off, and weave in the yarn. This is your starting point for the skirt.

- Round 1:** 1. Insert your hook into the middle chain you have created at the back of the dress; this will be where the seam sits. Ensure you are holding your current work upside down so you don't create stitches going in the wrong direction.
2. Chain three, then DC into every stitch around the midsection
  3. SS into the third chain from the three starting chains to connect the round together.

- Round 2:** 1. Chain three and turn your work
2. DC round - this time work in the opposite direction to the previous round,
  3. SS into the third chain from the three chains from the start.

**Round 3:** You may want to increase the number of stitches so the skirt fits more comfortably over your waist and bum.

1. Chain three and turn the work.
2. DC round, but make two DC into one stitch; every 10th stitch
3. SS into the third chain from the three chains from the beginning.

**\*PLEASE NOTE\*** Everyone is slightly different, so you may need to increase more or less than every 10th stitch; the best way to tell is by trying the dress on after each round and seeing how the fit looks. It may be frustrating if you need to undo a row to get the sizing right, but getting the perfect fitting dress at the end is worth it.



**Round 4:** Repeat Round 3

**Round 5 and onwards:** 1. Chain three and turn the work.

2. work a round of DC

At this point, I stopped increasing every ten stitches and carried on with just DC into every stitch. However, if you try the dress on and feel it needs to keep increasing further, continue doing rounds, increasing the number of stitches until you are happy.

Following on: If you prefer a more fitted look to your dress, like mine, once the dress is over the widest part of your legs/hips, start decreasing the number of stitches per round by DC2TG.

I started DC2TG every 20 stitches, and as I got further down my legs, I began DC2TG every 15 stitches. It's essential to try on your dress every row or so to ensure that you are happy with the shape and fit.

### **The Back Slit (Optional)**

You do not need to add the slit at the back if it's not your style. However, I have found it makes the dress easier to walk in. But if you do not want the slit, skip to 'End of your Skirt'; if you would like to incorporate a slit, you will need to do the following.

Once you reach a point where you want your slit to start, DC the round as usual; however, once you get to the end of the round, DO NOT SS the two ends of the row together; once you reach the end, chain three and turn your work and carry on DC back in the opposite direction. Repeat at the end of every round.

Every few rounds, ensure that when you lay the skirt flat, the slit is still a parallel line down the skirt and that it isn't going in or out; you want the skirt shape to stay the same.



### **End of your skirt**

Once the dress is about 7cm from the length you want it to be, do the following

**Round 1:** 1. Chain 3 and turn the work

2. HDC around this round

**Round 2:** 1. Mesh stitch - Chain four (counts as a DC + one chain) turn your work

2. Skip the first stitch and DC into the next stitch

3. Chain one

4. Skip the next stitch of the row below and DC into the following stitch.

5. Repeat this through the round.

**Round 3:** 1. Chain three and turn the work.

2. DC through the round

**Round 4:** 1. Mesh stitch again- Chain four and turn your work

2. Skip the first stitch and DC into the next stitch

3. Chain one





4. Skip the next stitch of the row below and DC into the following stitch
5. Repeat this throughout the round

**Round 5:** 1. Chain three and turn the work.  
2. Do another round of double crochet.

**Round 6:** Picot stitch - Chain one and turn your work  
1. Make one SC into the next four stitches.  
2. Chain three  
3. SS into the bottom of the first chain  
4. Repeat 1-3 through the round  
5. SS through the final stitch, cut the yarn, and weave the end in with the needle



### **The Straps**

Insert your hook into the stitch next to the middle stitch on the top of one of your cups.

1. Chain one and then SC into the same stitch.
2. Make a SC into the middle stitch, then the next stitch along
3. Chain one, turn your work
4. Make a single crochet into all the three stitches.
5. Repeat 3-4 until you reach your desired length.

This part of the strap should reach well over your shoulder and down against your back. You must end the last row towards the side that points out to your shoulder. You need to work on that side of the straps to create the ruffles that point towards your shoulder.

### **The Ruffles**

**Round 1:** Chain one and make a row of single crochet on the outside of the straps, back towards the cup

**Round 2:** 1. When you reach the end of the row, chain one and turn your work  
2. SS into the next three stitches  
3. Two SC into the next two stitches  
4. Two HDC into the next three stitches  
5. In the next five stitches, make two DC into each stitch  
6. Two TC into every stitch until there are 13 stitches left of the row

Now, you will do the reverse of what you have just done

7. Two DC into the next five stitches
8. Two HDC into the next three stitches
9. Two SC into the next two stitches
10. In the last three stitches, SS into every stitch
11. Turn your work.



- Round 3:** 1. SS into the next six stitches.  
2. In the next five stitches, HDC into each stitch  
3. In the next ten stitches, DC into each stitch  
4. Make one TC into each stitch until there are 21 stitches left of the row.

Then, do the steps the opposite way again.

5. In the next ten stitches, DC into each stitch
6. In the next five stitches, HDC into each stitch
7. SS into the next six stitches
8. Cut the yarn and weave it in.

Do the same on the other strap. When you have created both straps with ruffles, you will make the lower section of the straps.

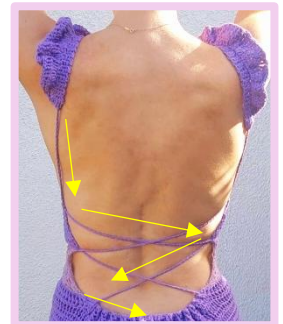


### **The lower section of the straps**

Insert your hook at the end of one of the straps, and chain at least 2m of yarn. This may seem like a lot, but the yarn ends quite quickly when you start crossing this across the back of the dress. Repeat this step on the other strap.

Now, these need to be threaded through the dress. The easiest way I found to do this was to lay the dress completely flat so you can check that you are putting the straps through the same places on each side. Here is a picture of how I threaded the straps through, but you can do this however you would prefer.

At the bottom, I threaded each side through every other stitch to cinch the waist in and prevent it from gaping too long, and I tied it in a bow so it would always be easily adjustable while taking it on and off.



You now have your finished dress! I hope you enjoyed making this dress and now have a new outfit you love! Please feel free to leave me any feedback. If you don't mind me sharing photos of your creations, please send me pictures to my Instagram account @Littlegemscrochetco.

