

Stouto Creative Crochet PDF Pattern Collection

Front loop only

Front loop only

The Front Loop Only (FLO) crochet stitch is a simple but striking technique that transforms the look and texture of your crochet fabric. Instead of working through both loops of a stitch, you insert your hook into the front loop only, the loop closest to you. This subtle variation adds texture, movement, and decorative ridges to your projects.

Whether you're working on a blanket, hat, border, or textured design, the FLO method is a beautiful way to elevate even the most basic stitches.

Front Loop Only (FLO) Crochet Stitch: Complete Guide for Beginners

The Front Loop Only (FLO) technique is a simple way to add texture, ribbing, or raised patterns to your crochet projects. Instead of working under both loops at the top of a stitch, you insert your hook only through the front loop.

FLO is commonly used for ribbing edges, adding ridges, and creating decorative stitch patterns.

What Is Front Loop Only (FLO)?

FLO stands for Front Loop Only. Normally, a crochet stitch is made by inserting the hook under both top loops of a stitch, the front and back loop. In FLO crochet, however, you only work into the front loop, leaving the back loop unworked.

This simple change creates a soft ridge on the back of your work and gives the fabric a more flexible, draped texture. It's often used for decorative patterns or layering effects in both flat and 3D projects.

How to Crochet in the Front Loop Only (Step-by-Step)

What You'll Need:

- Yarn of your choice
- A matching crochet hook
- Scissors and a yarn needle

Instructions:

1. Start with a foundation row: Create a chain and work one row of your chosen stitch (single crochet, half double crochet, etc.) into both loops as usual.
2. Turn your work: Chain 1 (or the correct turning chain for your stitch).





3. Identify the front loop: Look at the top “V” of each stitch. The front loop is the strand closest to you.
 4. Insert your hook: Slide the hook under the front loop only, leaving the back loop untouched.
 5. Complete your stitch: Yarn over and finish your stitch as normal.
 6. Continue across the row: Work into the front loop of each stitch until the end.
- Repeat for as many rows as you like to see the soft, ridged texture form.



When you crochet in the front loop only, your work develops a horizontal ridge that runs along the back side of the fabric. The front remains smooth and flat, while the back has a soft ribbed texture.

This is especially noticeable when you use FLO with single crochet (FLO sc) or half double crochet (FLO hdc) stitches, creating a subtle yet elegant design element.

When to Use the FLO Crochet Technique

The Front Loop Only stitch can be used for many creative effects in crochet, such as:

- Adding texture: Great for ribbing, decorative stripes, or patterned panels.
- Creating flexibility: Perfect for cuffs, brims, and edges where stretch is needed.
- Design contrast: Alternate rows of BLO and FLO for a wavy or ridged texture.
- 3D detailing: Ideal for amigurumi, petals, or layered crochet patterns.

Abbreviation

Crochet Stitch Method

1. Identify top loops of the stitch (front is closest to you).
2. Insert hook under the front loop only.
3. Work the stitch (sc/hdc/dc) as normal through that loop.



Step by Step

Step-by-Step: How to Crochet in the Front Loop Only

Step 1: Make a Foundation Chain

Start by creating a slip knot and chaining the number of stitches you need for your project or practice swatch. Example: Chain 21 for a small sample.

Step 2: Crochet a Base Row

Work your first row as normal, through both loops, to create a solid foundation.

For example:

Single Crochet (sc) in the 2nd chain from the hook and across (20 stitches total). Turn your work.

This gives you a clean row to begin your FLO work on.

Step 3: Identify the Front Loop

Turn your work so you can see the top edge of your stitches. Each stitch has two loops forming a "V":

- The front loop is the strand closest to you.
- The back loop is the strand behind it.



You'll be inserting your hook under the front loop only for this technique.

Step 4: Work the FLO Stitches

Depending on the stitch you're practicing, follow these instructions:



Front Loop Only Single Crochet (FLO sc)

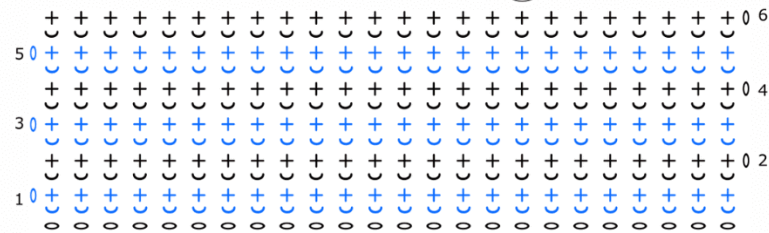
1. Chain 1 and turn.
2. Insert your hook under the front loop only of the first stitch.
3. Yarn over and pull up a loop (two loops on hook).
4. Yarn over again and pull through both loops on the hook.
5. Repeat across the row.
6. Turn and repeat for as many rows as desired.

This creates a smooth surface on the front and a horizontal ridge on the back of your fabric.

Share it with a friend or save it for your next crochet session!



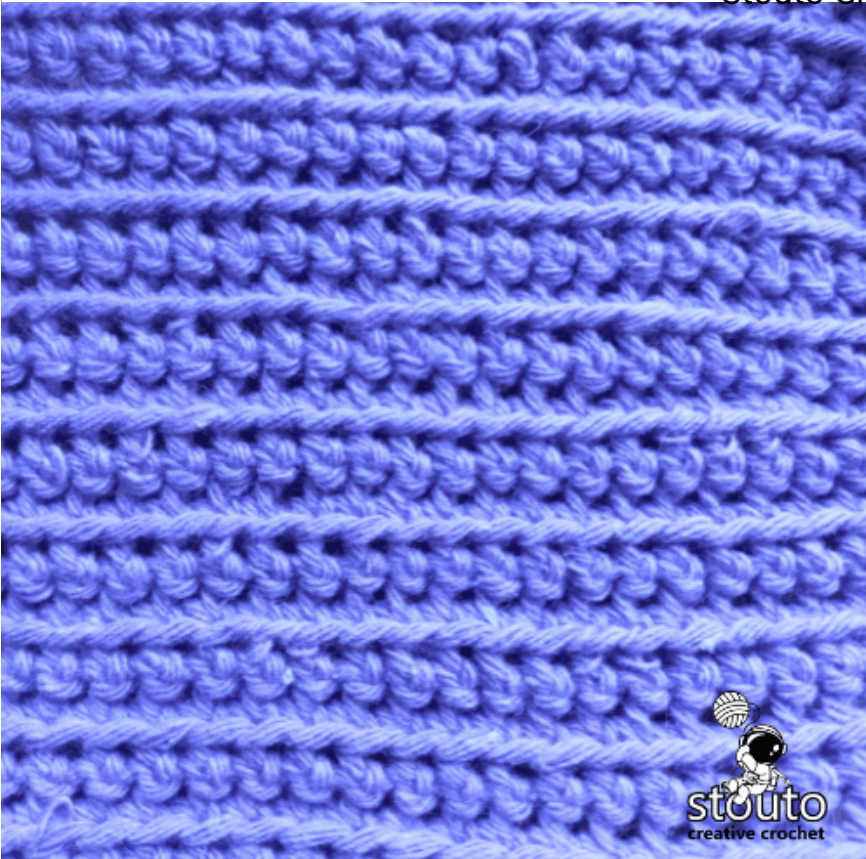
Front Loop Only : Single Crochet



US: (ch) - chain
UK: (ch) - chain
+ (FLOsc) FLO single crochet
- (FLOdc) FLO double crochet

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Front Loop Only Half Double Crochet (FLO hdc)

1. Chain 2 and turn.
2. Yarn over, insert your hook under the front loop only of the next stitch.
3. Yarn over and pull up a loop (three loops on hook).
4. Yarn over again and pull through all three loops.
5. Repeat across the row.
6. Turn and continue working in FLO for additional rows.

This stitch adds flexibility and a soft, ribbed texture, perfect for scarves or hat brims.

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Front Loop Only Double Crochet (FLO dc)

1. Chain 3 and turn (counts as your first dc).
2. Yarn over, insert your hook under the front loop only of the next stitch.
3. Yarn over and pull up a loop (three loops on hook).
4. Yarn over, pull through two loops (two loops remain).
5. Yarn over again and pull through the final two loops.
6. Continue across the row and turn.

FLO double crochet creates a light, drapery fabric with elegant ridges along the back—beautiful for blankets, wraps, or garments.

Step 5: Repeat and Observe the Texture

Continue crocheting in the front loop only for several rows. You'll notice a horizontal ridge appearing on the back side of your work. The front remains flat and smooth.

This texture gives your crochet pieces a bit of movement and flexibility, and when combined with BLO rows, it can create stunning ribbed or wave-like designs.

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Practice the FLO Stitch

Ready to give the Front Loop Only stitch a try?

Practice it in a small swatch using single crochet or half double crochet. This will help you get comfortable spotting the front loop and maintaining tension.

The Front Loop Only (FLO) crochet stitch is a simple yet powerful way to add texture and dimension to your projects. With just one small change in where you insert your hook, you can completely transform the look and feel of your crochet fabric.

It's easy to learn, beginner-friendly, and opens the door to endless creative possibilities—perfect for blankets, garments, and decorative projects alike.

About Stouto Creative Crochet

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