

Inside Out – Joy Block

Color Abbreviations

Aran (White) = W

Royal Blue = RB

Soft Navy = N

Bright Yellow = Y

Increase Rows

Row 1: 1 W

Row 2: 2 W

Row 3: 3 W

Row 4: 4 W

Row 5: 5 W

Row 6: 6 W

Row 7: 7 W

Row 8: 8 W

Row 9: 9 W

Row 10: 5 W, 2 RB, 3 W

Row 11: 4 W, 2 RB, 5 W

Row 12: 5 W, 3 RB, 4 W

Row 13: 5 W, 4 RB, 4 W

Row 14: 4 W, 5 RB, 5 W

Row 15: 5 W, 3 RB, 1 Y, 2 RB, 4 W

Row 16: 4 W, 1 RB, 3 Y, 3 RB, 5 W

Row 17: 5 W, 6 RB, 1 Y, 1 RB, 4 W

Row 18: 4 W, 1 RB, 4 Y, 4 RB, 5 W

Row 19: 6 W, 2 RB, 1 Y, 1 RB, 1 Y, 1 N, 2 Y, 5 W

Row 20: 5 W, 6 Y, 3 RB, 6 W

Decrease Rows

Row 21: 5 W, 4 RB, 6 Y, 4 W

Row 22: 4 W, 7 Y, 2 RB, 5 W

Row 23: 5 W, 2 RB, 5 Y, 1 W, 1 Y, 3 W

Row 24: 3 W, 1 Y, 1 W, 3 Y, 1 N, 3 RB, 4 W

Row 25: 4 W, 1 RB, 5 Y, 2 W, 1 Y, 2 W

Row 26: 2 W, 1 Y, 2 W, 4 Y, 1 RB, 4 W

Row 27: 4 W, 1 RB, 3 Y, 2 W, 1 Y, 2 W

Row 28: 2 W, 1 Y, 2 W, 2 Y, 1 RB, 4 W

Row 29: 4 W, 1 RB, 4 Y, 2 W

Row 30: 2 W, 3 Y, 5 W

Row 31: 9 W

Row 32: 8 W

Row 33: 7 W

Row 34: 6 W

Row 35: 5 W

Row 36: 4 W

Row 37: 3 W

Row 38: 2 W

Row 39: 1 W