



The **waistcoat stitch**, also known as the **center post stitch**, is also often referred to as the **crochet knit stitch** because it closely resembles the stockinette stitch in knitting.



Insert your hook underneath the bar, underneath the upside down V (like a pyramid), do not go into the space where you normally go for a single crochet. There is only ONE difference between this stitch and the single crochet: where you insert your hook to pull up the loop.



Because you are inserting the hook directly through the center of the crochet stitch from the row below, I also find that it is easier to insert the hook into the correct spot if you use a pointier crochet hook.



The finished product is cushy soft and double-sided.