F. Garter Stitch Ridges
Row 1: Knit
Row 2: Purl
Row 3: Knit
Rows 4 to 10 Purl

Garter Stitch Steps
Pattern: Multiples of 8
Row 1: Knit
Row 2: K4 P4
Row 3: Knit
Row 4: K4 P4
Row 5: Knit
Row 6: K2 * P4 K4 end with P4 K2
Row 7: Knit
Row 8: K2 * P4 K4 end with P4 K2
Row 9: Knit
Row 10: P4 K4
Row 11: Knit
Row 12: P4 K4
Row 13: Knit
Row 14: P2 * K4 P4 end with K4 P2
Row 15: Knit
Row 16: P2 * K4 P4 end with K4 P2