Griddle Stitch

Chain a multiple of 2 st + 2
Row 1: Skip 3 ch, * 1 sc into next ch, 1 dc in to next ch; rep from * ending sc into last ch, turn.
Row 2: 3 ch, skip 1 st, * 1 sc into next dc, 1 dc into next sc; rep from *
ending 1 sc into top of turning chain. Turn.
Repeat row 2 until desired length.

Crunch Stitch

Chain a multiple of 2 st + 1
Row 1: Sk 2 ch, *sl st into next ch, 1hdc into next ch; rep from * ending sl st into last ch, turn.
Row 2: 2 ch, skip 1 st, *sl st into next hdc, 1 hdc into next sl st; rep from * ending sl st into top
of turning chain. Turn.
Repeat row 2 until desired length.