

Sherman Heel over 40 stitches

NanKnits2Much



I got tired of always recalculating the heel to fit *my* heel and *my* knitting. So I created this chart for my use. If these numbers don't work for you, please consult other resource for more info:

Hipknitism.com

[Cabezalana](#) (a pictorial)

[KnitList](#)

[Luna-Knits](#)

Google "[Sherman Heel](#)"

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Row #	To the half way point	From the half way point	Notes:
1	Knit 20, wrap and turn	Slip 1, purl 14, p enc	p enc: slip 1 stitch purlwise. Lift stitch under next stitch, insert left needle into both stitches (from left to right, under right needle) purl both stitches together
2	Purl 40, wrap and turn	Knit 15, k enc	
3	Slip 1, K 38	Purl 16, p enc	
4	Slip 1, P 37	Knit 17, k enc	
5	Slip 1, K 36	Purl 18, p enc	
6	Slip 1, P 35	Knit 19, k enc	
7	Slip 1, K 34	Purl 20, p enc	
8	Slip 1, P 33	Knit 21, k enc	
9	Slip 1, K 32	Purl 22, p enc	
10	Slip 1, P 31	Knit 23, k enc	
11	Slip 1, K 30	Purl 24, p enc	
12	Slip 1, P 29	Knit 25, k enc	
13	Slip 1, K 28	Purl 26, p enc	
14	Slip 1, P 27	Knit 27, k enc	
15	Slip 1, K 26	Purl 28, p enc	
16	Slip 1, P 25	Knit 29, k enc	
17	Slip 1, K 24	Purl 30, p enc	
18	Slip 1, P 23	Knit 31, k enc	
19	Slip 1, K 22	Purl 32, p enc	
20	Slip 1, P 21	Knit 33, k enc	
21	Slip 1, K 20	Purl 34, p enc	
22	Slip 1, P 19	Knit 35, k enc	
23	Slip 1, K 18	Purl 36, p enc	
24	Slip 1, P 17	Slip 1, knit 37, k enc, slip 1	
25	Slip 1, K 16		

This "pattern" was downloaded from <http://ispindle.com/blog>