

KNITTING STITCH EMBROIDERY

1. When working from right to left, bring the needle out in the centre of the stitch and take it up and around the head of the stitch from right to left (under the stitch above) as shown.
2. Take the needle back through the centre of the original stitch and out through the centre of the stitch on the left.
3. When working from left to right, bring the needle out in the centre of the stitch and take it up and around the head of the stitch from left to right (instead of from right to left).

