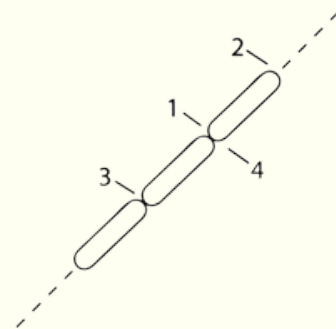# Backstitch

Ideal for creating solid lines.

Steps:

1. Start like a running stitch (bring the needle up and insert it back into the fabric).

2. Bring the needle up a short distance ahead of the previous stitch.

3. Insert the needle into the end of the previous stitch, closing the gap.

4. Repeat for a continuous line.

https://www.youtube.com/watch?v=kqj_1Uo1tJo

that's sew haute.