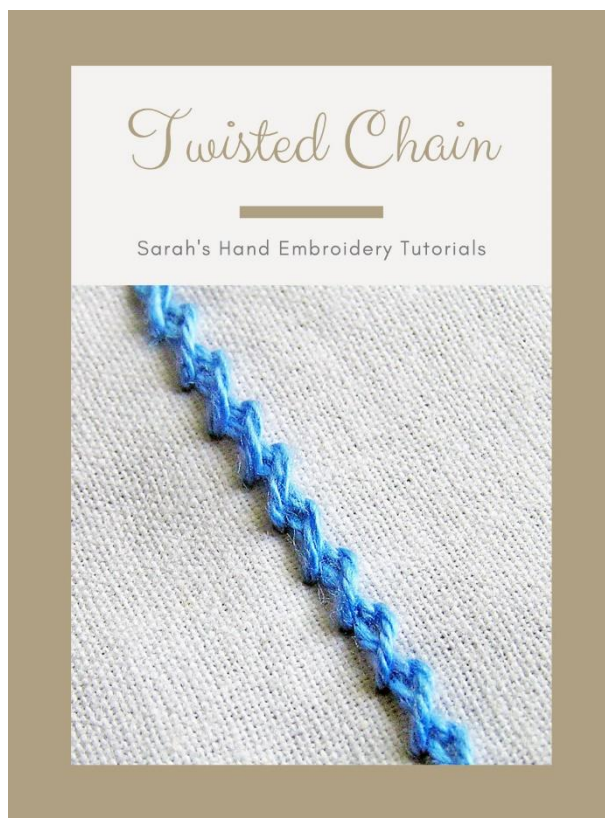


Twisted Chain Stitch



Twisted Chain Stitch is also known as

Punto de cadenete retorcido [ES], Point de chaînette tortillé [FR], Gedrehter kettenstich [DE], Punto catenella ritorto [IT], Ponto de cadeia torcido [PT].

How to do the Twisted Chain Stitch

In this stitch, each loop in the sequence will look like the 'red ribbon'. To achieve this, we always put in the needle on the left of the previous stitch point. This slight 'dislocation' of the needle towards the left twists the base of each loop. Follow the procedures for clarity.

For ease of lessons, I have used a straight stitch line. Knowledge of the [Chain Stitch](#) will be an advantage. It will help you to note how this differs from the basic chain stitch procedure and thereby helping you to understand the logic of the stitch easily.

Les compétences émotionnelles permettent d'accéder à une plus grande **confiance** en soi et à une **réduction du stress**, les émotions n'étant plus perçues comme envahissantes et inconfortables, mais comme indicatrices de besoins à prendre en compte.

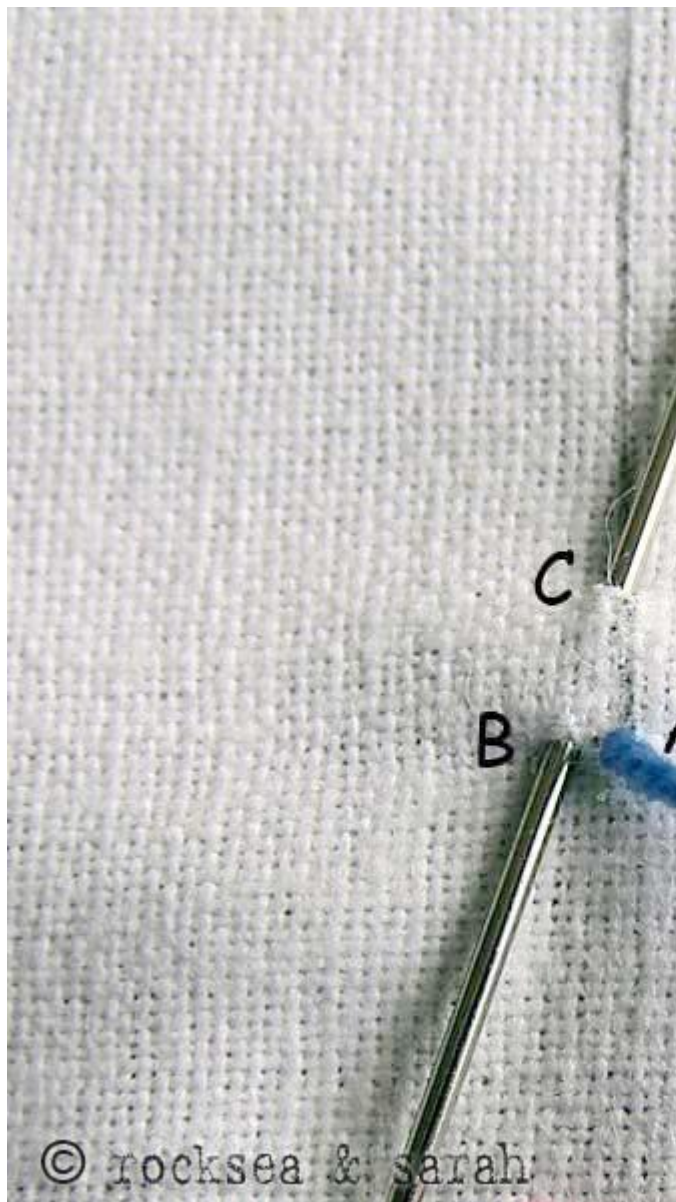


Fig 1: Bring the needle out through A, which lies on the stitch line. Now, put the needle in through B, which lies towards the left of A and bring it out from C. C, again, lies on the stitch line.

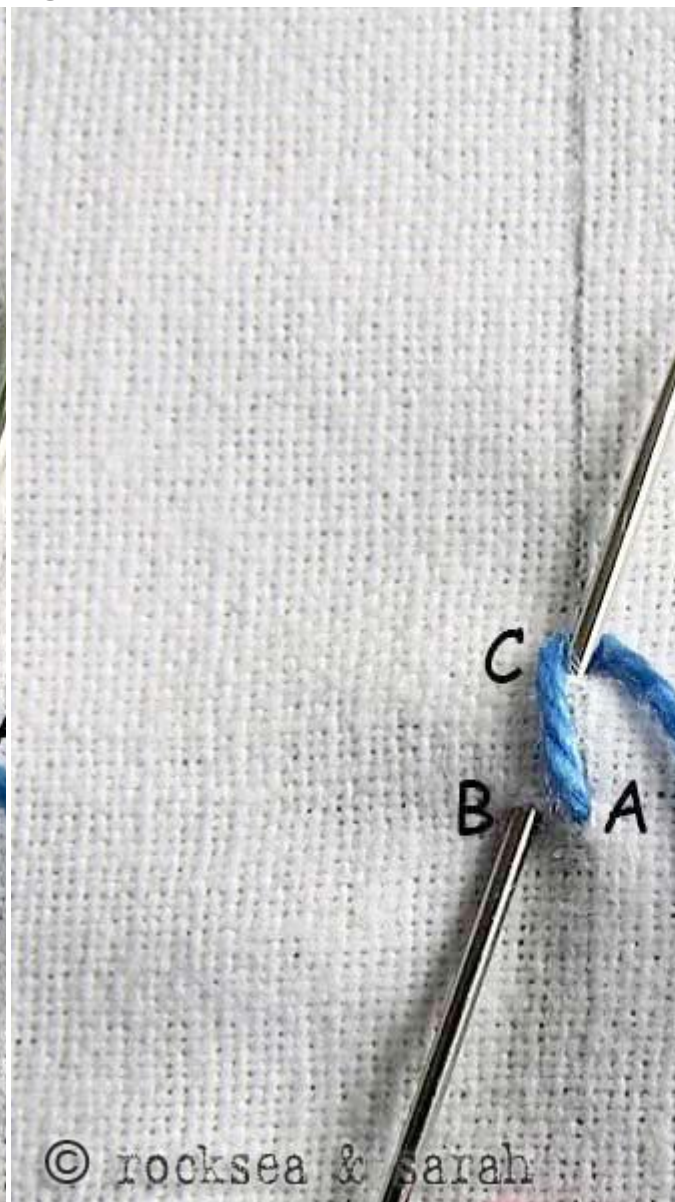


Fig 2: Now loop the thread around the needle as we would in a normal chain stitch.



Fig 3: When the needle is pulled out, we get a twisted loop as shown.

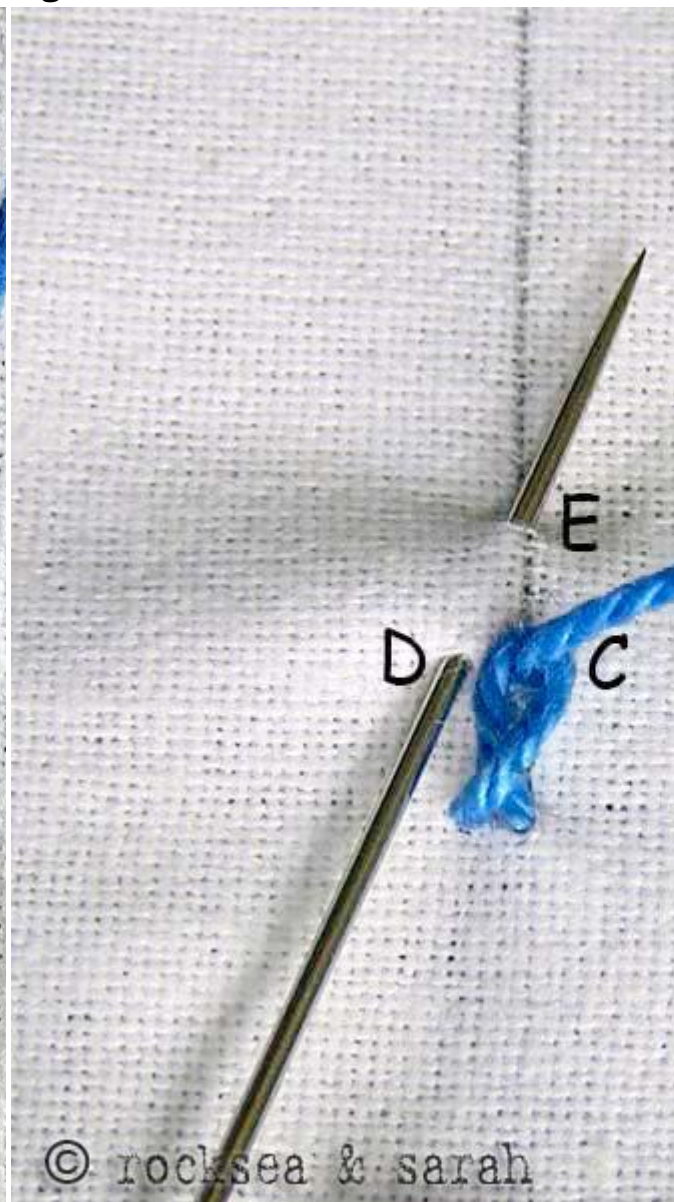


Fig 4: For the next loop, instead of putting in the needle in C as we would normally in a chain stitch, we would put it in through a point D. D lies horizontally left of C. Continue this pattern of stitching.



Fig 5: A finished line of the Twisted Chain Stitch would look like this. Remember that only alternate alphabets would lie on the stitch line. For every new loop, the beginning point would be on the immediate left of the previous loop.