FREE EMBROIDERY TUTORIAL + PATTERN

Back Stitch Embroidery

How to back stitch neat lines and curves, plus a mountain line-art hoop

SKILL LEVEL **Beginner**	HOOP **6 in (15 cm)**	DESIGN **Mountains, sun, pines, birds**
FLOSS **6 DMC colours**	STITCHES **Back stitch only**	TIME **About 3–4 hours**

Materials

- DMC stranded cotton: 3790, 924, 3865, 3854, 3345, 3799 (1 skein each)
- 9 × 9 in (23 cm) natural linen, a 6 in (15 cm) hoop, a size 7 embroidery needle, a water-soluble pen

Key

st one back stitch, about 3 mm

dots on the stitch stitch holes

2 strands separate 2 of the 6

Stitch length: about 3 mm (1/8 in) on straight lines, shorter (down to 1.5 mm) at the small tree steps and on the sun. Shorter stitches make smoother curves.

Back stitch

1	Up one stitch length ahead.
2	Down at the start of the line.
3	Up one stitch ahead of the last stitch.
4	Down into the end of the last stitch. Repeat.

The hoop

Trace	Print the template at 100%, check the 1 in (2.5 cm) bar, trace every line.	
DMC 3790	ground: back stitch	**(36 sts)**
DMC 924	mountain: back stitch	**(67 sts)**
DMC 3865	snow: back stitch	**(16 sts)**
DMC 3854	sun: back stitch	**(28 sts)**
DMC 3345	trees: back stitch	**(92 sts)**
DMC 3799	birds: back stitch	**(8 sts)**
Finish	Rinse out the pen, dry face down on a towel, press and frame.	

How to Do Back Stitch

Every stitch goes backwards into the end of the one before · 2 strands · about 3 mm stitches

1 · Up one stitch ahead



Bring the needle up one stitch length (about 3 mm) along the line.

2 · Back down



Go down at the start of the line: that's the first stitch. Come up one stitch ahead again.

3 · Back into the hole



Go down into the end of the last stitch, sharing its hole.

4 · Repeat



Up one stitch ahead, back into the last hole. The stitches join into a solid line.

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Mountain Hoop · Back Stitch Plan

6 in hoop · 247 back stitches · every dot is a stitch hole · drawn to scale, enlarged



- DMC 924 · mountain (67 sts)
- DMC 3865 · snow (16 sts)
- DMC 3854 · sun (28 sts)
- DMC 3345 · trees (92 sts)
- DMC 3799 · birds (8 sts)
- DMC 3790 · ground (36 sts)

Order: ground, mountains, trees, sun, birds, then the white snow lines last (white shows every slip, so keep them neat).

Mountain Hoop · Floss

2 strands · fabric: natural linen or cotton 9 × 9 in (23 cm) in a 6 in (15 cm) hoop

DMC	Colour	Part	Back stitches	Thread (2 strands)
DMC 3790	ultra dark beige grey	ground line	36	0.5 yd
DMC 924	very dark grey green	mountain outline	67	0.8 yd
DMC 3865	winter white	snow lines	16	0.3 yd
DMC 3854	medium autumn gold	sun	28	0.3 yd
DMC 3345	dark hunter green	4 pine trees	92	2.4 yd
DMC 3799	very dark pewter grey	2 birds	8	0.3 yd

One skein of each colour is plenty. Time: about 3–4 hours.

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Mountain Hoop · print at 100% (actual size)

Trace every line onto the fabric with a water-soluble pen, then back stitch along it.



1 in check bar: measure it after printing