



# Lattes & Llamas

We live for wool and bleed espresso.

## Nasty Woman Duplicate Stitch Tutorial A Christmas in July MKAL by Lattes & Llamas

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You don't have to be nasty to be a woman, but it helps. This tutorial is for all the ladies\* that are tired of smiling more, apologizing, and waiting their turn. And/or anyone that wants to learn duplicate stitch. The pattern is intended to accompany the video tutorial at [Lattesandllamas.com](https://www.lattesandllamas.com) I have the directions for a swatch to stitch your Nasty onto, but at just 23 sts wide it will fit on almost anything. Put it on your hat. Put it on your socks. Wear it on your literal and metaphorical sleeve. Do you.

**\*This tutorial is also suitable for Bad Hombres**

For your main yarn (think of this as the canvas you will paint your duplicated sts onto) choose a sturdy yarn that sharply contrasts with the yarn you'll be working your pattern in (contrast color). Cast on 33 sts. Knit 6 rows. For the next 16 rows, work in stockinette, always knitting the first and last 3 sts of each row. Knit 6 sts and bind off.

Duplicate stitching is done by applying a second yarn over the base knitting with a tapestry needle. Cut about a 24" length of yarn (you will end up using more than one piece of contrast yarn to stitch this chart, but more than 24" tends to get unwieldy and tangle). Once you start working, you can secure the end of your stitching yarn with a knot, or if you're anti-knot, you can just catch the end of the yarn behind your work in the loop of the next few stitches. Bring the tapestry needle up, from back to front at the bottom of the stitch you want to duplicate. The bottom of the stitch is the point of the V made by knit stitches. Slip your needle horizontally under the 2 legs of the stitch above the stitch you are duplicating. Bring the needle back down through the point of the V from front to back. 1 st duplicated. The video at [https://www.instagram.com/p/BWx\\_bMVDmPv/?taken-by=doctor\\_llama](https://www.instagram.com/p/BWx_bMVDmPv/?taken-by=doctor_llama) demonstrates this technique.

