

SUNDRESS COLOR BLOCK FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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TO SEW THE SHIRT YOU WILL NEED:

- cotton lycra jersey (3 colors),
- invisible zipper 2 pcs.,
- kantenband 1 cm (3/8") wide,
- matching threads,
- Stretch or Jersey 65-70 needles

A

Check the pattern for amount of fabric to take according to your size. Note: if the width of the fabric differs from the one specified in the table, the length of the cut is likely to be different. Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

B

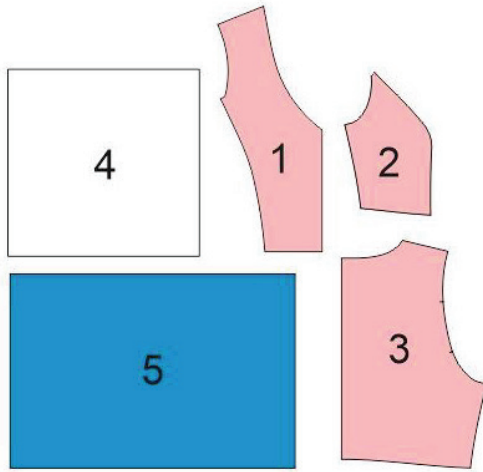
Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

C

Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along outline. Note: seam allowance is already included. Transfer all the necessary marks from the pattern onto the wrong side of your fabric.

**NOW YOU HAVE
ALL THE PIECES:**

SUNDRESS PIECES:



- ① Center front - cut 2 on the fold (color 1)
- ② Side front - cut 4 (color 1)
- ③ Back - cut 2 on the fold (color 1)
- ④ Skirt top tier - cut 2 on the fold (color 2)
- ⑤ Skirt bottom tier - cut 2 on the fold (color 3)

NOW WE CAN START SEWING

SYMBOLS:



straight stitch



the stitch length in (mm)



flat lock stitch



zigzag stitch



the stitch width in (mm)



3-Step Zigzag Seam Finishing



unilateral zipper foot



universal presser foot



invisible presser foot



pinning

You should lockstitch the seam and trim the thread tails or tie the seam thread tails and hide them into the seam after sewing a serger stitch or cover seaming chain stitch.



3-thread serger stitch



4-thread serger stitch

NOTE:

A

4-thread serger stitch

If you do not have a serger, you can use stretch stitches available on your sewing machine, or at least, a zigzag stitch.

B

3-thread serger stitch

If you do not have a serger, you can replace it with an overedge stitch, or a zigzag stitch.

C

flat lock stitch

If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

SEWING GUIDE

1



If you are sewing a sundress without secret zippers for breastfeeding, skip this and the following steps and go straight to step 14. Fuse the interfacing strips 1 cm (3/8") wide to the front outer pieces: the center and side front princess lines. The strip length is equal to the distance between the marks + 1 cm (3/8") on each side.

2



Open the zipper. Place one zipper tape to the center front with right sides together, so that the slider stayed at the bottom. Pin them aligning the zipper top stop with the lower notch on the center front. Stitch them.

3



Stitch the seam with an invisible zipper presser foot. Stitch between the top and the lower marks on the front piece as close to the zipper teeth as possible.



4



Close the zipper and transfer the zipper beginning and the end marks from the center front to the other zipper tape.

5



Open the zipper and pin the other zipper tape to the side front with right sides together. Stitch them. Close the zipper and check it to sit flat.



6



Stitch the seam with an invisible zipper presser foot. Stitch between the top and the lower marks on the side front piece as close to the zipper teeth as possible.

7



2,5-3

Pin and stitch the princess seam between the armhole line and the upper zipper mark and between the front lower edge and the lower zipper mark 1 cm (3/8") in from the edge. These seam ends should exactly coincide with the zipper attaching seam ends.

8



Press the seam allowances open. Carefully press the zipper on the right side.

9



If your zipper is much longer than you need, cut it off, leaving a 2-3 cm (13/16") «tail». Drop a bit of «Moment» glue onto the zipper end so that it does not split.

10



2,5-3

Stitch the lining front princess line from top to bottom as follows: sew with a usual stitch length between the armhole and the notch, backstitch, set the maximum stitch length, stitch up to the next notch, get the stitch length settings back, then backstitch after the notch and stitch up to the lower edge.

11



Press the seam allowances open.

12



Topstitch along the front princess seam both sides 1 - 2 mm (1/16") away from it.

13



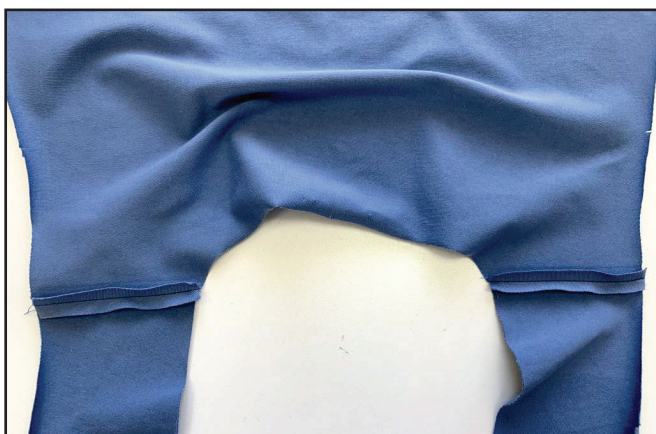
Unravel the seam between the marks.

14



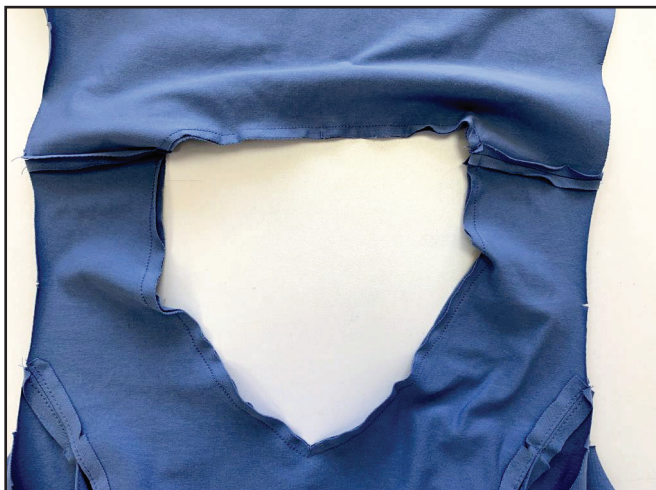
If your sundress is without secret zippers for breastfeeding, place the center front and the side front with right sides together and stitch the princess lines aligning the marks.

15



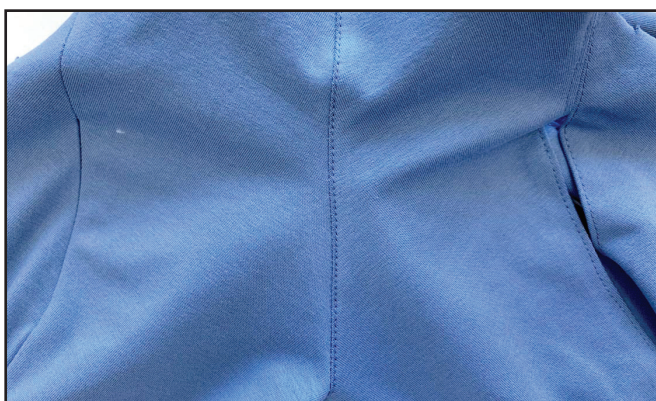
Further tailoring description will be for both types of sundress: with secret zippers and without them. Place the fronts and the backs with right sides together and stitch the shoulder seams. Press the seam allowances open. Repeat the same steps with the lining.

16



Place the bodice with the bodice lining right sides together and pin along the neckline. Stitch them 7 mm (1/4") in from the edge.

17



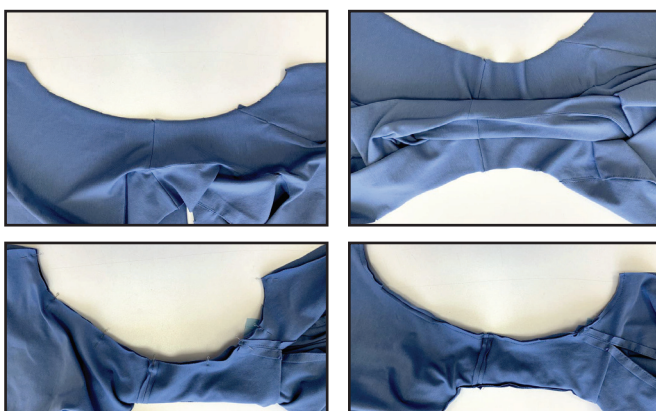
Topstitch the neckline seam allowances towards the lining 1 - 2 mm (1/16") away from the previous seam.

18



Turn the bodice out to the right side and press the neckline forming a roll 0.5 - 1 mm (1/16") towards the lining.

19



Stitch the armholes. To do it, place any armhole right side up on the table. Roll up the rest of the garment and cover it with the opposite armhole. Pin and stitch them.

20



Turn the bodice out to the right side. Topstitch the armhole seam allowances towards the lining 1 - 2 mm (1/16") away from the previous seam. Stitch from the side seam to the shoulder seam as close as possible.

21



Repeat the process for the opposite armhole.

22



Press the armholes down forming a roll 0.5 - 1 mm (1/16") towards the lining.

23



Place the fronts and the backs with right sides together and stitch the side seams. Press the seam allowances open.

24



Pin the bodice and the bodice lining along the lower raw edge aligning the marks and the princess seams ends. Stitch 4 - 5 mm (3/16") in from the bodice lower edge.

25



Only for bodice with secrets for breastfeeding. Pin and hand-baste with a blind stitch the lining princess seams to the zipper tape.



26



Now you have a similar bodice.

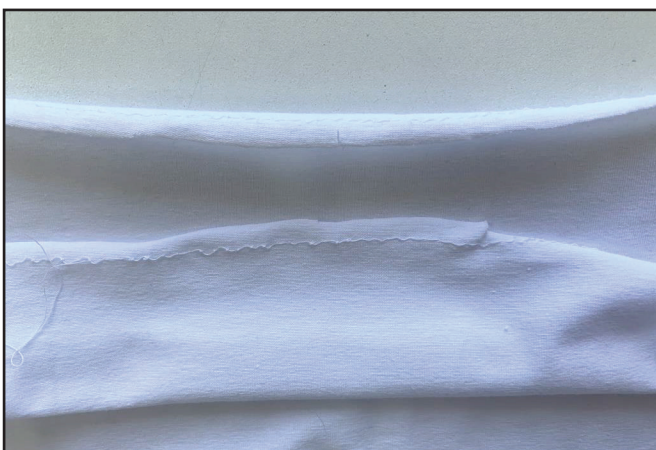
27



4 2,5-3 7

Place the skirt top tiers right sides together and serge the side seams. Press the seam allowances towards any piece.

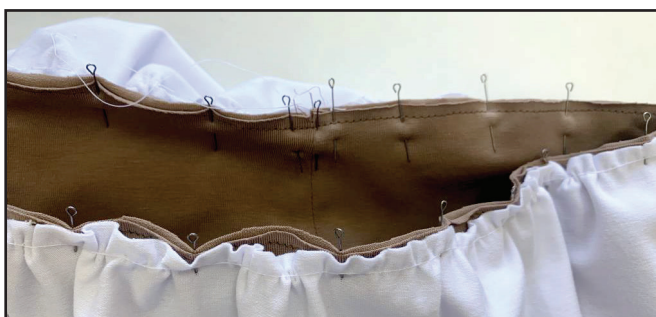
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5-6

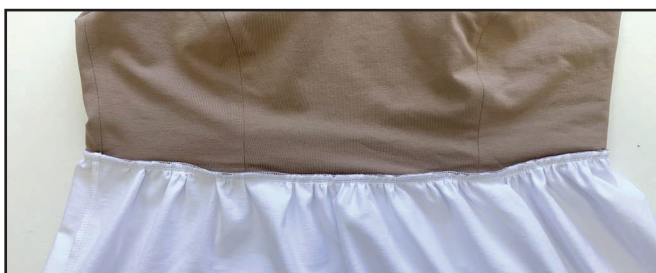
Stitch along the top tier upper edge 8 - 10 mm (5/16 - 3/8") in from the edge. Set the maximum stitch length and the minimum needle thread tension. Do not backstitch at the beginning and the end of the seam. Leave the thread tails 10 cm (4") long.

29



Place the skirt and the bodice with right sides together and first pin only the side seams. Gather the skirt top tier to fit the bodice lower hem by pulling the lower (bobbin) thread, evenly readjust the gathers and pin them along the edge.

30



Serge them. Press the seam allowances towards the bodice.

31



Repeat the process for the skirt lower tier and stitch it to the upper tier. Place the seam allowances into different directions.

32



Press the seam allowance towards the wrong side (2 cm or 13/16") along the skirt lower tier hem.

33



3-3,5

Coverstitch the skirt lower hem.

34



Remove the basting stitches and press the garment. The dress is ready!

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ПРО ШИТЬЕ

**THANK YOU FOR JOINING MY TEAM AND ME!
SHARE YOUR WORKS IN INSTAGRAM AND MY
GROUP IN VKONTAKTE. HOPE YOU WILL STAY
WITH US FOR OUR NEXT PROJECT!**