



DANCING WOMAN QUILT - TUTORIAL



A Step-by-Step Guide to Make a Stunning Quilt Wall Hanging

FINISHED SIZE

Approx. 68 cm (W) x 76 cm (H)

SKILL LEVEL

Advanced Beginner / Intermediate

MATERIALS

- 100% Cotton Fabric (Quilting)
 - Assorted colorful prints
 - Skin tone fabric
 - Backing fabric: 70 cm x 85 cm
 - Batting (100% Cotton): 70 cm x 85 cm
- Thread: Cotton thread to match
- Tools: Rotary cutter, mat, ruler, fabric scissors, pins, seam ripper
- Sewing Machine with 1/4" piecing foot



76 cm

68 cm

FABRIC REQUIREMENTS

- Skin (face, neck, arms, legs) 30 x 25 cm
- Hair 20 x 20 cm
- Bodice & Sleeves (assorted) 30 x 25 cm
- Skirt (assorted prints) 24 strips 7 cm x 45 cm each
- Shoes 20 x 15 cm
- Background 70 x 80 cm
- Binding 7 cm x 260 cm
- Backing 70 x 85 cm
- Batting 70 x 85 cm

STEP-BY-STEP INSTRUCTIONS

1. PREPARE THE PATTERN

Print or draw the full-size pattern. This design is foundation paper pieced and appliqué.



2. CUT THE FABRICS

Cut all fabrics according to the pattern pieces. Add 0.7 cm seam allowance around each piece.



3. ASSEMBLE THE BODY

Piece the face, neck, arms, and legs using foundation paper piecing or appliqué.



4. MAKE THE BODICE

Sew the bodice and sleeves together using small fabric pieces.



5. MAKE THE SKIRT PANELS

Sew the 24 fabric strips (7 x 45 cm) into 6 sets of 4 strips each. Press seams open.



6. SHAPE THE SKIRT

Sew the 6 panels together in a fan shape. Trim the bottom edge to create the flow.



7. ATTACH THE SKIRT

Pin and sew the skirt to the bodice. Match the center front and back.



8. ADD ARMS & DETAILS

Attach the arms to the body. Add hands, hair, shoes, and facial details. Use appliqué or paper piecing.



9. PREPARE THE BACKGROUND

Cut background fabric to 70 x 80 cm. (Optional: add quilted echo lines or motifs.)



10. LAYER & QUILT

Layer: Backing (wrong side up) Batting Top (right side up) Baste all layers. Quilt as desired.



11. TRIM THE QUILT

Square the quilt to 68 x 76 cm.



12. MAKE THE BINDING

Cut binding strips 7 cm wide. Join strips diagonally and press in half lengthwise.



13. ATTACH THE BINDING

Sew binding to the front of the quilt, mitering the corners. Fold to the back and hand stitch.



14. FINAL PRESS

Press the quilt gently with steam. Your Dancing Woman Quilt is complete!



15. DISPLAY YOUR QUILT

Perfect as a wall hanging or a gift that will be cherished forever.



LEGEND - SEWING & QUILTING

(U.S. Methods)

- SC Seam Allowance: 0.7 cm (1/4 inch)
- WST Wrong Sides Together
- RST Right Sides Together
- Press Press with hot iron
- Chain Piecing Sew pieces one after another without cutting threads.

- Backstitch Sew backward 2-3 stitches to lock the seam.
- Appliqué Sew raw edges down with a small zigzag or blanket stitch.
- Quilting Sew through all layers (top, batting, backing).
- Mitered Corner Fold and sew binding corners diagonally.

TIPS FOR SUCCESS

- Use 100% cotton quilting fabrics.
- Press seams open for a flatter quilt.
- Take your time with the small pieces.
- Use a 1/4" piecing foot for accuracy.
- Add quilting lines to enhance movement in the skirt.

CARE INSTRUCTIONS

- Hand wash or gentle machine wash.
- Use mild detergent.
- Do not bleach.
- Lay flat to dry.
- Iron on cotton setting.



DANCING WOMAN QUILT – PATTERN

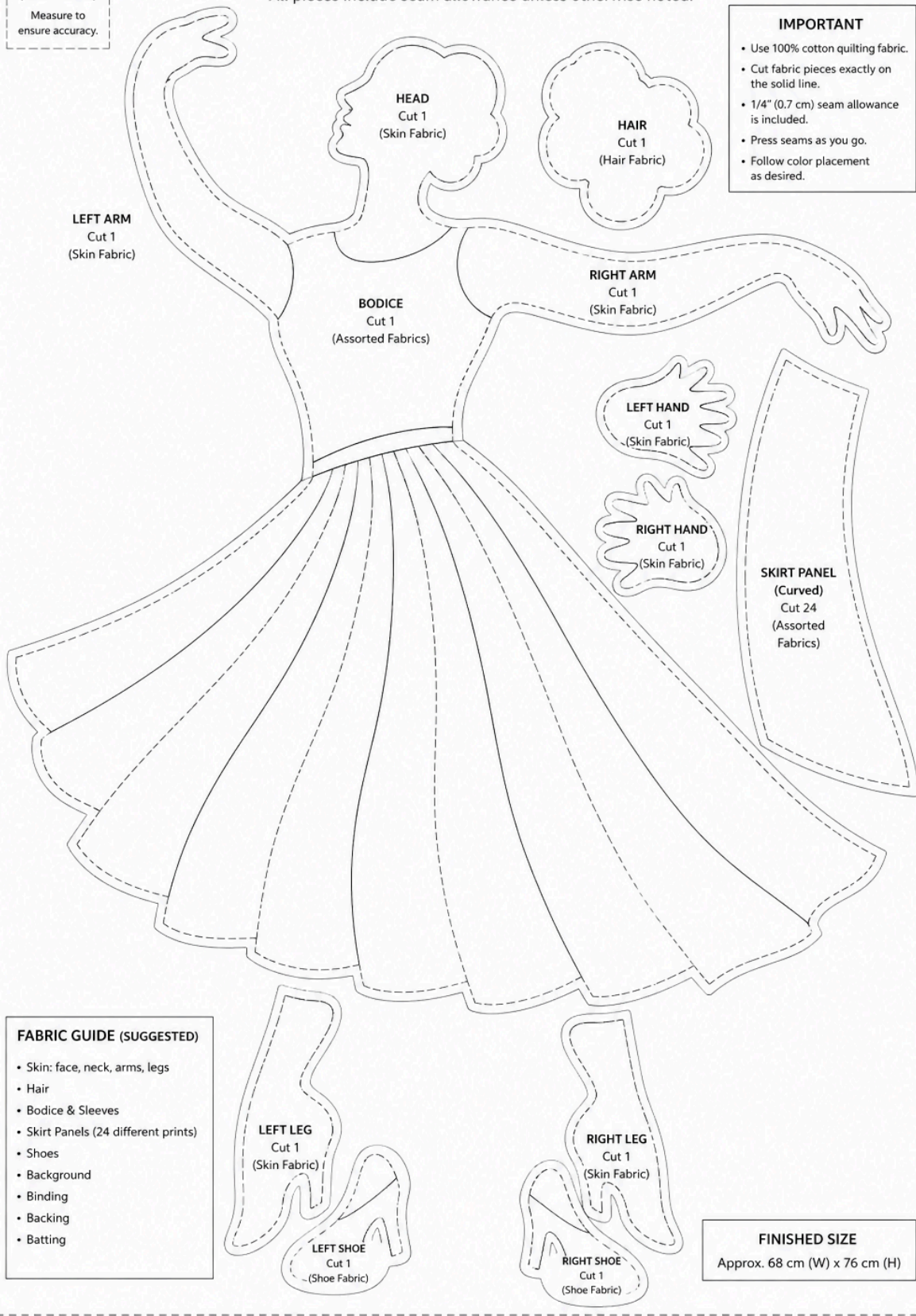
Includes 1/4" (0.7 cm) Seam Allowance

All pieces include seam allowance unless otherwise noted.

SCALE TEST
5 cm
Measure to ensure accuracy.

IMPORTANT

- Use 100% cotton quilting fabric.
- Cut fabric pieces exactly on the solid line.
- 1/4" (0.7 cm) seam allowance is included.
- Press seams as you go.
- Follow color placement as desired.



FABRIC GUIDE (SUGGESTED)

- Skin: face, neck, arms, legs
- Hair
- Bodice & Sleeves
- Skirt Panels (24 different prints)
- Shoes
- Background
- Binding
- Backing
- Batting

FINISHED SIZE
Approx. 68 cm (W) x 76 cm (H)

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Dancing Woman Quilt Tutorial

This **Dancing Woman Quilt** is a colorful quilt wall hanging finished at approximately **68 cm wide x 76 cm high**. The design uses appliqué, piecing, quilting, and binding to create a joyful dancer with flowing skirt panels.

This project is best for an **advanced beginner to intermediate quilter**, especially if you already know basic cutting, sewing, pressing, and quilting.

Finished Size

The finished quilt measures approximately:

68 cm wide x 76 cm high

About **26 ¾ inches wide x 30 inches high**

This size is ideal for a wall hanging, handmade gift, sewing room decoration, or colorful textile art piece.

Materials Needed

You will need:

100% cotton quilting fabric

Assorted colorful prints

Skin-tone fabric

Backing fabric: **70 cm x 85 cm**

Batting: **70 cm x 85 cm**

Cotton thread to match

Rotary cutter

Cutting mat

Quilting ruler

Fabric scissors

Pins or clips

Seam ripper

Sewing machine with **¼ inch piecing foot**

Iron and ironing board

Hand sewing needle for finishing binding

Optional: fusible web for appliqué

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Fabric Requirements

For the dancer's body, use these approximate fabric sizes:

Skin fabric for face, neck, arms, and legs: **30 cm x 25 cm**

Hair fabric: **20 cm x 20 cm**

Bodice and sleeves, assorted prints: **30 cm x 25 cm**

Skirt fabric: **24 strips, each 7 cm x 45 cm**

Shoes fabric: **20 cm x 15 cm**

Background fabric: **70 cm x 80 cm**

Binding fabric: **7 cm x 260 cm**

Backing fabric: **70 cm x 85 cm**

Batting: **70 cm x 85 cm**

Choose bright floral, batik, or folk-inspired prints for the skirt. The more variety you use, the more movement the quilt will have.

Step 1: Prepare the Pattern

Print or draw the full-size dancer pattern.

The design is a dancing woman with one arm raised, one arm extended, a fitted bodice, flowing skirt, hair, shoes, and decorative flower details.

Trace each section separately: face, neck, arms, legs, hair, bodice, sleeves, skirt panels, shoes, and accessories.

Label every pattern piece clearly before cutting.

Decide whether you will use **paper piecing**, **raw-edge appliqué**, or a mix of both. Raw-edge appliqué is usually easier for beginners.

Step 2: Cut the Fabrics

Cut all fabric pieces according to the pattern.

Add a **0.7 cm seam allowance** around pieces that will be sewn together.

For appliqué pieces, follow the instructions for your fusible web if using it.

Cut the skirt into **24 strips**, each measuring **7 cm x 45 cm**.

Also cut your background fabric to **70 cm x 80 cm**.

Keep the small body pieces organized in groups so they do not get lost.

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Step 3: Assemble the Body

Start with the face, neck, arms, and legs.

Place the skin-tone pieces on your work surface and check the direction of each piece before sewing or fusing.

Attach the neck to the face area first, then position the arms and legs.

Use a narrow zigzag stitch, blanket stitch, or appliqué stitch around the raw edges.

Work slowly because these pieces are small and curved.

Step 4: Make the Hair and Face Details

Cut the hair from dark brown or black fabric.

Position the hair around the head and secure it with fusible web, pins, or basting stitches.

Stitch around the hair using matching thread.

Add small face details carefully. You may embroider the eye, nose, lips, and eyebrow by hand or machine.

Keep the face simple and elegant so the quilt keeps a handmade artistic look.

Step 5: Sew the Bodice

The bodice is made from colorful small fabric pieces.

Join the bodice pieces using a **¼ inch seam allowance**.

Press seams open for a flatter finish.

Add the sleeves to the bodice.

Check the placement against the body before attaching.

Once the bodice looks balanced, stitch it to the dancer's upper body.

Step 6: Make the Skirt Panels

Arrange the **24 colorful strips** into six sets of four strips each.

Sew the strips together lengthwise.

Press all seams open.

Trim each set according to the skirt panel shape shown in your pattern.

The skirt should look wide, curved, and full of movement.

Use contrasting colors side by side for a more dramatic dancing effect.

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Step 7: Shape the Skirt

Sew the six larger skirt sections together into a fan shape.

The top edge should be narrower, and the lower edge should spread outward.

Trim the bottom edge to create a graceful curve.

Press carefully after each seam.

Do not stretch the curved edges while pressing.

The skirt should look like it is moving while the dancer spins.

Step 8: Attach the Skirt to the Bodice

Pin the skirt to the lower part of the bodice.

Make sure the center of the skirt lines up with the center of the body.

Sew the skirt to the bodice.

Match the front and back sections neatly.

Press the seam gently.

At this point, the dancer should begin to look complete.

Step 9: Add Arms, Shoes, and Decorative Details

Attach the arms to the body.

Add the hands carefully, especially the fingers if your pattern includes them.

Position and stitch the shoes at the bottom of the legs.

Add earrings, flowers, bracelets, belt details, or other small decorations.

You can use appliqué, embroidery, fabric scraps, or decorative stitching.

A flower in the hair adds a beautiful focal point.

Step 10: Prepare the Background

Cut the background fabric to **70 cm x 80 cm**.

Press it well.

Mark optional quilting lines lightly with a removable fabric marker.

You can quilt soft echo lines, waves, curves, or simple motifs.

The background should support the dancer without overpowering her.

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Light cream, beige, ivory, or soft neutral fabric works very well.

Step 11: Position the Dancer on the Background

Place the completed dancer on the background fabric.

Center the design so the finished quilt can be trimmed to **68 cm x 76 cm**.

Leave enough space around all sides for quilting and binding.

Pin, baste, or fuse the dancer in place.

Check that the arms, skirt, and shoes are not too close to the edges.

Stitch the dancer to the background using appliqué stitches.

Step 12: Layer and Quilt

Make the quilt sandwich in this order:

Backing fabric wrong side up
Batting in the middle
Quilt top right side up

Smooth all layers carefully.

Baste with pins, spray baste, or hand basting.

Quilt around the dancer first to secure the design.

Then quilt the background using echo lines, waves, or free-motion quilting.

Add extra quilting lines inside the skirt to emphasize movement.

Step 13: Trim the Quilt

After quilting, square the quilt.

Trim it to the final size:

68 cm x 76 cm

Use a ruler, rotary cutter, and cutting mat.

Make sure all corners are square.

Check that the dancer remains centered.

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Step 14: Make the Binding

Cut binding strips **7 cm wide**.

Join the strips diagonally to make one long binding strip measuring about **260 cm**.

Press the seams open.

Fold the binding in half lengthwise with wrong sides together.

Press well.

The binding will frame the quilt and give it a clean finished edge.

Step 15: Attach the Binding

Sew the binding to the front of the quilt using a $\frac{1}{4}$ inch seam allowance.

Miter the corners neatly.

Fold the binding to the back.

Hand stitch it in place using small invisible stitches.

Make sure the corners are smooth and flat.

Press the finished quilt gently.

Step 16: Final Press

Use steam carefully and press from the back when possible.

Do not drag the iron across appliqu  pieces.

Press lightly over the dancer, skirt, and border.

Let the quilt cool flat before hanging.

This helps the quilt keep its shape.

Step 17: Display Your Quilt

Your **Dancing Woman Quilt** is now complete.

You can hang it on the wall, give it as a handmade gift, or use it as decorative textile art.

For wall hanging, add a hanging sleeve to the back.

You may also add a quilt label with your name, date, and pattern title.

Sewing and Quilting Legend

SC means seam allowance: 0.7 cm / $\frac{1}{4}$ inch.

WST means wrong sides together.

RST means right sides together.

Press means press with a hot iron, lifting the iron instead of sliding it.

Chain piecing means sewing pieces one after another without cutting the thread between them.

Backstitch means sewing backward 2–3 stitches to lock a seam.

Appliqué means sewing raw fabric edges down with a zigzag or blanket stitch.

Quilting means sewing through the quilt top, batting, and backing.

Mitered corner means folding and sewing binding corners diagonally for a neat finish.

Tips for Success

Use **100% cotton quilting fabrics** for the best result.

Press seams open so the quilt lies flatter.

Take your time with the small body and face pieces.

Use a **¼ inch piecing foot** for accuracy.

Add quilting lines to make the skirt look like it is moving.

Use colorful fabrics with strong contrast so each skirt panel stands out.

Care Instructions

Hand wash or machine wash gently.

Use mild detergent.


Do not bleach.

Lay flat to dry.

Iron on cotton setting.

Avoid harsh washing because the appliqué details are delicate.

Conclusion

The **Dancing Woman Quilt Tutorial** creates a bright, expressive wall hanging full of color, movement, and handmade charm. By preparing the pattern, cutting carefully, building the dancer in sections, sewing the flowing skirt, quilting the background, and finishing with binding, you can complete this project from start to finish with confidence. 

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