

FABRIC QUILT ART TUTORIAL

- Dancing Lady Wall Art -

A step-by-step guide to create a stunning quilted dancing lady
Finished Size: 60 cm (W) x 60 cm (H)

1 MATERIALS

- 100% Cotton Quilting Fabric (USA)
Shades of Green - 12 fabrics
(light to dark)
- Background Fabric (USA)
Yellow - 65 cm x 65 cm
- Fusible Web (Lightweight)
- Batting (Cotton or Cotton Blend)
65 cm x 65 cm
- Backing Fabric
65 cm x 65 cm
- Thread (Polyester)
- Invisible Zipper or Sleeve for
Wall Hanging
- Rotary Cutter, Cutting Mat,
Acrylic Ruler
- Sewing Machine & Basic
Sewing Notions

FABRIC (USA) RECOMMENDATIONS

- Moda Fabrics (Bella Solids, Grunge)
- Robert Kaufman (Kona Cotton)
- Riley Blake Designs
- FreeSpirit Fabrics
- Timeless Treasures

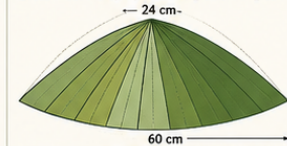


MAIN SEWING & QUILTING METHODS

- Appliqué (Fusible)**
For all fabric pieces
- Free-Motion Quilting**
For texture and details
- Edge Stitching**
To secure appliqué pieces
- Layering**
Quilt top + Batting + Backing
- Binding**
For a clean professional finish

2 CUTTING GUIDE (ALL MEASUREMENTS IN CM)

Dress - Cut multiple pieces in a gradient of green



Dress Panels (Fan Shape)	Quantity
6.0 cm (top width) x 24 cm (length)	2
8.0 cm (top width) x 24 cm (length)	2
10.0 cm (top width) x 24 cm (length)	2
12.0 cm (top width) x 24 cm (length)	2
14.0 cm (top width) x 24 cm (length)	2
16.0 cm (top width) x 24 cm (length)	2

Ruffle Border (Bottom of Dress)

5 cm (width) x 200 cm (length)
(cut in strips)

Bodice & Sash

Various small pieces

Arms, Face & Legs (Appliqué)

Pre-cut using templates (see below)

Shoes & Head Wrap

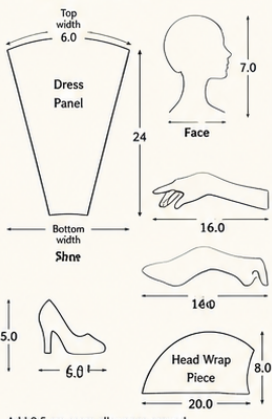
Pre-cut using templates

Background

Yellow fabric 65 cm x 65 cm

3 TEMPLATES (ACTUAL SIZE)

All measurements in cm



Add 0.5 cm seam allowance around all templates when cutting.

4 STEP-BY-STEP CONSTRUCTION

1 Prepare Background



Cut background fabric
65 cm x 65 cm.
Fuse it to batting and
backing. Quilt as desired.

2 Appliqué the Body



Use fusible web to appliqué
the face, arms, legs, and
neck to the background.
Edge stitch in place.

3 Dress Panels



Arrange dress panels in
gradient order.
Fuse and stitch each
panel to the background.

4 Add Ruffle



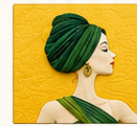
Sew ruffle strips
together, gather, and
attach to the bottom
edge of the dress.

5 Bodice & Sash



Appliqué bodice and sash
pieces. Layer and stitch
for dimension.

6 Head Wrap & Shoes



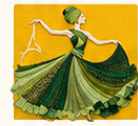
Appliqué head wrap
layers. Add shoes
to the feet.

7 Quilting



Quilt around all pieces
and add decorative
stitching on dress
panels.

8 Finishing



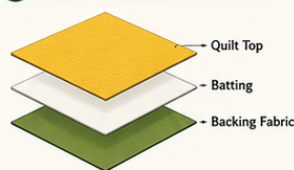
Trim edges. Add binding
or sleeve for hanging.
Your quilted wall art
is complete!

5 TIPS FOR BEST RESULTS

- Use a wide range of green fabrics for a rich gradient effect.
- Press all seams and appliqué edges carefully.
- Use matching thread colors for a professional finish.
- Free-motion quilt swirls, leaves, or vines for texture.
- Take your time with the dress layout before fusing.



6 LAYERING DIAGRAM



7 FINAL SIZE



8 CARE INSTRUCTIONS

- ✂ Spot clean or hand wash gently.
- ✂ Do not wring.
- ☑ Dry flat.
- ☑ Iron on low heat if needed.
- ☑ Keep away from direct sunlight for long periods.

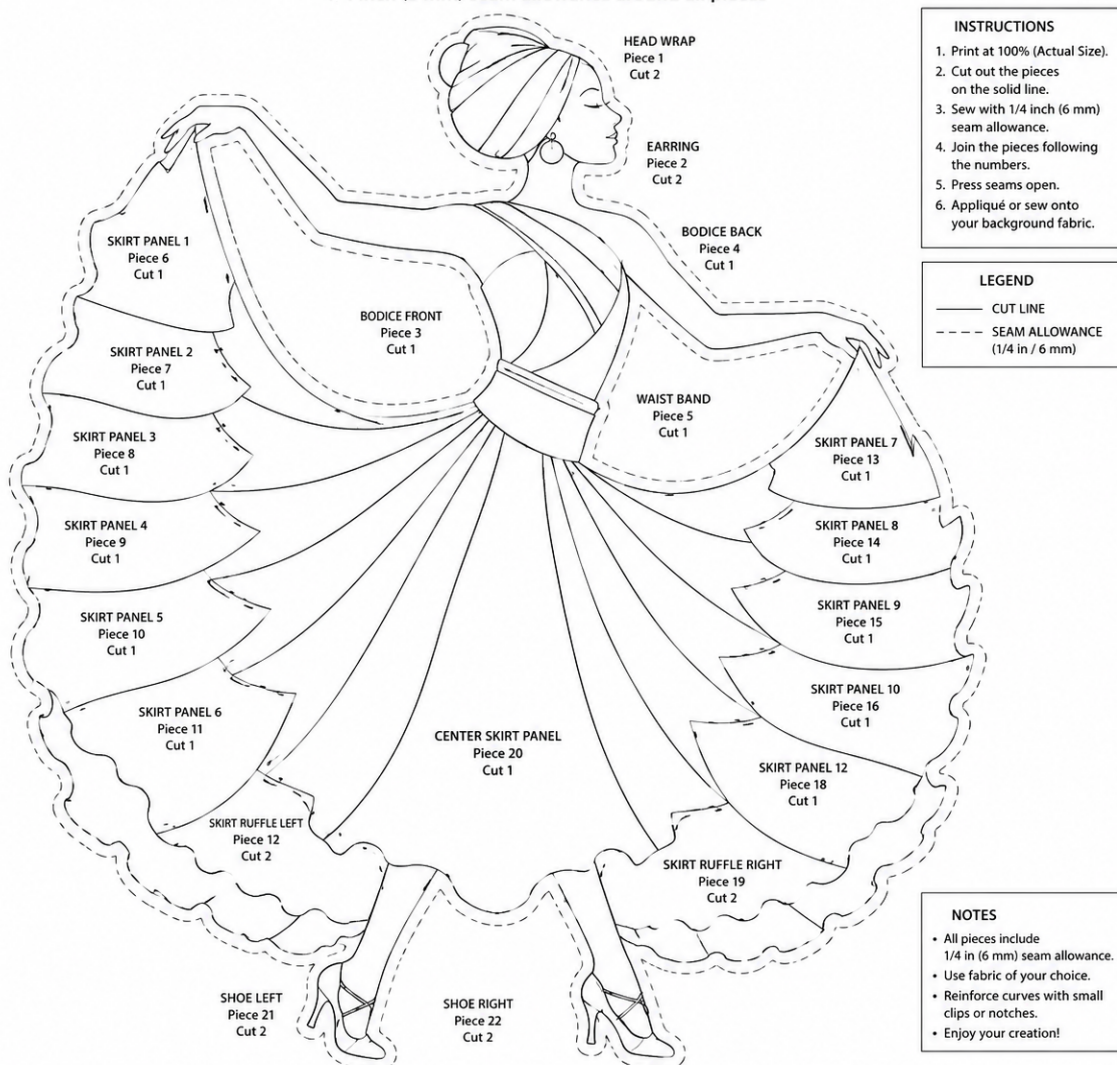
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ELEGANT DANCER – FABRIC APPLIQUÉ / QUILT PATTERN

PATTERN FOR PRINTING – SEAM ALLOWANCE INCLUDED

1/4 inch (6 mm) seam allowance around all pieces



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Fabric Quilt Art Tutorial: Dancing Lady Wall Art

Create an elegant **Dancing Lady quilted wall hanging** using fabric appliqué, graduated dress panels, decorative ruffles, and free-motion quilting. This project combines traditional quilting techniques with textile art to produce a dramatic three-dimensional dress in rich shades of green.

The finished wall art measures approximately **60 cm × 60 cm**, or **23⁵/₈ inches × 23⁵/₈ inches**. The instructions below follow the measurements and construction sequence shown

in the original tutorial while adding enough detail for a quilter in the United States to complete the project from beginning to end.

This is an intermediate-level project, but a confident beginner can also complete it by working slowly and practicing the appliqué and quilting techniques on scrap fabric first.

Step 1: Gather the Materials

Prepare all materials before cutting the fabric. Prewash the cotton fabrics if you expect the finished quilt to be washed. This removes excess dye and prevents future shrinkage.

You will need:

- Twelve pieces of **100% cotton quilting fabric** in graduated shades of green, ranging from light to dark
- **Yellow cotton background fabric**, at least 65 cm × 65 cm or approximately 25½ inches × 25½ inches
- Lightweight paper-backed **fusible web**
- Cotton or cotton-blend batting, 65 cm × 65 cm or approximately 25½ inches × 25½ inches
- Backing fabric, 65 cm × 65 cm or approximately 25½ inches × 25½ inches
- Polyester or cotton quilting thread
- Coordinating green threads for the dress
- Skin-tone fabric for the face, arms, body, and legs
- Dark green fabric for the bodice, sash, shoes, and head wrap
- Approximately 200 cm or 79 inches of fabric strips for the lower ruffle
- Fabric for binding
- Invisible zipper, hanging sleeve, or fabric loops for wall hanging
- Sewing machine
- Free-motion quilting or darning foot
- Standard presser foot
- Appliqué foot, if available
- Rotary cutter
- Self-healing cutting mat
- Acrylic quilting ruler
- Fabric scissors
- Small sharp embroidery scissors
- Iron and ironing surface
- Appliqué pressing sheet or parchment paper
- Fabric marking pen or chalk
- Pins or fabric clips
- Hand-sewing needle
- Seam ripper
- Temporary fabric adhesive spray, optional

Recommended quilting fabric manufacturers available in the United States include Moda Fabrics, Robert Kaufman, Riley Blake Designs, FreeSpirit Fabrics, and Timeless Treasures. You may use fabrics from different collections as long as the colors coordinate well.

For the most attractive dress, select greens with a variety of values and prints. Include very light olive, moss green, leafy green, forest green, emerald, and deep bottle green. Small florals, paisleys, batiks, tonal prints, and subtle geometric designs work especially well.

Step 2: Prepare the Fabric

Press every fabric before cutting. Wrinkles can cause inaccurate measurements and may distort the appliqué pieces.

Square the yellow background fabric to **65 cm × 65 cm**, approximately **25½ inches × 25½ inches**. The extra size allows for quilting shrinkage and final trimming.

Cut the batting and backing fabric to the same size.

Arrange the green fabrics from the lightest shade to the darkest shade. Number them from 1 to 12 using removable labels. This will make it easier to create a balanced color gradient in the dress.

Choose at least six fabrics for the main fan-shaped skirt panels. Use additional fabrics for the ruffles, bodice, sash, head wrap, and shoes.

Before cutting the appliqué pieces, test the fusible web on a scrap of fabric. Lightweight fusible web is recommended because a heavy product can make the quilt stiff and difficult to stitch.

Step 3: Create the Dress Panel Templates

The skirt is constructed from multiple long fan-shaped panels. Each panel has a narrow upper edge and a wide curved lower edge.

The original cutting guide uses the following panel sizes:

- 6 cm top width × 24 cm length, approximately 2⅜ inches × 9½ inches
- 8 cm top width × 24 cm length, approximately 3⅛ inches × 9½ inches
- 10 cm top width × 24 cm length, approximately 3⅞ inches × 9½ inches
- 12 cm top width × 24 cm length, approximately 4¾ inches × 9½ inches
- 14 cm top width × 24 cm length, approximately 5½ inches × 9½ inches
- 16 cm top width × 24 cm length, approximately 6¼ inches × 9½ inches

Cut **two panels of each size**.

To draft a panel, draw a vertical center line measuring 24 cm or approximately 9½ inches. Mark half of the required top width on each side of the center line.

At the lower end, create a wider base. The exact lower width may be adjusted slightly to form the full 60 cm or 23⅝-inch sweep of the finished skirt.

Connect the upper corners to the lower corners with gently curved lines. Shape the lower edge into a shallow curve instead of a straight line. This creates more natural movement in the skirt.

Add a **0.5 cm seam allowance**, approximately ¼ inch, around any piece that will be sewn with turned edges. Do not add a seam allowance to raw-edge fusible appliqué pieces unless you plan to turn the edges under.

Label each template with its top width, length, fabric color, and placement.

Step 4: Draft the Body Templates

Create separate templates for the face and neck, arms, hands, upper body, and legs.

The face and neck template should measure approximately **7 cm high**, or about 2¾ inches. Draw a graceful side profile with a defined forehead, nose, lips, chin, and neck.

The arms should have a combined flowing appearance that matches the dancing pose. One arm reaches toward the upper left, and the other extends toward the right side.

The hand template shown in the guide is approximately **16 cm long**, or about 6¼ inches. Simplify the fingers slightly if you are new to appliqué. Extremely thin fingers can be difficult to fuse and stitch.

The legs should be long and slightly curved to suggest movement. One foot points toward the left, while the other points toward the right.

Trace each body component onto paper before transferring it to fusible web. Make sure the body proportions fit comfortably inside the 60 cm × 60 cm finished area.

Remember that fusible appliqué templates must usually be traced in reverse. This is especially important for the face profile, arms, hands, and shoes.

Step 5: Draft the Head Wrap and Shoe Templates

Draft a curved head wrap template measuring approximately:

- 20 cm or 7⅞ inches across the bottom
- 8 cm or 3⅛ inches high

The head wrap should resemble a wide semicircle. It will later be divided into curved fabric strips to create a wrapped or layered appearance.

Create a high-heeled shoe template approximately:

- 6 cm or 2⅜ inches long
- 5 cm or 2 inches high

The shoe shape can be stylized. Include a narrow heel, curved sole, and pointed or rounded toe.

Cut two shoe pieces. Reverse one template so the shoes face opposite directions.

A small seam allowance is not necessary when using raw-edge fusible appliqué. Add approximately 0.5 cm or ¼ inch only when using a turned-edge appliqué method.

Step 6: Prepare the Quilt Background

Place the yellow background fabric right side down on a clean surface.

Position the batting over the backing fabric, then place the yellow quilt top right side up over the batting. The layers should be arranged as follows:

1. Backing fabric, wrong side facing upward
2. Batting
3. Yellow quilt top, right side facing upward

Smooth all three layers carefully from the center outward.

Baste the layers with safety pins, long hand-basting stitches, or temporary fabric adhesive spray.

Quilt the yellow background before adding the appliqué if you want the background texture to appear behind the figure. Use a subtle all-over quilting design such as swirls, leaves, vines, loops, or small feathers.

Avoid extremely dense quilting in the area where the body and dress will be positioned. Heavy quilting can make it difficult to fuse the appliqué securely.

After quilting, press the background gently from the back. Do not stretch or distort the square.

Step 7: Arrange the Dancing Lady Composition

Mark the vertical and horizontal center lines of the quilt using a removable fabric marker.

Place the body slightly above the center of the background. The skirt should spread widely across the lower half of the quilt.

The head should be positioned near the upper center. The body should lean gently toward one side to suggest dance and movement.

Place the left arm in a raised position. The hand should appear to hold the upper edge of the skirt.

Extend the opposite arm toward the right side, with the hand holding the other side of the skirt.

Position the legs below the skirt so only the lower portions are visible. Angle the feet in opposite directions.

The skirt should form a dramatic fan approximately **60 cm or 23⁵/₈ inches wide** at its broadest point.

Take a photograph of the arrangement before removing the pieces. The photograph will serve as a placement guide during construction.

Step 8: Fuse the Face, Body, Arms, and Legs

Trace the face, neck, arms, hands, body, and legs onto the paper side of the lightweight fusible web.

Rough-cut around each traced shape, leaving a small margin outside the drawn lines.

Place the adhesive side of the fusible web against the wrong side of the skin-tone fabric.

Follow the fusible web manufacturer's temperature and pressing-time instructions. Do not slide the iron. Lift it and place it down in sections.

Allow the fabric to cool completely before cutting directly along the traced lines.

Remove the paper backing carefully.

Position the legs first because parts of them will be covered by the dress. Add the upper body, neck, face, arms, and hands according to your placement photograph.

Fuse the pieces permanently once you are satisfied with the arrangement.

Stitch around each shape using a narrow zigzag, blanket stitch, satin stitch, or straight raw-edge appliqué stitch.

Use skin-tone thread for a subtle finish or dark thread for a more illustrated appearance.

Reduce the stitch length around the face, fingers, and tight curves. Pivot frequently with the needle down to maintain a smooth outline.

Step 9: Add Facial Details

Use a fine fabric marker, machine stitching, or hand embroidery to create the eye, eyebrow, nose definition, lips, and hairline.

For a refined profile, use dark brown or black thread for the eye and eyebrow. Use a muted rose or burgundy thread for the lips.

Keep the facial details simple. A small curved line for the closed eye creates a calm and elegant expression.

Do not make the facial lines too heavy. The dress should remain the main focal point of the quilt.

Test all fabric markers on scrap fabric before using them on the final piece. Some markers spread or become darker after heat setting.

Step 10: Construct the Dress Panels

Lay the twelve dress panels on a large table or design wall.

Begin with the narrowest panels near the center of the body. Place wider panels toward the outer edges of the skirt.

Arrange the colors in a gradual sequence from light to dark. Alternate printed and solid-looking fabrics to create visual texture.

Overlap the panels slightly at the upper edges. Fan the lower edges outward until the dress reaches approximately 60 cm or 23⁵/₈ inches across.

The panels may be constructed using one of two methods.

For fused appliqué, attach lightweight fusible web to the back of each panel, cut the pieces, arrange them, and fuse them directly to the quilt.

For a softer, more dimensional dress, turn under the side edges by approximately ¼ inch and topstitch each panel in place. Leave portions of the lower edges loose before attaching the ruffle.

Begin with the panels that sit farthest behind. Add the front panels last.

Stitch each panel securely along the sides and upper edge. Use coordinating thread or decorative contrasting thread.

Add narrow lines of stitching inside selected panels to emphasize folds and movement.

Step 11: Make the Lower Dress Ruffle

Cut fabric strips measuring approximately **5 cm wide × 200 cm long**, or about **2 inches wide × 79 inches long**.

The total strip length may be pieced from shorter sections.

Join the strips with diagonal seams to reduce bulk. Press the seams open.

Finish one long edge with a narrow rolled hem, zigzag stitch, overlock stitch, or double-fold hem.

Sew two rows of long gathering stitches along the unfinished edge. Place one row approximately $\frac{1}{8}$ inch from the edge and the second row approximately $\frac{1}{4}$ inch from the edge.

Do not backstitch at the beginning or end.

Pull the bobbin threads gently to gather the strip. Distribute the fullness evenly.

Pin or clip the ruffle around the curved bottom edge of the dress. Allow the ruffle to form soft folds.

Stitch the ruffle in place. Remove visible gathering stitches after the seam is secure.

For additional fullness, make a second ruffle in a darker or lighter green fabric and layer it beneath the first.

The original design uses multiple ruffled areas, especially along the lower edge and outer sides of the skirt. Add extra gathered strips where more dimension is desired.

Step 12: Create the Bodice

Use small green fabric pieces to form the fitted bodice.

The bodice should cross over the chest and connect visually to the dress panels.

Cut two or more curved fabric sections from contrasting green prints. Arrange them diagonally across the upper body.

Fuse or appliqué the pieces in place.

Stitch around the outer edges using coordinating thread.

Add decorative stitching along the bodice seams to create a wrapped-fabric appearance.

Keep the bodice fitted close to the body so it contrasts with the full, flowing skirt.

Step 13: Add the Sash

Cut a narrow green fabric strip long enough to wrap around the waist and extend diagonally over the skirt.

The sash can be approximately 1 to $1\frac{1}{2}$ inches wide, depending on the scale of your figure.

Press the long edges toward the wrong side or use fusible web to prevent fraying.

Place the sash around the waist, covering the upper edges of the dress panels.

Extend one end diagonally across the front of the skirt.

Stitch along both long edges.

Add a second narrow strip in a contrasting green shade for additional depth if desired.

The sash should visually connect the bodice and skirt while hiding any uneven panel edges.

Step 14: Construct the Head Wrap

Use the semicircular head wrap template to cut several curved green fabric sections.

Arrange the pieces in overlapping layers around the head.

Alternate light and dark shades to create the appearance of wrapped fabric.

Fuse the lowest layer first. Add each following layer so it slightly overlaps the previous piece.

Tuck the fabric edges around the back and top of the head shape.

Stitch around the visible edges with coordinating thread.

Add curved decorative stitch lines to enhance the folded appearance.

A narrow fabric strip may be added around the lower edge of the head wrap where it meets the forehead and neck.

Step 15: Add the Shoes and Leg Details

Cut two shoes from dark green fabric using the reversed templates.

Apply fusible web to the wrong side and cut the pieces accurately.

Position each shoe at the end of a leg. Make sure the heels rest naturally beneath the feet.

Fuse and stitch around the shoes.

Use narrow fabric strips, embroidery thread, or machine stitching to create the ankle straps.

Cross the straps over the lower legs to imitate lace-up dance shoes.

Secure each strap with a small straight stitch or hand stitch.

Trim any loose threads carefully.

Step 16: Shape the Outer Dress Edges

The sides of the skirt should appear lifted by the dancer's hands.

Arrange the outer fabric panels so they curve upward toward each hand.

Tuck the panel edges beneath the hand appliqués or stitch them directly below the fingertips.

Add small folds or pleats near the hands to make the fabric appear gathered.

Secure the folds with invisible hand stitches or short machine stitches.

Avoid pulling the fabric too tightly. The skirt should remain soft and flowing.

Add additional ruffle sections along the outer sides if needed to balance the composition.

Step 17: Add Decorative Quilting to the Dress

Install a free-motion quilting or darning foot.

Lower the feed dogs according to your sewing machine instructions.

Practice on a sample quilt sandwich containing similar fabric and batting.

Quilt around the outer edges of all dress panels.

Add decorative stitching inside the panels using designs such as:

- Curved parallel lines
- Leaves
- Vines
- Feathers
- Small swirls
- Echo quilting
- Wavy lines
- Paisley shapes

Use thread that blends with each fabric for subtle texture. Use metallic or contrasting thread only in selected areas.

Avoid quilting the ruffles flat. Stitch only where needed to secure them while preserving their three-dimensional appearance.

Add extra quilting around the body silhouette. This will make the figure stand out from the yellow background.

Check the back frequently for thread loops, knots, or tension problems.

Step 18: Add Fine Details and Highlights

Inspect the composition from several feet away.

Add narrow folded strips to areas that need stronger definition, such as the waist, neckline, or outer skirt edges.

Use hand embroidery to add highlights to the bodice or skirt.

Small beads may be added to the sash, neckline, or head wrap, but they are optional.

Do not use heavy embellishments if the wall hanging may need to be washed.

Add a few extra quilting lines behind the dancer to emphasize motion. Curved lines following the shape of the skirt work especially well.

Remove all visible fabric markings according to the marker manufacturer's directions.

Step 19: Square the Quilt

Place the completed quilt on a large cutting mat.

Measure the quilt from the center before trimming the outside edges.

Trim the quilt to **60 cm × 60 cm**, approximately **23⁵/₈ inches × 23⁵/₈ inches**.

Use a large square ruler when possible.

Check that all four corners form 90-degree angles.

Make sure the dancer remains centered and that no important appliqué elements are too close to the trimming line.

Sew a line of stitching approximately ¹/₈ inch from the outer edge to secure the three quilt layers before binding.

Step 20: Prepare the Binding

Cut enough binding strips to go around the entire quilt, including additional length for joining the ends.

For double-fold binding, cut strips approximately 2¼ to 2½ inches wide.

Join the strips with diagonal seams.

Trim each seam allowance to approximately ¼ inch and press the seams open.

Fold the long binding strip in half lengthwise with wrong sides together.

Press the fold firmly.

Beginning near the center of one side, align the raw binding edges with the raw quilt edge.

Leave an unsewn tail of approximately 8 to 10 inches.

Sew the binding to the front of the quilt using a ¼-inch seam allowance.

Miter each corner carefully.

Join the binding ends, complete the seam, and press the binding away from the quilt.

Fold the binding over the raw edge toward the back.

Secure it by hand with a blind stitch or machine stitch it in place.

Step 21: Add a Hanging Sleeve

Cut a fabric rectangle approximately 6 to 8 inches deep and slightly shorter than the finished width of the quilt.

Hem both short ends.

Fold the rectangle in half lengthwise with wrong sides together and press.

Align the raw edges of the sleeve with the top back edge of the quilt before completing the binding, or attach it later by hand.

Hand stitch the lower edge of the sleeve to the backing fabric.

Do not stitch through to the front of the quilt.

Leave a small amount of extra fabric in the sleeve so a hanging rod can pass through without distorting the quilt.

A hidden zipper or fabric hanging loops may be used instead, but a sleeve gives the most professional result.

Step 22: Finish and Inspect the Wall Art

Remove all basting stitches, loose threads, and temporary markings.

Check every appliqué edge to ensure it is secure.

Reinforce any loose ruffle sections with small hand stitches.

Inspect the back for knots or thread nests.

Press the quilt gently from the back using low heat and a pressing cloth.

Do not flatten the ruffles or dimensional dress sections.

Measure the completed wall hanging again. The final size should be approximately **60 cm × 60 cm**, or **23⁵/₈ inches × 23⁵/₈ inches**.

Insert a suitable hanging rod into the sleeve and display the quilt away from moisture and strong direct sunlight.

Tips for the Best Results

Use a broad range of green fabrics to produce a rich gradient. The dress will look more dimensional when it includes clearly different light, medium, and dark values.

Press every seam and appliqué edge carefully, but avoid pressing directly over dimensional ruffles.

Use matching thread for a polished appearance. Contrasting thread can be effective, but mistakes will be more visible.

Test the free-motion quilting design on scraps before working on the final quilt.

Work slowly around the face, hands, fingers, shoes, and other small curves.

Step back frequently to examine the color balance.

If one side of the skirt appears heavier, add a small light-colored panel or ruffle to the darker side.

Take photographs during the arrangement process. They are extremely helpful when pieces need to be moved for fusing or stitching.

Allow enough time for the project. Careful placement and stitching will produce a much more professional result than rushing.

Care Instructions

Spot clean the wall hanging whenever possible.

If full washing is necessary, wash it gently by hand in cool water with a mild detergent.

Do not wring or twist the quilt.

Rinse thoroughly and support the entire quilt when lifting it from the water.

Lay the quilt flat on clean towels to dry.

Do not place it in a clothes dryer.

Use a low-temperature iron only when necessary. Press from the back and protect the dimensional dress sections with a thick towel.

Keep the wall art away from direct sunlight for extended periods. Strong sunlight may fade the yellow background and green fabrics.

Store the quilt flat or loosely rolled around an acid-free tube. Do not fold it tightly for long-term storage because permanent creases may develop.

Final Result

Your completed **Dancing Lady Fabric Quilt Art** should feature a graceful appliquéd figure surrounded by a wide, flowing green dress with layered panels and dimensional ruffles. The quilted yellow background provides a bright contrast, while the graduated green fabrics create movement, richness, and visual depth.

The combination of fusible appliqué, edge stitching, layering, binding, and free-motion quilting transforms simple cotton fabrics into a sophisticated handmade wall display. Once the hanging sleeve is attached, your quilt art is ready to become a striking focal point in a sewing room, studio, bedroom, hallway, or creative workspace.

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