

♥ SPIRAL HEART QUILT BLOCK ♥

STEP-BY-STEP TUTORIAL

1. FINISHED BLOCK

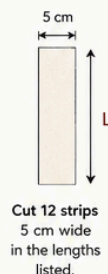
Size: 30 cm x 30 cm (12" x 12")



2. FABRIC & CUTTING

Use 100% cotton quilting fabric.
All strips are cut 5 cm wide.
Length of each strip as listed below.

1	65 cm
2	60 cm
3	55 cm
4	50 cm
5	45 cm
6	40 cm
7	35 cm
8	30 cm
9	25 cm
10	20 cm
11	20 cm
12	20 cm



3. SEW THE STRIPS

Sew the strips together in numerical order, from 1 to 12, along the long edges with 0.6 cm seam allowance. Press seams open.



4. CUT INTO SHAPED SECTIONS

Place the strip set right side up.
Cut the sections in the order shown.
Use a 0.6 cm seam allowance.



5. REARRANGE & SEW THE HEART

Arrange the sections to form the heart shape as shown.
Sew the sections together in numerical order.
Press seams open or to the side.



6. TRIM TO SIZE

Trim the heart block to 30,5 cm x 30,5 cm (12½" x 12½").



7. ADD BACKGROUND

Cut background fabric:
• 2 strips 6 cm x 30,5 cm (top & bottom)
• 2 strips 6 cm x 30,5 cm (sides)
Sew to the heart block.
Press seams toward the background.



8. YOUR FINISHED BLOCK

Your Spiral Heart Quilt Block is complete!



STANDARD SEAM ALLOWANCE
0.6 cm (1/4 inch)

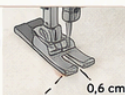
QUILT BLOCK SIZE
30 cm x 30 cm (12" x 12")
(Finished)

FABRIC WIDTH
110 cm (44") wide
recommended.

MAIN QUILTING & SEWING METHODS

1. SEAM ALLOWANCE

Always use 0.6 cm (1/4") seam allowance unless otherwise noted.



2. PRESSING

Press seams open or to the side to reduce bulk and keep the block flat.



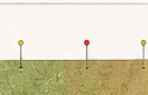
3. STRAIGHT SEAM

Sew with a straight stitch at a medium length (2.0–2.5 mm).



4. PINNING

Pin at the ends and center when sewing long seams to keep edges aligned.



5. NESTING SEAMS

When joining seams, nest the intersection points to match seams accurately.



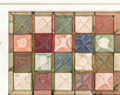
6. TRIMMING

Trim the block square after sewing to ensure perfect size.



7. QUILT ASSEMBLY

Sew blocks together in rows, then join the rows. Press seams open.



8. QUILTING

Quilt by hand or machine to secure the layers (top, batting, back).



9. BINDING

Bind the edges to finish the quilt neatly.



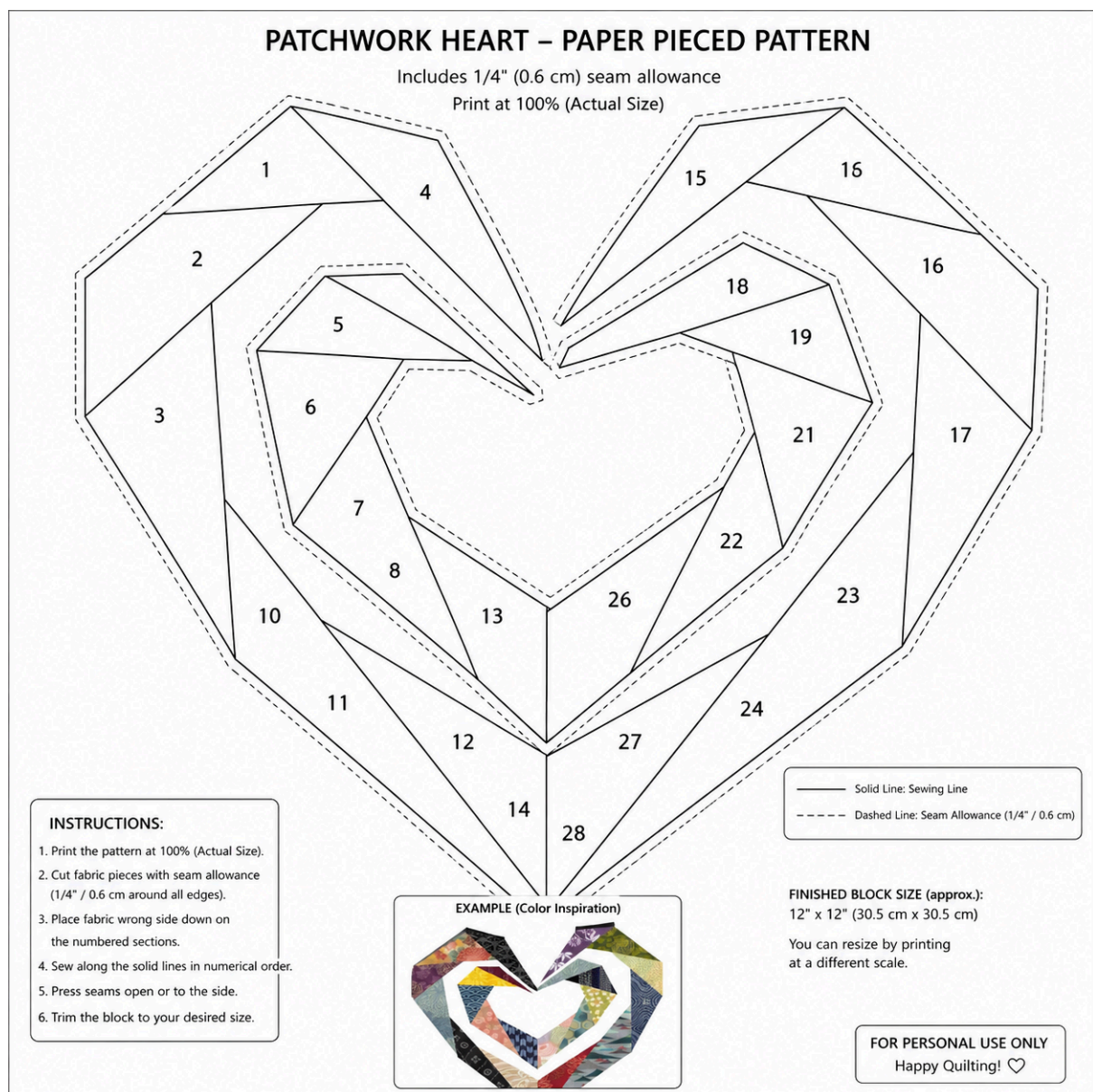
TIPS FOR SUCCESS

- ♥ Use quality quilting cotton.
- ♥ Accurate cutting is key to a perfect block.
- ♥ Press carefully at each step.
- ♥ Take your time and enjoy the process!



♥ CREATE • PRESS • SEW • TRIM • REPEAT ♥
♥ HAPPY QUILTING! ♥

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Spiral Heart Quilt Block: Complete Step-by-Step Tutorial

The Spiral Heart Quilt Block is a striking scrap-friendly design made from graduated fabric strips that curve inward to form a layered heart. The finished block measures approximately 12"

× 12" (30 cm × 30 cm), making it suitable for quilts, wall hangings, cushion covers, table toppers, tote bags, and other decorative sewing projects.

This tutorial follows the construction method shown in the reference chart. You will sew twelve strips into one panel, cut that panel into shaped sections, rearrange the sections into a heart, and frame the heart with background fabric.

The most important parts of this project are accurate cutting, maintaining the correct strip order, and using a consistent ¼" seam allowance.

Materials and Supplies

For one Spiral Heart Quilt Block, gather the following materials:

- Twelve coordinating quilting cotton fabrics
- Background quilting cotton
- Cotton thread
- Rotary cutter
- Acrylic quilting ruler
- Self-healing cutting mat
- Sewing machine
- Iron and ironing board
- Fine pins or sewing clips
- Fabric marking pencil
- Paper or cardstock for creating cutting templates
- Optional quilting gloves for better control

Choose 100% quilting cotton whenever possible. Fabrics of a similar weight will sew together more evenly and make the finished block easier to press.

A fabric width of approximately 44" (110 cm) is recommended. This gives you enough room to cut the longest strip across the usable width of the fabric.

For the heart, select a mixture of light, medium, and dark prints. Contrasting colors will make each spiral layer easier to see. Small-scale floral, geometric, batik, tonal, and textured prints work especially well.

For the background, choose a light neutral fabric that contrasts with the heart. Cream, ivory, white, pale gray, or a subtle low-volume print will allow the colorful design to remain the focal point.

Understanding the Finished Block Size

The completed block is designed to finish at approximately:

12" × 12"

or

30 cm × 30 cm

During construction, the block may be trimmed to approximately 12½" × 12½" (30.5 cm × 30.5 cm). This is the unfinished measurement before the block is sewn into a larger quilt or project.

Once the outer seams are added, the visible finished size becomes approximately 12" × 12".

Use a consistent ¼" seam allowance, which is approximately 0.6 cm, throughout the project unless another measurement is specifically indicated.

Step 1: Choose and Arrange the Fabrics

Select twelve fabrics for the spiral heart. Arrange them in a sequence that moves naturally from one color to another.

You may create a rainbow effect, alternate dark and light prints, or use a coordinated collection. The design is most successful when neighboring fabrics have enough contrast to remain visually separate.

Lay all twelve fabrics on your work surface before cutting. Number them from 1 through 12.

Keep the fabrics in this numbered order during cutting and sewing. The order controls the flow of the spiral, so changing it midway through the project can affect the final appearance.

You can place a small numbered paper label on each fabric or write the number on the wrong side with a removable fabric marker.

Step 2: Cut the Twelve Fabric Strips

Cut each strip 2" wide, or approximately 5 cm wide.

The strip lengths shown in the tutorial are:

1. Strip 1: 25½" long — 65 cm
2. Strip 2: 23½" long — 60 cm
3. Strip 3: 21¾" long — 55 cm
4. Strip 4: 19¾" long — 50 cm
5. Strip 5: 17¾" long — 45 cm
6. Strip 6: 15¾" long — 40 cm
7. Strip 7: 13¾" long — 35 cm
8. Strip 8: 11¾" long — 30 cm
9. Strip 9: 9¾" long — 25 cm
10. Strip 10: 8" long — 20 cm
11. Strip 11: 8" long — 20 cm
12. Strip 12: 8" long — 20 cm

The inch measurements are practical approximations of the metric measurements shown in the chart. For the most consistent result, choose one measurement system and use it throughout the entire project.

Place each strip beside its numbered label immediately after cutting. Do not stack the strips randomly.

Check that every strip has straight, parallel long edges. Uneven strips can cause the assembled panel to curve or become distorted.

Step 3: Sew the Strips into a Graduated Panel

Place Strip 1 right side up on your sewing table.

Position Strip 2 on top of Strip 1 with right sides together. Align one long edge and match the ends at the same starting point.

Pin or clip the layers in several places. Sew along the aligned long edge using a precise $\frac{1}{4}$ " seam allowance.

Open the fabrics and press the seam. You may press the seam open, as shown in the tutorial, or press it consistently toward one side. Pressing the seams open reduces bulk when the panel is later cut and rearranged.

Add Strip 3 to the long edge of Strip 2. Continue sewing the strips in numerical order.

The strips become progressively shorter, so the finished strip panel will have a stepped or tapered appearance rather than forming a rectangle.

Continue until all twelve strips have been joined:

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12.

After every seam, press carefully before adding the next strip. Pressing at each stage prevents small inaccuracies from accumulating.

Do not pull or stretch the strips while sewing. Let the feed dogs move the fabric naturally beneath the presser foot.

When the panel is complete, place it flat on the ironing board and give it a final press.

Step 4: Check and Square the Strip Panel

Place the completed strip panel on a cutting mat.

Examine the seams and confirm that the fabric order is correct. The panel should display a continuous sequence of twelve fabrics.

Use a quilting ruler to straighten the outer edges only where necessary. Avoid removing too much fabric because the shaped sections need sufficient width for assembly.

Check that the strip set lies flat. If it waves or bows, lightly mist it with water or pressing spray and press it again.

Do not stretch the fabric while correcting the panel. Some of the future cut edges may be placed on the bias and can easily become distorted.

Step 5: Create the Shaped Cutting Sections

The sewn strip panel is now divided into angled and irregular sections. These sections will be rotated and rearranged to create the spiral heart.

The chart uses numbered sections to show the recommended cutting and sewing order. Because the pieces include angled sides, create full-size paper templates before cutting the fabric.

Trace the major shapes from the diagram onto cardstock or template plastic. Include the outside outline of each section and clearly mark:

- **Section number**
- **Top edge**
- **Bottom edge**
- **Left side**
- **Right side**
- **Fabric orientation**
- **Sewing order**
- **Grainline where practical**

Add a ¼" seam allowance around each template unless the seam allowance is already included.

Place the strip panel right side up. Position the templates over the panel so the strip arrangement follows the direction shown in the reference design.

The largest sections create the outer curves and bottom point of the heart. Smaller angled sections form the upper lobes and the inward-facing spiral.

Trace around each template with a removable fabric marker.

Before cutting, compare the marked pieces to the heart diagram. Confirm that the strip direction is correct and that no section has accidentally been mirrored.

Cut carefully with a rotary cutter and ruler whenever the edge is straight. Use fabric scissors for small internal angles if needed.

Keep each section beside its corresponding number.

Step 6: Protect the Angled and Bias Edges

Many of the newly cut edges will not follow the straight grain of the fabric. These bias edges can stretch easily.

Handle each section gently and support it with both hands when moving it.

Do not hang the pieces over the edge of the table. Keep them lying flat until they are ready to be sewn.

Staystitching is optional, but it can be helpful for very stretchy fabrics. Sew a line of stitches slightly inside the seam allowance along any especially unstable edge.

A light application of spray starch before cutting may also help the pieces retain their shape.

Avoid repeated pressing before assembly. Too much pressure or steam can distort the angles.

Step 7: Arrange the Sections into the Heart

Place all cut sections right side up on a large table or design board.

Begin arranging them into the heart shape shown in the tutorial. The outer sections should form a broad heart silhouette with a pointed bottom.

The top of the design contains two heart lobes separated by a deep central indentation. The left and right sides should appear balanced, but the individual fabrics will not necessarily be symmetrical.

Inside the outer heart, the strips should create a second heart-like path that spirals toward the center.

Rotate the sections until the fabric lines flow continuously from one area to another.

Do not begin sewing immediately. Step back and inspect the design from a distance.

Check that:

- **The heart point is centered.**
- **The two top lobes are clearly defined.**
- **The internal spiral is visible.**
- **The sections overlap only at the future seam allowances.**
- **No piece is upside down.**
- **The numbered sewing order is still clear.**

Take a photograph of the final arrangement before moving any pieces. The photograph will help you restore the layout if the sections become mixed.

Step 8: Sew the Smallest Units First

Begin with the smallest adjoining sections.

Place two neighboring pieces right sides together. Match the seam endpoints rather than aligning only one raw edge.

Pin at the beginning and end of the seam. Add a pin at the center when the seam is long enough to require additional control.

Sew with a ¼" seam allowance.

Press the seam open or toward the side that creates the least bulk.

Return the sewn unit to the design board immediately. Compare it with the reference photograph and make sure it remains in the correct orientation.

Continue joining nearby sections into small units. Working from small units toward larger units makes the heart easier to

control and reduces the risk of sewing a section in the wrong position.

Step 9: Match Intersections Accurately

Several seams in the heart cross the original strip seams. These intersections should align as neatly as possible.

Before sewing an intersection, place the pieces right sides together and match the seam lines.

When the seam allowances are pressed in opposite directions, nest them against one another. You should feel the seam allowances lock together.

When the seam allowances are pressed open, insert a pin directly through the seam line of the upper piece and then through the seam line of the lower piece.

Place another pin on each side of the intersection to prevent shifting.

Sew slowly as you approach the matched point. Do not remove the pin too early.

After sewing, open the unit and inspect the intersection. A very small mismatch will usually disappear within the overall design, but larger differences can be corrected by removing a few stitches and sewing the area again.

Step 10: Assemble the Inner Spiral

Join the sections that create the smaller inner heart first.

Follow the numerical sewing order shown in the chart. The inner pieces form an angular spiral around the light center area.

Maintain the points at the top and bottom of each shape. Do not allow seam allowances to cover the intended points.

When sewing a pointed section, start and stop exactly at the marked seam intersection rather than sewing beyond it.

Press each seam carefully. Use the tip of the iron and avoid dragging the iron across the bias edges.

As the inner spiral grows, return it to the full layout frequently. Make sure the colors continue in the intended direction.

The inner heart should remain open and clearly visible rather than collapsing into a narrow or uneven shape.

Step 11: Assemble the Outer Heart Sections

After completing the inner units, begin adding the larger outer sections.

Join neighboring pieces in a logical sequence, working from the top lobes down toward the lower sides.

The left upper section creates one rounded side of the heart. The right upper section creates the opposite lobe.

The long side sections angle inward as they approach the lower point.

Match every marked corner and seam endpoint. The raw outer edge may appear uneven during construction, which is normal.

Continue combining the smaller units until you have two or three larger sections.

Join the larger sections together to complete the full heart.

Sew the final center or lower seam carefully so the bottom point remains sharp and centered.

Press the completed heart flat.

Step 12: Evaluate the Heart Shape

Lay the assembled heart on a flat surface.

The heart should have two distinct upper lobes, a central notch, rounded or faceted sides, and a sharp lower point.

Use a ruler to compare the left and right sides. The design does not need to be perfectly symmetrical, but it should appear visually balanced.

Inspect the outer seam allowances. Trim only obvious threads or tiny protrusions.

Do not aggressively square the heart itself. The background pieces will create the square block shape.

Measure the height and width of the heart to confirm that it will fit within the planned 12½" unfinished block.

Press the heart one final time before adding the background.

Step 13: Cut the Background Fabric

The chart recommends background strips measuring approximately:

- **Two strips: 2⅜" × 12", or 6 cm × 30.5 cm, for the top and bottom**
- **Two strips: 2⅜" × 12", or 6 cm × 30.5 cm, for the sides**

Because the outer heart has angled edges, additional background pieces may be required around the upper corners and side angles before the final border strips are attached.

The exact shape of these pieces depends on your assembled heart. Use the heart itself as a guide.

Place the heart on the background fabric or on paper. Trace the open spaces needed to convert the heart into a square.

Add a ¼" seam allowance along every edge that will be sewn.

Label each background section before cutting:

- Top left
- Top center
- Top right
- Left side
- Right side
- Bottom left
- Bottom right

Use the same background fabric throughout for a unified appearance.

Step 14: Sew the Background to the Heart

Begin with the smallest background pieces around the upper notch and angled top edges.

Place one background piece right sides together with the corresponding heart edge.

Match the endpoints and sew with a ¼" seam allowance.

Press the background fabric away from the heart.

Continue adding background sections around the upper lobes and sides. Sew opposing sides in stages so the block remains balanced.

After the irregular spaces have been filled, attach the longer side strips.

Sew one side strip to the left edge and one side strip to the right edge. Press the seams toward the background.

Attach the top and bottom strips last.

Press the completed block from the front using an up-and-down motion. Then turn it over and press from the back.

The background should surround the heart evenly and create enough extra fabric for final trimming.

Step 15: Trim the Block to Size

Place the completed block on a large cutting mat.

Use a 12½" square quilting ruler when available. The metric equivalent is approximately 30.5 cm square.

Position the ruler so the heart is centered within the square.

Check the following points before cutting:

- **The lower point is centered.**
- **The central top notch is aligned with the vertical center.**
- **Both heart lobes have similar amounts of background above them.**
- **The left and right sides contain balanced background space.**
- **No important heart point falls inside the future seam allowance.**

Trim the first two adjacent sides.

Rotate the block and align the trimmed edges with the 12½" ruler marks.

Trim the remaining two sides.

The block should now measure 12½" × 12½" unfinished. After it is sewn into a project with ¼" seams, it will finish at approximately 12" × 12".

Step 16: Press the Finished Block

Place the block right side down on the ironing board.

Check that all seam allowances are flat and that no section has folded underneath another seam.

Press from the back first. Use steam only when necessary.

Turn the block right side up and place a pressing cloth over it if the fabrics are delicate.

Press rather than slide the iron. Sliding can stretch the block and distort the square shape.

Allow the block to cool completely on a flat surface before moving it. Fabric retains its newly pressed shape more effectively when it cools undisturbed.

Step 17: Add Stabilizer or Batting

The block can now be used in a quilt or finished as a separate project.

For a quilt, sew the block to neighboring blocks or add sashing around it.

For a mini quilt, wall hanging, placemat, or cushion front, layer the block with batting and backing.

The three layers should be:

- 1. Quilt top**
- 2. Batting**
- 3. Backing fabric**

Cut the batting and backing at least 2" larger on every side than the quilt block.

Smooth the backing right side down. Place the batting over it, followed by the block right side up.

Baste the layers with safety pins, basting spray, or long hand stitches.

Step 18: Quilt the Block

Quilt by hand or machine to secure the three layers.

For a simple finish, quilt in the ditch along selected strip seams. Stitching in the ditch means sewing directly beside or within the seam line.

You may also echo quilt around the heart. Begin approximately $\frac{1}{4}$ " outside the heart and sew parallel lines that repeat its outline.

Straight-line quilting across the background creates a modern appearance.

Free-motion quilting can be added to the background while leaving the heart sections relatively simple.

Avoid quilting too densely over the spiral unless you want a highly textured result. The fabric arrangement is already visually detailed.

Quilt from the center toward the outer edges to reduce puckering.

After quilting, trim the batting and backing even with the block or project edge.

Step 19: Add Binding

For a mini quilt or wall hanging, finish the outer edge with quilt binding.

Cut binding strips approximately 2½" wide.

Join the strips with diagonal seams to create one continuous length.

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

Align the raw edges of the binding with the raw edge of the quilt front. Sew using a ¼" seam allowance.

Miter each corner as you work around the project.

Join the binding ends neatly, then fold the binding over the edge to the back.

Hand-stitch the folded edge to the backing for a traditional finish, or machine-stitch it for a faster and more durable result.

Step 20: Turn the Block into a Pillow

To make a cushion cover, use the finished Spiral Heart Quilt Block as the pillow front.

Add batting and a lightweight backing behind the block, then quilt it as desired.

For an envelope-style pillow back, cut two backing rectangles that overlap by at least 4".

Hem one long edge of each rectangle.

Place the pillow front right side up. Position the backing pieces right side down, with the hemmed edges overlapping in the center.

Pin around all four sides and sew with a ¼" seam allowance.

Finish the raw edges with a zigzag stitch or serger.

Turn the cover right side out and insert a 12" pillow form.

Important Sewing Methods

Consistent Seam Allowance

Use a precise ¼" seam allowance throughout the block.

Test your machine before beginning. Sew two accurately cut fabric pieces together, press the seam, and measure the result.

A quarter-inch presser foot can improve consistency.

Pressing

Press every seam before crossing it with another seam.

Lift and lower the iron rather than moving it forcefully from side to side.

Pressing seams open helps reduce bulk in this particular design.

Straight Stitch

Use a standard straight stitch with a medium stitch length of approximately 2.0 to 2.5 mm.

Shorter stitches are helpful near small angles because they secure the seam endpoints more effectively.

Pinning

Pin at both ends of every shaped seam.

Add a pin at the center and at each important strip intersection.

Accurate pinning prevents the layers from shifting as they move beneath the presser foot.

Nesting Seams

When two seams meet, arrange their seam allowances in opposite directions whenever possible.

Push the seams gently together until the raised edges lock into place.

Pin through the intersection before sewing.

Trimming

Trim the block only after the heart and background are completely assembled.

Use a sharp rotary cutter and a large square ruler.

Measure twice before making each cut.

Quilt Assembly

When adding the block to a larger quilt, join blocks into rows first.

Press the row seams consistently, then sew the rows together.

Match block intersections with pins.

Quilting

Quilting secures the top, batting, and backing.

Choose quilting lines that support the heart design rather than competing with it.

Binding

Binding covers the raw outer edges and gives the project a clean finish.

A double-fold binding is durable and suitable for frequently used quilts and cushions.

Tips for Success

Use high-quality quilting cotton because stable fabric is easier to cut and sew accurately.

Make a practice block from inexpensive fabric before using special or limited-edition prints.

Label every strip and section. The pieces can look very similar after cutting.

Photograph the arranged heart before sewing.

Use a sharp rotary blade. A dull blade can pull the fabric and distort angled edges.

Press after every seam rather than waiting until the whole heart is assembled.

Keep the pieces flat to protect bias edges.

Do not force mismatched edges. Recheck the orientation before trimming or stretching a section.

Use a design board so the pieces can be moved without losing their positions.

Slow down near points and seam intersections.

Check the block size before adding it to a larger project.

Most importantly, enjoy the process. This design contains many sections, but each seam brings the spiral heart closer to completion.

Final Project Checklist

Before considering the Spiral Heart Quilt Block complete, confirm that:

- All twelve fabrics appear in the intended order.
- The internal spiral is easy to recognize.
- The top notch is centered.
- The lower point is sharp.
- The heart lies flat.
- The background surrounds the heart evenly.
- The block measures approximately 12½" square unfinished.
- All seams are secure.
- Loose threads have been removed.
- The block has received a final press.

Your Spiral Heart Quilt Block is now ready to become part of a quilt, pillow, wall hanging, table decoration, tote bag, or another handmade sewing project.

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