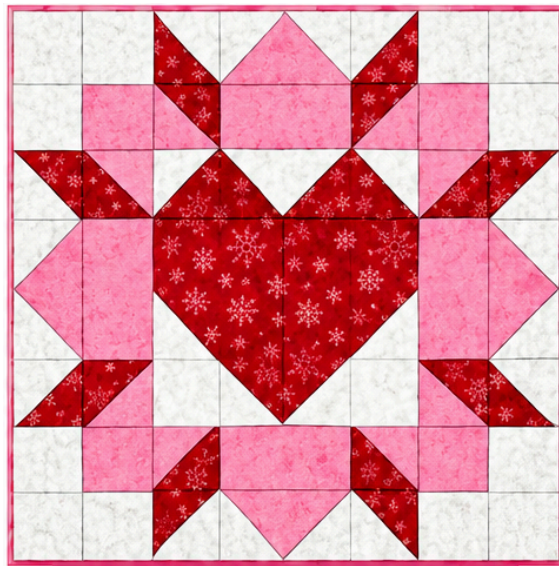




Finished Block Size: 30 cm x 30 cm

Heart Star Quilt Block Tutorial

Step-by-Step Sewing Guide with Measurements (in CM)

Fabric Requirements



Background Fabric (White)

Cut (8) squares
5 cm x 5 cm



Pink Fabric

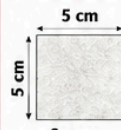
Cut (12) squares
5 cm x 5 cm



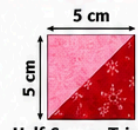
Red Fabric

Cut (12) squares
5 cm x 5 cm

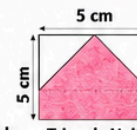
Pieces You Will Make



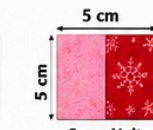
Square
(5 cm x 5 cm)



Half-Square Triangle (HST)
(5 cm x 5 cm)



Triangle Unit
(5 cm x 5 cm)



Sewn Unit
(5 cm x 5 cm)

Main Sewing Methods (U.S. Terms)



Straight Stitch

Use a 1/4" seam allowance (0,7 cm).



Cutting

Use a rotary cutter, quilt ruler and cutting mat for accuracy.



Pinning

Pin pieces together before sewing.



Pressing

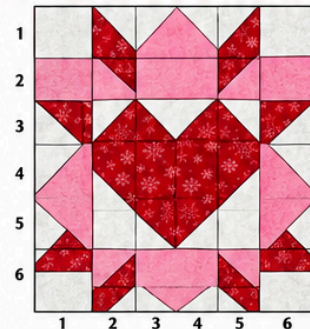
Press seams flat after each step.



Half-Square Triangle (HST)

Sew two squares diagonally and trim to size.

Block Layout (5 cm x 5 cm units)

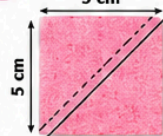


1 Cut the Fabric

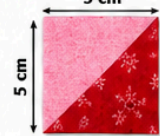


Cut all the squares according to the fabric requirements above. All squares are 5 cm x 5 cm.

2 Make Half-Square Triangles (HST)

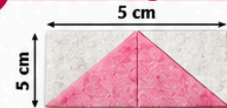


Place a pink square and a red square right sides together. Draw a diagonal line. Sew 0,7 cm on both sides of the line.



Cut on the drawn line and press open. Trim to 5 cm x 5 cm. Make 8 HST units (4 as shown, 4 reversed).

3 Make Triangle Units



Use two pink squares to make triangle units. Sew and trim to 5 cm x 5 cm. Make 4 units.

4 Sew Row 1



Sew the units for Row 1 from left to right. Press seams to one side.

5 Sew Row 2



Sew the units for Row 2. Press seams to one side.

6 Sew Row 3



Sew the units for Row 3. Press seams to one side.

7 Sew Row 4



Sew the units for Row 4. Press seams to one side.

8 Sew Row 5



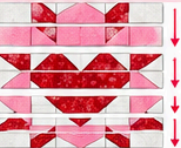
Sew the units for Row 5. Press seams to one side.

9 Sew Row 6



Sew the units for Row 6. Press seams to one side.

10 Join the Rows



Sew the rows together from top to bottom. Match seams carefully and press well. Your Heart Star Quilt Block is complete!

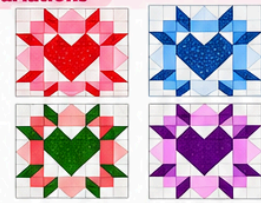


Finished Block
30 cm x 30 cm

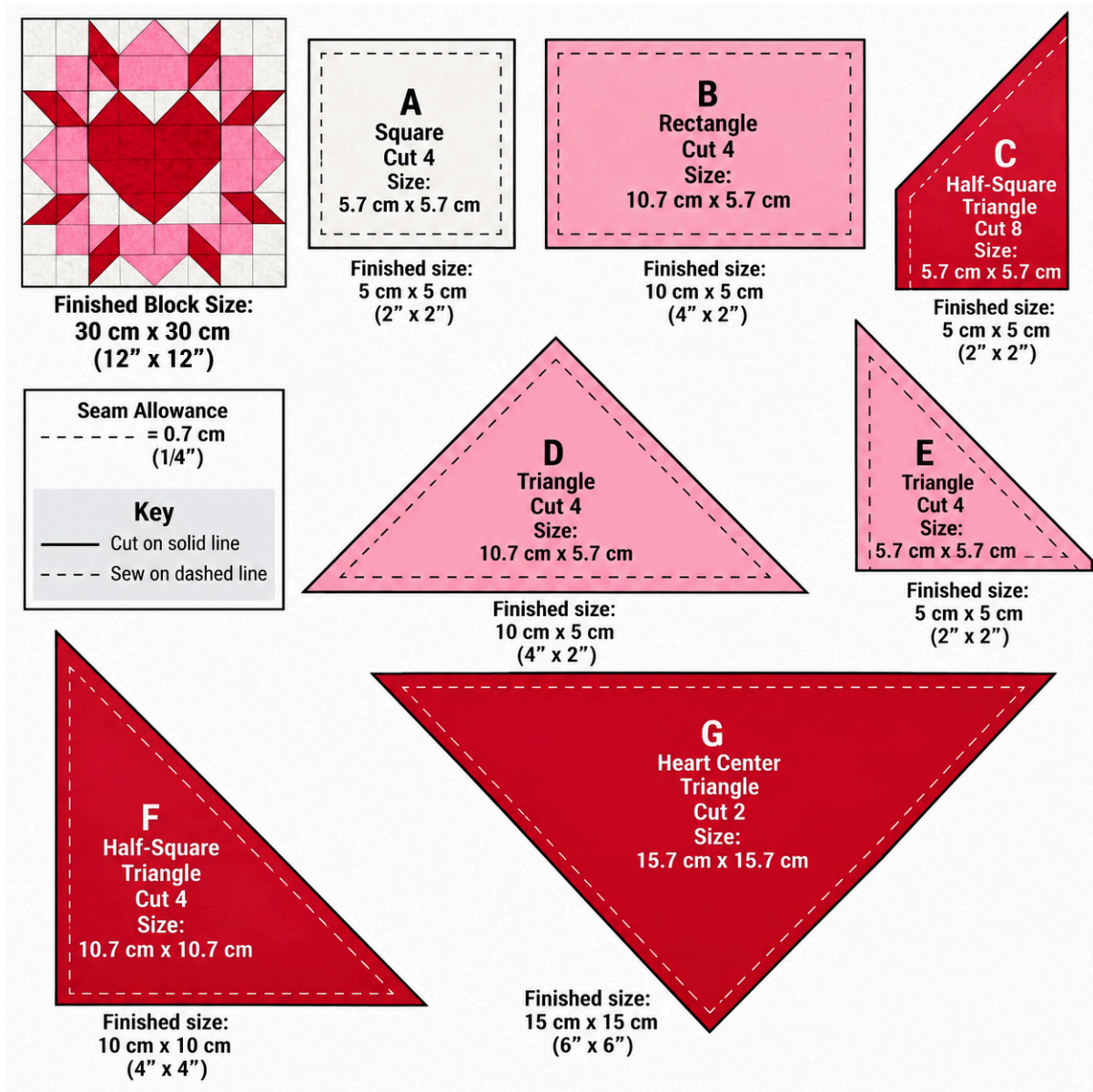
Tips for Success

- ✓ Always use an accurate 1/4" seam allowance (0,7 cm).
- ✓ Press seams as you go.
- ✓ Keep your fabric squares precise at 5 cm x 5 cm.
- ✓ Use a rotary cutter and ruler for clean cuts.
- ✓ Chain piece HST units to save time.
- ✓ Lay out all pieces before sewing rows.

Variations



Try different color combinations to create beautiful variations of this block!



Heart Star Quilt Block Tutorial – Complete Step-by-Step Sewing Guide

The Heart Star Quilt Block is a beautiful patchwork design that combines a bright red heart, soft pink star points, and a delicate white background. This charming quilt block is perfect for Valentine's Day projects, handmade gifts, decorative pillows, wall hangings, and larger patchwork quilts. With its symmetrical layout and colorful geometric shapes, the design

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offers an excellent opportunity to practice traditional American quilting techniques.

In this complete Heart Star Quilt Block Tutorial, you will learn how to cut your fabric, prepare half-square triangles, assemble decorative triangle units, sew six patchwork rows, and join everything into one finished block. The instructions follow the supplied tutorial graphic, using centimeters (cm) for measurements and familiar U.S. quilting terminology.

The reference design shows a 30 cm × 30 cm block, arranged in a six-by-six grid of 5 cm units. However, an important detail for accurate sewing is that the original graphic lists 5 cm squares without fully accounting for seam allowances. To obtain a true 30 cm finished block, we will use 5 cm finished units and add the necessary seam allowance to the cutting measurements.

Step 1: Gather Your Materials and Prepare the Fabric



Before beginning your Heart Star Quilt Block, organize all your materials on a clean, flat work surface. Good preparation makes the sewing process easier and helps ensure that every piece fits correctly.

Fabric Requirements

The original graphic uses three fabrics:

- **White background fabric:** A light cream or white cotton fabric with a subtle print.
- **Pink fabric:** A soft pink cotton fabric for the outer star points and decorative shapes.
- **Red fabric:** A bright red cotton fabric with small white snowflake or floral motifs for the central heart and surrounding details.

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The reference graphic specifies eight white squares, twelve pink squares, and twelve red squares, all measuring 5 cm × 5 cm. These are useful visual references, but they are not a complete cutting inventory for the illustrated block, which contains additional pieced units.

For a practical version of the project, prepare approximately 25 cm × 110 cm of each fabric. This provides comfortable cutting room for the different shapes and a little extra material for mistakes.

Additional Sewing Supplies

You will need a sewing machine, coordinating cotton thread, a rotary cutter, a self-healing cutting mat, a quilting ruler, fabric scissors, straight pins or sewing clips, an iron, a fabric-marking pencil, and a seam ripper.

Choose good-quality quilting cotton whenever possible. This material is easier to cut accurately, presses beautifully, and maintains its shape during piecing.

Understanding the Block Measurements

The design is arranged in six rows and six columns.

Measurement	Size
Finished block	30 × 30 cm
Grid	6 × 6 units

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Finished unit 5 × 5 cm

Seam allowance 0.7 cm

**Unfinished unit 6.4 × 6.4
cm**

**Unfinished 31.4 ×
assembled block 31.4 cm**

The seam allowance of 0.7 cm is the approximate metric equivalent of the traditional ¼-inch quilting seam used throughout the United States.

Important: A finished quilt block is measured after its outer seam allowances are used. Therefore, your assembled block should measure approximately 31.4 cm square before being joined to another block or sewn into a finished project.

Step 2: Cut the Fabric Pieces Accurately

Accurate cutting is one of the most important parts of successful patchwork sewing. Even small differences in size can cause uneven seams or misaligned star points.

Begin by pressing all three fabrics to remove wrinkles. Place the white fabric on your cutting mat, align the ruler with the fabric grain, and trim one edge to create a straight starting point.

Cut the basic squares for your background, heart, and decorative sections. Because the block uses several different

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unit constructions, do not cut every piece to the same dimensions.

Prepare the Basic Square Units

For any grid position containing a single solid-color square, cut a piece measuring 6.4×6.4 cm.

The original design includes plain white background squares, plain pink squares, and red sections forming the main body of the heart.

Arrange these pieces in separate groups according to color.

Prepare Pieces for Half-Square Triangles

The half-square triangle (HST) is a fundamental quilting unit made from two triangular fabric sections joined along a diagonal seam.

For the traditional two-at-a-time method, cut your starting squares approximately 7.5×7.5 cm, then trim each finished HST unit to 6.4×6.4 cm.

You will need combinations of red and white, as well as red and pink, depending on the position in the design.

For the red-and-white HSTs, the graphic identifies eight units, four in each diagonal orientation.

Prepare the Special Triangle Units

Some sections of the star use a pink triangular shape positioned against a white background.

These units resemble a roof or pointed star segment, with two sloping sides meeting at the center.

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To construct them accurately, begin with a 6.4 cm white foundation square and two smaller pink squares, each approximately 3.9 × 3.9 cm.

The pink pieces will be sewn diagonally across the lower corners to form a centered triangular shape. This is a variation of the snowball corner technique, commonly used in American quilting.

Prepare four of these pointed triangle units, as illustrated in the reference graphic.

Organize Everything Before Sewing

Place all the cut pieces in labeled piles. Keep your HST pieces separate from your solid squares and pointed triangle units.

If you have a design wall, use it to arrange the pieces in the correct positions. Otherwise, a clean table or a large piece of batting will work.

Step 3: Make the Half-Square Triangle Units

The half-square triangle units create the sharp geometric shapes around the heart and help connect the pink and red sections.

Take one pink square and one red square, both measuring 7.5 × 7.5 cm.

Place them right sides together, carefully aligning all four edges.

Using a fabric-marking pencil, draw a diagonal line from one corner to the opposite corner on the wrong side of the lighter fabric.

This line will serve as your cutting guide.

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Sew Along the Diagonal

Using your sewing machine, stitch a seam approximately 0.7 cm away from one side of the drawn line.

Repeat on the opposite side of the line.

You should now have two parallel stitched seams with the pencil line running between them.

Use a rotary cutter and ruler to cut directly along the drawn center line.

This separates the original fabric square into two triangular patchwork units.

Press and Trim the Units

Open each triangle unit carefully.

Press the seam toward the darker fabric, usually the red fabric, or press it open if that helps reduce bulk.

Place the unit on your cutting mat and use your quilting ruler to trim it to 6.4 × 6.4 cm.

Make sure the diagonal seam passes precisely through the opposite corners of the square.

Repeat the process until you have the HST units required for your block.

Helpful quilting tip: Always check the direction of each diagonal before sewing it into a row. Some units must be rotated or mirrored to create the correct star pattern.

Step 4: Create the Pink Triangle Star Units ★

The pink triangle units form the pointed shapes at the top and bottom of the heart-star design.

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Begin with one white background square measuring 6.4×6.4 cm.

Take two smaller pink squares measuring approximately 3.9×3.9 cm.

Draw a diagonal line across the wrong side of each pink square.

Place the first pink square in the lower-left corner of the white square, right sides together.

Position the diagonal so that the stitching line creates one sloping side of the central pink triangle.

Sew along the marked line.

Trim the excess fabric beyond the seam, leaving approximately 0.7 cm.

Press the pink corner outward.

Repeat with the second pink square on the lower-right corner, making sure the two diagonal seams meet symmetrically.

After pressing, the resulting square should show a centered pink triangle with white background sections on both sides.

Check the unit against the reference image. The pink point should be centered and the unit should remain square.

Make four units, rotating them as needed for the upper and lower sections of the star.

Note: This construction creates a similar visual effect to the illustrated triangle unit. For the most exact reproduction of the graphic, use the pictured shapes as a placement guide and verify the direction of each triangle before stitching.

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Step 5: Arrange and Sew Row 1

Now you are ready to begin assembling the quilt block.

Place your prepared units on the table according to the six-row layout shown in the reference image.

The first row forms the upper decorative points of the star.

It contains white background areas, red diagonal accents, and the upper pink triangular shape.

Start from the left side and arrange the units in the correct sequence, ensuring that the red triangles point toward the center.

Place adjacent units right sides together.

Pin carefully and sew using a consistent 0.7 cm seam allowance.

Continue joining the units from left to right until the entire first row is complete.

Press the seams to one side, preferably in a direction that will allow the seams to nest with those of the next row.

Measure the row and check that the patchwork pieces remain aligned.

Step 6: Assemble Row 2

The second row introduces more pink fabric and helps connect the top star points to the center of the block.

According to the reference design, this row contains pink squares, red diagonal details, and a pink pointed unit near the center.

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Arrange all six grid positions in their proper order.

Pay particular attention to the direction of the red diagonal sections. They should complement the shapes in Row 1 rather than create an unrelated zigzag pattern.

Sew the pieces together from left to right.

Use pins at diagonal seam intersections to prevent the fabric from shifting.

After completing the row, press the seam allowances in the opposite direction from those in Row 1.

This technique is called nesting seams and is widely used by American quilters to create clean intersections.

Set Row 2 aside until all six rows are finished.

Step 7: Sew Row 3 and Form the Upper Heart ❤️

Row 3 is particularly important because it establishes the upper curves of the central red heart.

In the reference image, the heart is created from geometric patchwork shapes rather than curved fabric pieces.

This means you can construct the heart entirely with straight seams.

Arrange the red and white triangle units to create the two upper lobes of the heart.

The red fabric should form two raised sections, separated by a small white V-shaped area in the center.

Place the surrounding pink and red star sections at the left and right edges.

Check that both halves of the heart are symmetrical.

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Sew the units together, working from left to right.

At each intersection, align the diagonal seams before stitching.

Press carefully, avoiding excessive movement of the iron, which could stretch the bias edges of the triangles.

Once complete, the upper heart shape should be clearly visible.

Step 8: Sew Row 4 and Complete the Heart Shape

Row 4 continues the central heart and begins forming its pointed lower section.

This area contains a large concentration of red fabric, with white triangular sections creating the diagonal sides of the heart.

Place the red units in the center and the pink sections toward the outer edges.

Follow the reference image closely so that the red shape gradually narrows toward its lower point.

Sew the row together with a consistent seam allowance.

If the diagonal seams intersect, use a pin directly through the seam intersection to keep the pieces aligned.

After sewing, press the row flat.

Compare Rows 3 and 4 by placing them next to each other without sewing them together yet.

The red heart should appear continuous, with no unexpected white or pink gaps in the center.

If something looks incorrect, rotate or rearrange the affected unit before proceeding.

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Step 9: Sew Row 5

Row 5 introduces the lower star details and connects the bottom of the heart to the surrounding pink geometric shapes.

The reference graphic shows pink sections near the sides, red-and-white diagonal units, and a broad pink area near the center.

Arrange the units according to the illustrated layout.

Check the direction of the diagonal seams on both sides.

The left and right sections should mirror each other to maintain the symmetrical appearance of the quilt block.

Sew the units together from left to right.

Press the seam allowances in the opposite direction from Row 4 to help the seams nest when the rows are joined.

Check the overall width of the row.

All completed rows should have matching widths before final assembly.

Step 10: Sew Row 6

The final row forms the lower star points and completes the outer border of the patchwork design.

Arrange the white background units at the outer corners.

Position the red diagonal accents toward the inner sections and place the downward-pointing pink triangle in the center.

The lower pink point should visually align with the upper pink star point.

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Sew the pieces together using the same 0.7 cm seam allowance.

Press the completed row carefully.

At this stage, you should have six separate horizontal patchwork rows ready for assembly.

Lay them out in numerical order and compare the overall arrangement with the original tutorial graphic.

Make any necessary corrections before joining the rows.

Step 11: Join All Six Rows Together

This is the most satisfying stage of the Heart Star Quilt Block Tutorial, because the individual patchwork sections finally become one complete design.

Begin by placing Row 1 and Row 2 right sides together.

Match the vertical seams and secure them with pins.

Sew along the entire edge using your standard seam allowance.

Open the two joined rows and inspect the alignment.

The diagonal star points should meet cleanly, and the design should appear continuous.

Next, attach Row 3 to the bottom of Row 2.

Repeat this process with Rows 4, 5, and 6.

Work slowly around the central heart, where several diagonal seams intersect.

Avoid pulling or stretching the fabric while sewing.

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Once all six rows are joined, place the completed block on your ironing board.

Press from the wrong side first, then turn it over and press gently from the right side.

Use a pressing motion rather than sliding the iron back and forth.

Check the Finished Measurements

Your block should measure approximately 31.4 × 31.4 cm before the outer seam allowances are used.

When incorporated into a quilt using 0.7 cm seams, the visible finished block will measure approximately 30 × 30 cm.

If the block is slightly oversized, carefully square it up with a quilting ruler.

Avoid trimming away the points of the star or the lower tip of the heart.

Step 12: Add Batting, Backing, and Quilting Stitches

If you want to turn your Heart Star Quilt Block into a small wall hanging, decorative panel, or quilted pillow front, you can add batting and backing.

For a standalone quilted panel, prepare a batting square and a backing fabric square slightly larger than the unfinished patchwork block.

Place the backing fabric wrong side up on a flat surface.

Lay the batting over the backing.

Position the completed quilt block on top, right side facing upward.

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Smooth all three layers carefully.

Use safety pins or temporary basting spray to hold the layers together.

Choose Your Quilting Design

Several quilting methods work beautifully with this pattern.

Stitch in the ditch: Sew directly along the patchwork seam lines for a subtle finish.

Echo quilting: Sew parallel lines around the heart and star shapes to emphasize the design.

Straight-line quilting: Create a simple geometric pattern using evenly spaced stitching lines.

Free-motion quilting: Add decorative swirls, flowers, or other motifs in the white background areas.

For beginners, straight-line quilting or stitch in the ditch is usually the easiest choice.

After quilting, trim the excess batting and backing, keeping the block square.

Finish the outer edges with quilt binding if you are making a standalone panel.

For a pillow, use the quilted block as the front and add a coordinating envelope-style or zippered backing.

Step 13: Important Tips for a Professional Finish

Beautiful quilting depends on precision, patience, and consistent sewing techniques.

Maintain an accurate seam allowance. A ¼-inch seam is standard in U.S. quilting. A 0.7 cm allowance is a close metric

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approximation, but using the same seam width throughout the project is more important than switching between measurements.

Press after every sewing stage. Pressing helps flatten seam allowances and improves the accuracy of the finished block.

Keep your fabric squares precise. Inconsistent cutting can cause star points to become uneven or prevent rows from fitting together.

Use a rotary cutter and ruler. These tools provide cleaner, straighter cuts than ordinary scissors for most patchwork shapes.

Chain-piece matching units. When making several HSTs or similar pieces, sew them consecutively without cutting the thread between every unit. This saves time and reduces thread waste.

Check the layout before joining rows. The heart-star pattern relies on symmetry. One incorrectly rotated triangle can change the appearance of the entire design.

Avoid stretching diagonal edges. Triangle pieces contain bias edges, which can stretch easily. Handle them gently and press rather than drag the iron.

Test your stitches on scrap fabric. Make sure the machine tension is balanced and the stitch length is appropriate before sewing the actual block.

Step 14: Creative Color Variations

Although the original Heart Star Quilt Block uses red, pink, and white fabrics, the design can be adapted to many different styles.

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Classic red and pink

Romantic Valentine's Day palette

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Blue and white

Fresh traditional quilt style

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Green and pink

Bright spring-inspired combination

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Purple and lavender

Soft decorative color scheme

You can also combine multiple Heart Star Quilt Blocks to create a larger quilt. Use sashing strips between the blocks to separate the designs, or sew the blocks directly together for a continuous geometric effect.

A coordinated border can give the finished quilt a more polished appearance.

Frequently Asked Questions About the Heart Star Quilt Block

Is the Heart Star Quilt Block suitable for beginners?

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Yes. The pattern uses familiar quilting techniques such as straight stitching, half-square triangles, pressing, and joining patchwork rows. Beginners should work carefully with the diagonal pieces and check their measurements frequently.

What is the finished size of the quilt block?

The reference design is intended to finish at 30 × 30 cm. When sewn with a 0.7 cm seam allowance, the unfinished block should measure approximately 31.4 × 31.4 cm.

Can I make the block larger?

Yes. You can increase the size of each grid unit while maintaining the same six-by-six arrangement. For example, using 7 cm finished units will produce a block measuring 42 × 42 cm.

What is the best fabric for this project?

High-quality 100% cotton quilting fabric is recommended because it is stable, easy to press, and available in a wide variety of colors and prints.

Do I need a special quilting sewing machine?

No. A standard domestic sewing machine with a straight stitch is sufficient. A quarter-inch presser foot is helpful but not required.

How do I prevent my triangle points from disappearing?

Use an accurate seam allowance, trim your HST units consistently, and avoid stitching directly through the triangle points. Leave the proper seam allowance beyond each point when joining units.

Can I sew the entire block by hand?

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Yes. Traditional hand piecing is possible, although it takes longer than machine sewing. Mark your seam lines carefully and use small, consistent running stitches.

How many blocks do I need for a quilt?

For a quilt measuring approximately 120 × 150 cm, you could use twenty 30 cm blocks arranged in four columns and five rows, without additional sashing or borders.

Can I use fabric scraps?

Absolutely. This project is a wonderful way to use leftover quilting cotton. Just make sure the scraps are large enough to cut accurate squares and triangles.

How should I wash the finished quilt?

Use a gentle machine-washing cycle with mild detergent and cool water, provided all fabrics and materials are machine washable. Dry on low heat or air-dry according to the fabric manufacturer's recommendations.

Conclusion

The Heart Star Quilt Block Tutorial is a rewarding sewing project that combines traditional patchwork techniques with a charming decorative design. By carefully preparing the fabric, constructing accurate half-square triangles, sewing the pointed star units, and joining the six rows, you can create a beautiful block featuring a red heart surrounded by pink star details.

The most important steps are maintaining consistent seam allowances, pressing carefully, and checking the placement of every triangle before sewing. These simple habits will improve your accuracy and help you achieve cleaner patchwork intersections.

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Whether you use your finished 30 × 30 cm Heart Star Quilt Block in a pillow, wall hanging, table decoration, or larger quilt, the design offers a lovely opportunity to practice American quilting methods and create something meaningful with fabric.

With a little patience and creativity, you can transform a collection of simple cotton squares into a colorful handmade quilting project that can be enjoyed for years to come.